

## How to set the video quality on your phone to reduce the size of the video file for upload to NCA Point

You will need to set the video quality (resolution) before recording a video.

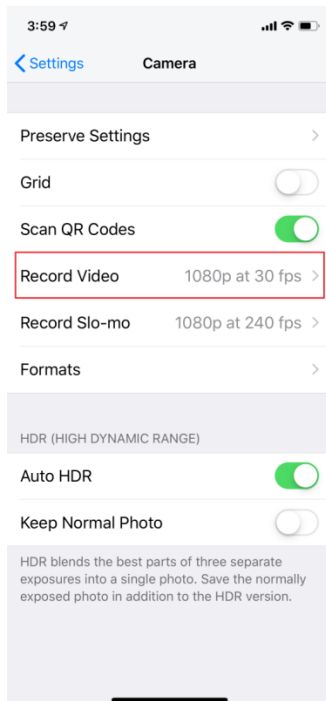
### For an iPhone (the rear camera):

Please select the "Settings" app on your phone and follow the screenshots below

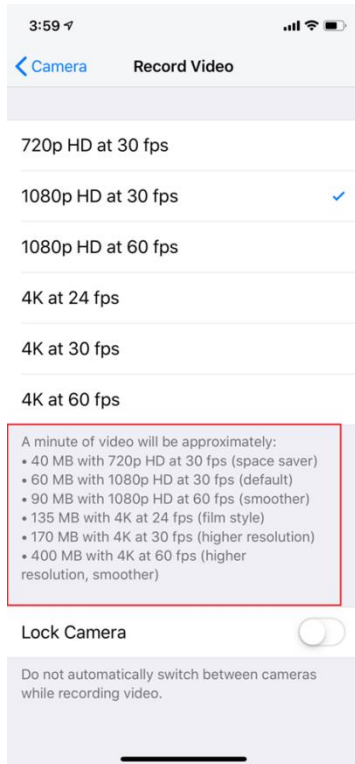
1)



2)



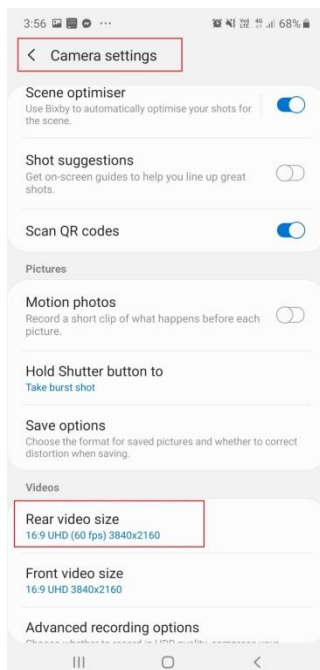
3) Note how each quality setting will affect the file size per one minute of recording (this screenshot)



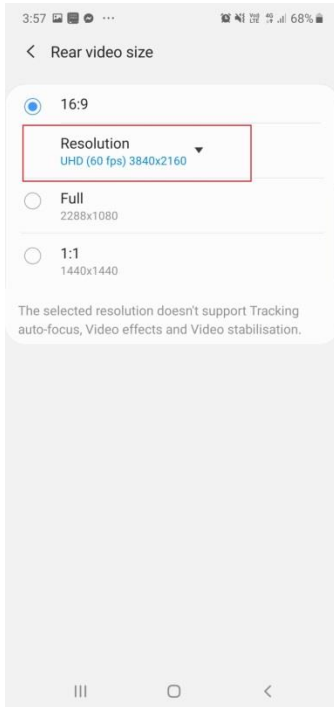
## For an Android (the rear camera):

Please select the "Settings" app and follow the screenshots:

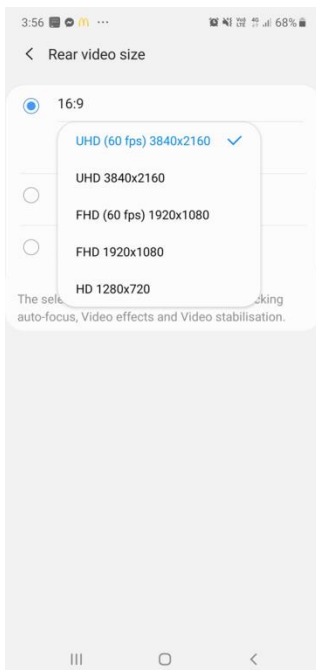
1)



**2)**



**3)**



\*\*\*\*\*End of Document\*\*\*\*\*