

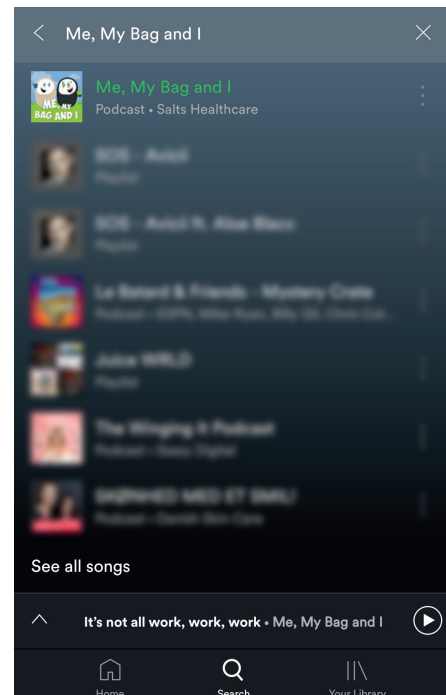
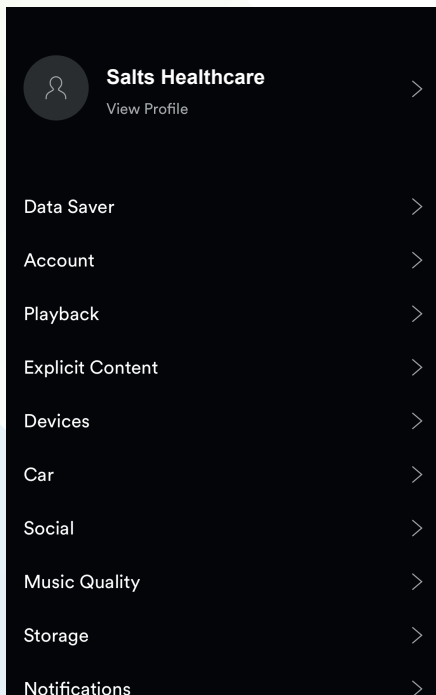
Step-by-step guide to the Salts Ostomy Podcast

How to follow and subscribe to our podcasts, tune in and have a listen on the go – to listen in to what others have to say about their life and living with a stoma.

How to find the 'Me, My Bag and I' podcast in Spotify?

1) Open the **Spotify** app on your device and make sure that you're logged in to your Spotify account.

2) Tap on Search and search for 'Me, My Bag and I'.



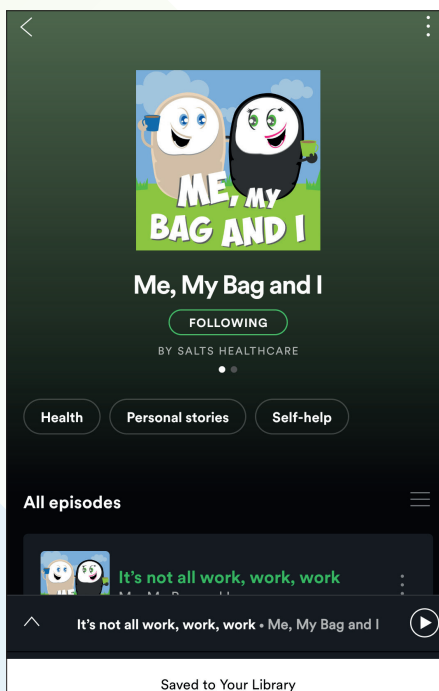
3) Tap on the podcast name 'Me, My Bag and I' to read more information about it and to listen to podcast episodes.



