

HYPERTENSION SEOUL 2025

2025. 11. 06 (Thu.) - 08 (Sat.)
Conrad Hotel, Seoul, Korea

[e-Poster] How to Make the e-Poster File

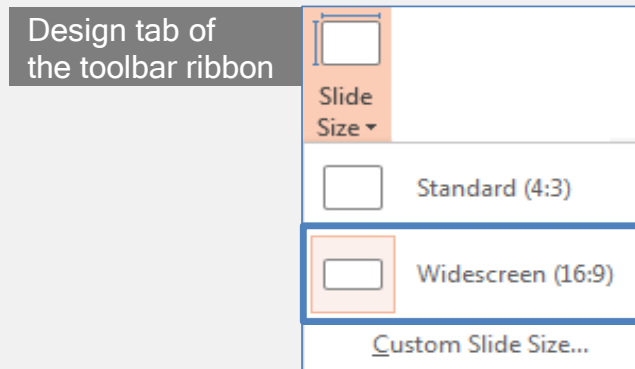
Submission Due Date: October 17 (Fri.), 2025

hypertension.kr

[Hypertension Seoul 2025 Secretariat] Tel: +82-70-4334-8560 | E-mail: info@khypertension.kr

 Please read this instruction thoroughly to make your e-poster file.

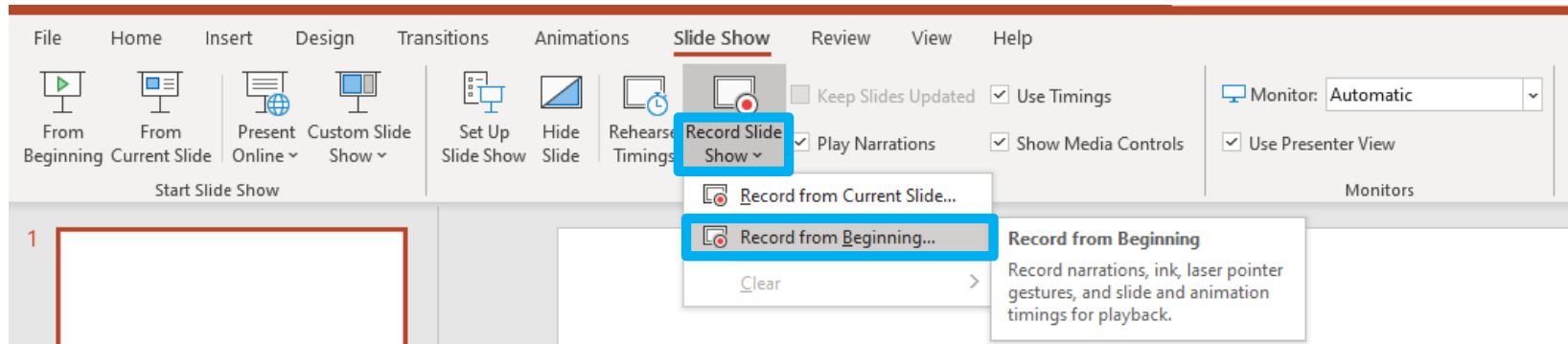
1. The slide size of your presentation file (*ppt, *pptx) should be **16:9 (Widescreen)**.



2. The recording function with video in MS PowerPoint is only available **in 2019 and higher versions**.
3. The video presentation should **include your voice** (don't need to include your face).
4. We highly recommend you use a **separate mic system (such as earphone with mic)** other than the built-in mic to minimize the noise.
5. Export the presentation as a video that is the format of MP4. The resolution (pixel) must be higher than 720x for smooth playing.
6. Submit the e-Poster file via e-mail by **October 17 (Fri), 2025**.

