



# Liver Health Poster Competition 2025

## COMPETITION OVERVIEW

This national competition showcases educational posters and videos created by early career liver health professionals in six areas of focus. Senior liver experts will guide our competitors through the creation of their poster/video and once all of the posters and videos have been submitted, they will be judged by formal panel of medical professionals, patients, family members and friends of ALF. In April 2025, ALF will encourage the liver community to visit the competition website to view and vote for their poster. The poster with the most votes will receive our "People's Choice Award". Register before December 31, 2025.



## SUBMIT A POSTER AND VIDEO – ENTRY IS FREE

We are looking for posters/videos in six areas of focus. Once you have chosen a focus area, please let us know and we will provide you with a list of preferred topics.

1. Co-morbidities of Liver Disease
2. Liver Wellness
3. Symptoms/Complications of Liver Disease
4. Role of the Caregiver
5. What Patients Want to Know
6. Research

## WHO IS ELIGIBLE TO PARTICIPATE?

All early career healthcare professional disciplines treating liver patients.

## INCENTIVES

- Participant/Mentor recognition
- Institution Recognition
- Networking Opportunities
- Social Media Promotion
- Modest Cash Prize (Category Winners Only)

## SUBMISSION DATE

January 1 - March 14, 2025

## WINNER ANNOUNCEMENT

Tuesday, May 6, 2025

## GET STARTED

### **Step 1: Select Area of Focus**

Please select one of the following six focus areas for your poster and video and notify ALF of your selection. Once received and approved, ALF will send you a list of preferred topics. This is required.

1. Co-morbidities of Liver Disease
2. Liver Wellness
3. Symptoms/Complications of Liver Disease
4. Role of the Caregiver
5. What Patients Want to Know
6. Research

### **Step 2: Prepare Your Content**

1. Your poster should be **4,224 pixels wide x 3,168 pixels high** and must include our event header.
2. Download this event header and embed it on the top of your poster.
3. Only save your poster as a **.PNG** or **.JPEG** file. Any other format will be incompatible.
4. Record your 3-minute video. Click here for tips and tricks.

### **Step 3: Upload and Submit Your Content**

The deadline to submit your poster and video is Friday, March 14, 2025. Instructions on how to upload your poster and video can be found on our website or in this packet, below.

### **Step 4: Share with Your Network of Friends, Family, Colleagues & Patients**

Please help us spread the word by sharing your poster and video with your networks. The website will be available for viewing in early-April 2025.

## UPLOADING INSTRUCTIONS

### **Step 1: Head to wetransfer.com**

You may be asked to sign up for an account, but that is not required. If you do not already have a WeTransfer account, they may ask you to verify your email address as a safety precaution. After entering your email address, a six-digit code will be sent to the email address you provided. Enter this code where prompted to finalize the verification process.

### **Step 2: Upload Your Files**

On the left-side of your screen, click the addition sign in the purple circle. It will ask if you want to upload files or a folder. We recommend uploading your files individually. Once you click "upload files" it will take you to your documents where you can search and select your poster and video. Please be sure to save your files as "your name, category" i.e. Lillian Cannon, Liver Disease Research)

### **Step 3: Fill in Sender/Recipient Information**

Once your files have been uploaded to WeTransfer, fill in the required information below. You will need to manually enter the recipient's email address (lcannon@liverfoundation.org), your email address, your title (your name and poster title), and a brief message with the name of your institution. After completing the required fields, click transfer and it will send!



Be a Liver of Life!®