How to change your profile picture

Make sure you are signed into your account on the blf.healthunlocked.com pages

Move your mouse to the top right corner of the browser and hover over your name, a menu appears below, move the mouse down to Profile and click it

In the top right of the page you should see a box like this >> click 'Upload new' then 'Choose File' below the yellow button

This opens up a standard 'file' window on your computer.

Go to the directory where you have the picture you want to use and click on it then click 'Open' at the bottom

My pictures are in C:\temp\HU

You should see a screen like this >> with your picture on it.

Part of it is lighter than the rest and there are little squares on the edges of the lighter area. This is a Crop Box, you need to choose the area of the picture you want to be displayed. Handy if you've uploaded a photo of you and an ex. and don't want them appearing

Click on the top left corner and drag your mouse towards the top left until the crop box is the right size for the area to be displayed.

Now click in the middle of the box and drag it so the bit you want is in the middle. You can fine-tune by clicking and dragging the corners a bit until you are happy with your selection.

Now look just above the picture where it says 'Crop and Save', click there and - you're finished!