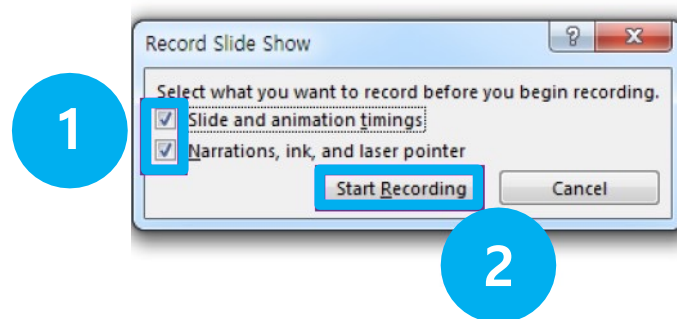
How to record the presentation

1. Click Slide Show → Record Slide Show → Record from Beginning



2. Start Recording

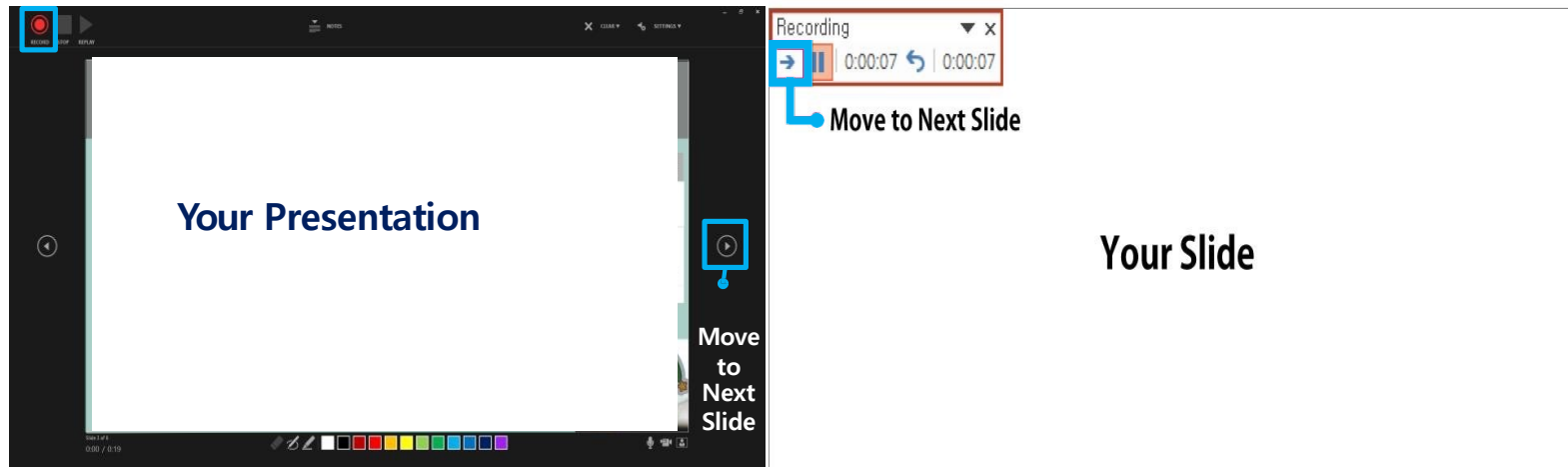
* Please note that this pop-up below may not show up depending on your MS PowerPoint version.



How to record the presentation

3. Recording & Finish

- Start recording by clicking the button () at the top left corner.
- Please press  button when you finish the recording.
- We recommend you record slide by slide other than record the whole slide at once.
By doing this, you can fix mistakes much easier.



How to save the file

1. Create a video

The screenshot illustrates the steps to create a video from a PowerPoint presentation. The interface shows the 'File' tab selected, leading to the 'Export' menu. The 'Create a Video' option is highlighted, and the settings panel on the right is visible, showing options for video quality and timing.

1. Click the **File** tab.
2. Click **Save**.
3. Click **Export**.
4. Click **Create a Video**.
5. Click **Create Video** in the settings panel.

2. Save as "MPEG-4 Video"

* It might take a long time to create the video presentation. Please wait until the process is 100% done.

File name: **Put your abstract number and your name. (e.g. Abstract number_your name)**

Save as type: **MPEG-4 Video**