1. Go to: https://congresscare.floq.live/

2. Create an account and continue with your email address where you have received the instruction

3. Fill out a password of your own choice
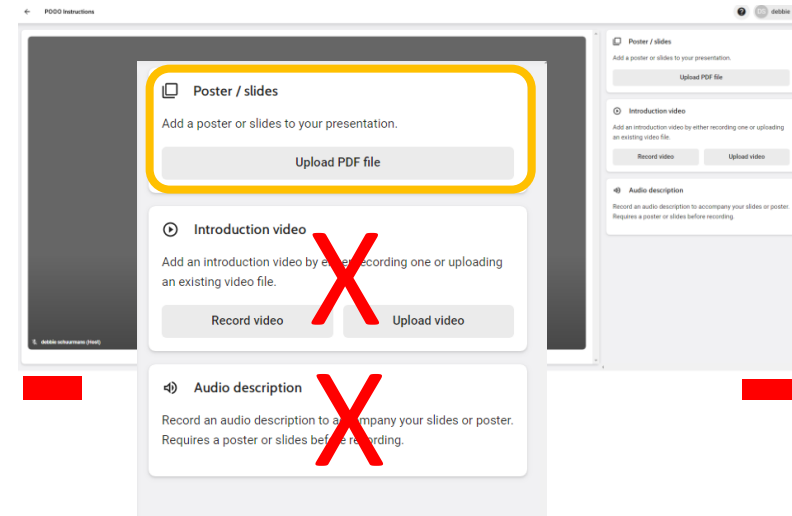
4. Click on the ANR2023 event
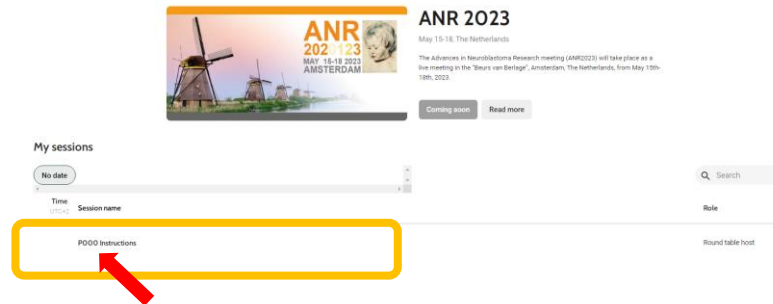
5. Your poster(s) are displayed under sessions
6. Click on the poster you want to upload

7. Your dashboard is displayed
8. Upload your poster on the right side
9. Use only the Upload PDF file button. Alle other (red) options do not apply to you!