

Story Guidelines

We believe that user stories are invaluable means of helping people with similar health goals connect and share useful information. Stories are meant to be personal, expressive, and reflective of the author. Stories can take any form you choose but must follow these basic guidelines:

1. 500+ words

Stories should be long enough to include the details that someone in a similar circumstance will be able to recognize that.

2. No Links

Links may not be included within the main story body. You will be given an authorship box in which your picture, name, social media, and website can be included. Stories are about connecting with others—not boosting your website's SEO.

3. No Offensive Language

Stories will be made available to all our readers and therefore should refrain from using language that is likely to offend others. This includes profanity, racist statements, obscene statements, or exclusionary statements.

4. No Images

At this time, we're not able to verify copyrights for user-submitted stories. We will select an image for your story based on the overall subject.

Story Template

Stories are free to take on any form an author feels best represents their experience. For convenience, we've provided an outline that can help anyone unfamiliar with writing find their voice in such a way to maximize accessibility to other readers.

Introduction

In this section, briefly describe what topic you are writing about, how you've come to relate to it on a personal level, and what a reader can expect from reading your story. This section should clearly grab the attention of readers in similar circumstances.

Paragraph 1

Introduce the reasons and/or circumstances by which you were first introduced to this topic. For example, "I first started looking at magnesium supplements because I was looking for ways to help sleep better." Discuss your initial impressions, any steps you took in researching the topic, and how you felt during your initial experience. For example, "I felt like there were better options than prescription sleeping pills, but I didn't know where to start."

Paragraph 2

Describe your experience with something and the influence it began having on your daily life, both positively, negatively, or maybe not at all. For example: “After a week of walking 30 minutes per day I began to feel more clear-headed, have more energy, and started sleeping better.”

Paragraph 3

Describe how your experience influenced your daily life in the long term. For example: “eating more than 40 grams of fiber per day has helped reduce my arthritis pain, lower my cholesterol, and my acne has even cleared up.” These are typically influencing which may not be experienced or noticed during initial stages.

Conclusion

Summarize your overall experience, provide some hindsight-driven thoughts on how you could have improved your overall experience. For example, “I wish I’d known that a daily Vitamin D supplement helps calcium be better absorbed.”

Questions or Comments

If you have any concerns about your story, how it will be used, when it will be published, or anything we’ve yet to imagine; please send an email to stories@optimusmedica.com.