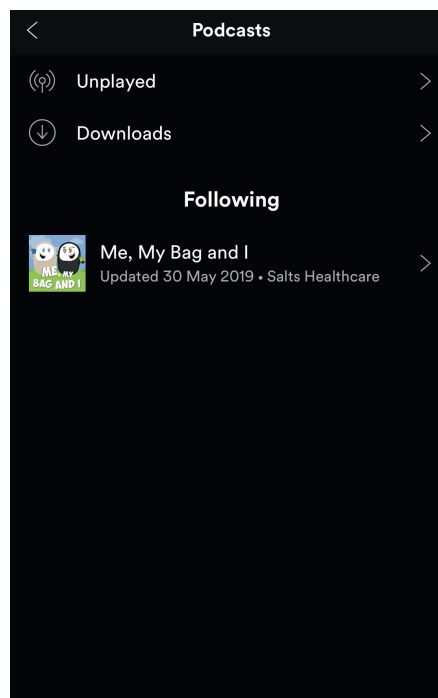
Once you have found the 'Me, My Bag and I' podcast, you will then be given the option to follow the podcast. This allows you to keep up-to-date with the latest podcast episodes and you will be able to see when the podcast has last been updated.

How to follow the 'Me, My Bag and I' podcast in Spotify?

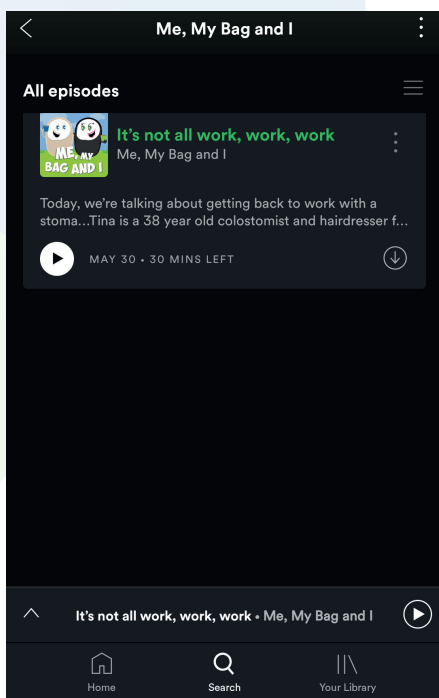
1) Once you've found the 'Me, My Bag and I', simply tap Follow under the podcast title. The button should change to Following - if you've followed it successfully.



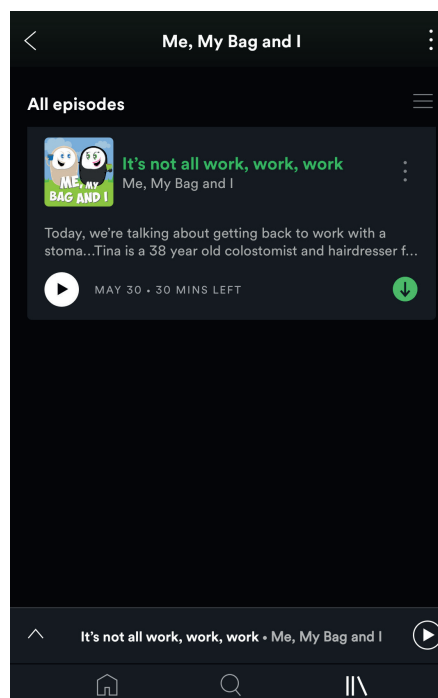
2) Tap Your **Library > Podcasts** to view your followed podcasts on Spotify.



3) Scroll down the episode list and tap the down arrow icon to the right of an episode to download it to your device.

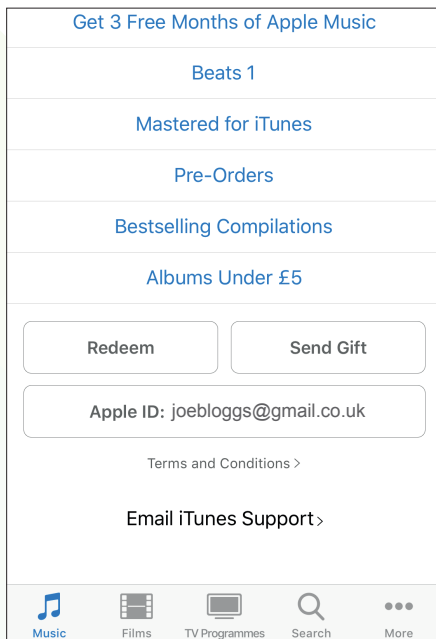


4) When the episode has finished downloading, the down arrow icon will turn green. Downloaded episodes can be played from the podcast episode list or through **Your Library > Podcasts > Downloads**.

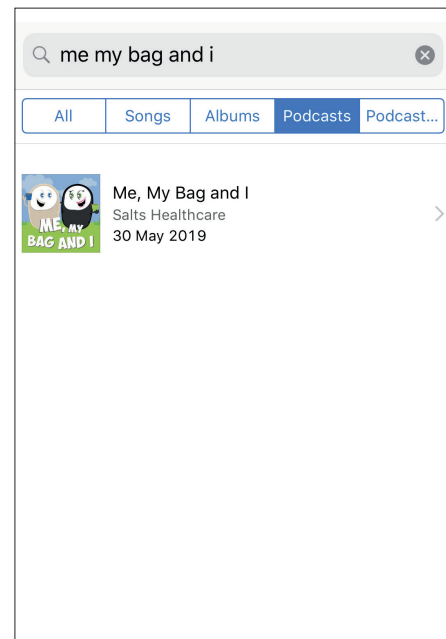


How to find the 'Me, My Bag and I' podcast in iTunes?

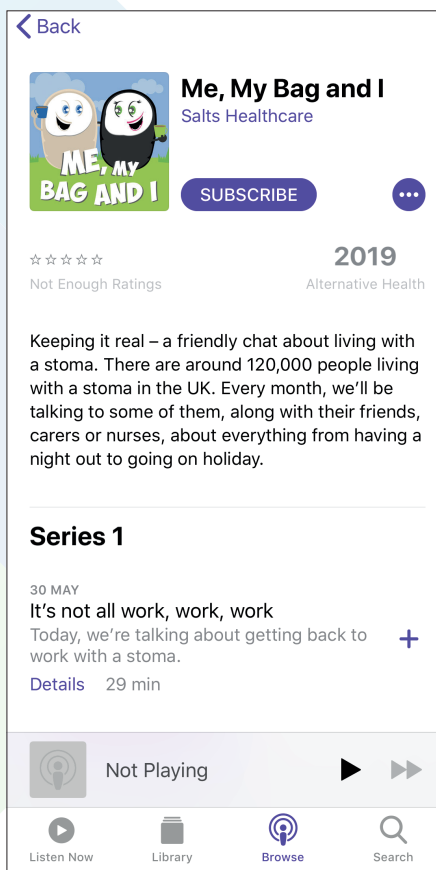
1) Open the **Apple Podcasts app** on your device and make sure that you're logged in to your iTunes account.



2) Tap on Search and search for 'Me, My Bag and I'.

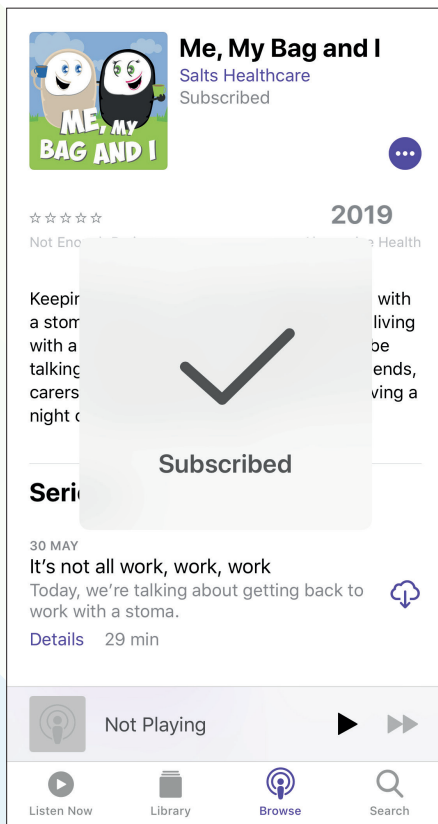


3) Tap on a podcast name 'Me, My Bag and I' to read more information about it and to listen to podcast episodes.

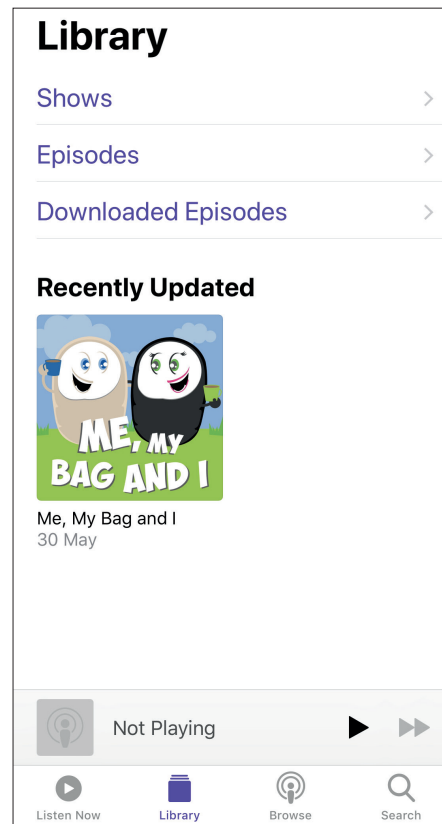


How to Subscribe to the 'Me, My Bag and I' podcast in iTunes?

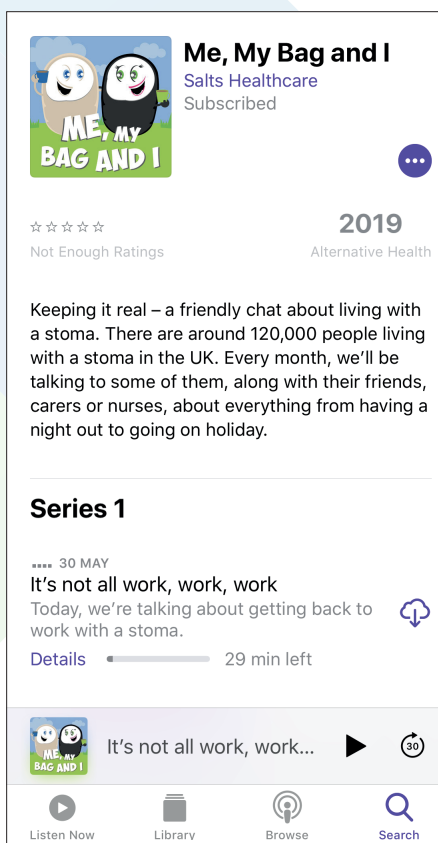
1) Once you've found the 'Me, My Bag and I', simply tap subscribe under the podcast title. The button should change to subscribed - if you've followed it successfully.



2) Tap Your **Library > Podcasts** to view your followed podcasts on the app.



3) This will show the latest episode from the podcast series.



Frequently Asked Questions (FAQ's)

How do I listen to the 'Me, My Bag and I' podcast on my Mac or PC?

It's really simple. You can listen to the 'Me, My Bag and I' podcast via iTunes, Spotify and other popular podcasting platforms on your PC also, by following the same steps as above.

Is the podcast available on the Salts Healthcare website?

Yes. If you want to listen to the podcast directly on the Salts Healthcare website, then this option is available too. Simply visit www.salts.co.uk/podcasts to listen to all of the latest episodes from the podcast series.

Is the podcast available on Android devices?

Yes, if you are using an Android – then you can access the Podcast Player app.



Where else can I listen to the 'Me, My Bag and I' podcast?

We have made sure that we have made the podcast available amongst a number of popular podcasting platforms and directories, including: **Spotify, Apple Podcasts, aCast, CastBox** and many more!

