

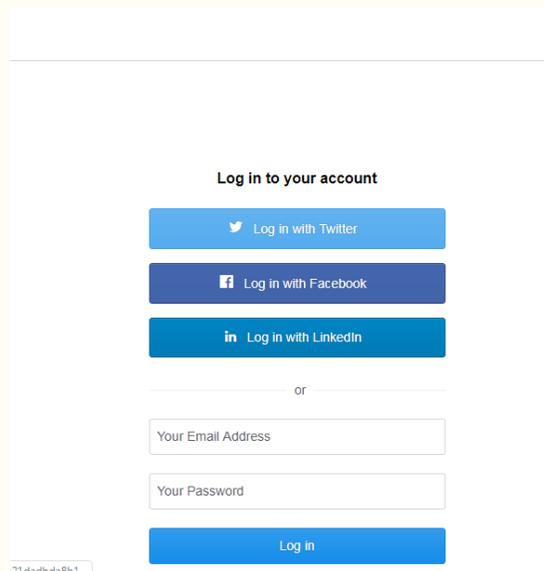
# Buffer How To:

Username: insert here

Password: insert here

## Step 1 – Sign in

Go to Buffer.com and sign in. you can sign in with any of your Facebook, Twitter, LinkedIn accounts or your email id.



Log in to your account

Log in with Twitter

Log in with Facebook

Log in with LinkedIn

or

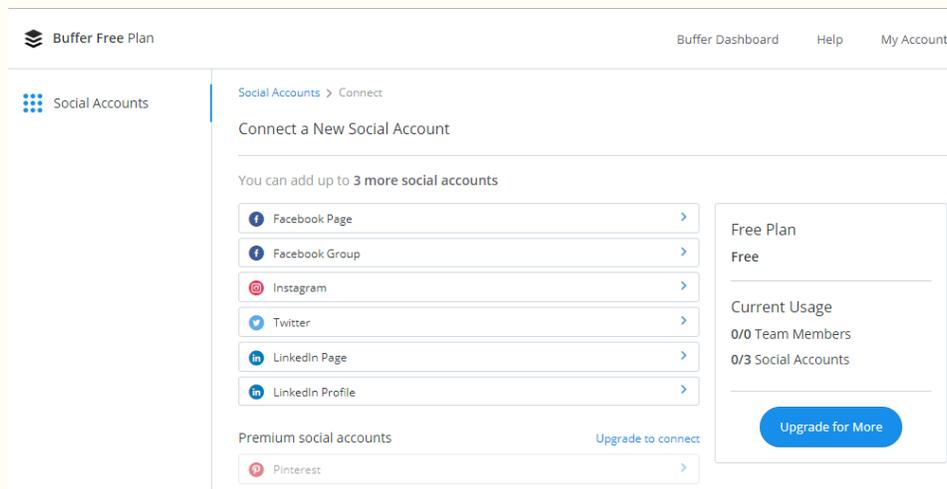
Your Email Address

Your Password

Log in

## Step 1 – Connect to Social Media Accounts

Once you have logged in, you can connect your Facebook page, Facebook group, Instagram, Twitter, LinkedIn Page, LinkedIn Profile to your buffer account. Please note: You can connect **only** up to 3 accounts on your buffer account in the free version.



Buffer Free Plan

Buffer Dashboard Help My Account

Social Accounts

Social Accounts > Connect

Connect a New Social Account

You can add up to 3 more social accounts

- Facebook Page
- Facebook Group
- Instagram
- Twitter
- LinkedIn Page
- LinkedIn Profile

Premium social accounts Upgrade to connect

- Pinterest

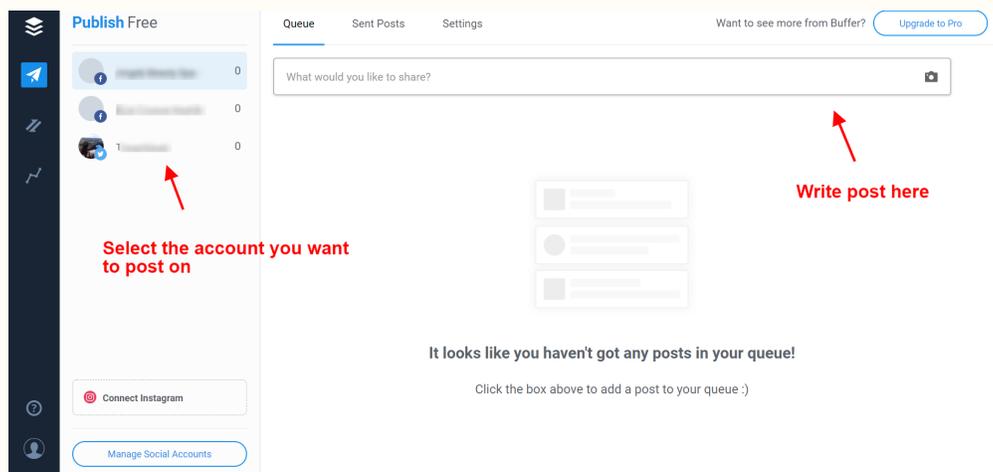
Free Plan  
Free

Current Usage  
0/0 Team Members  
0/3 Social Accounts

Upgrade for More

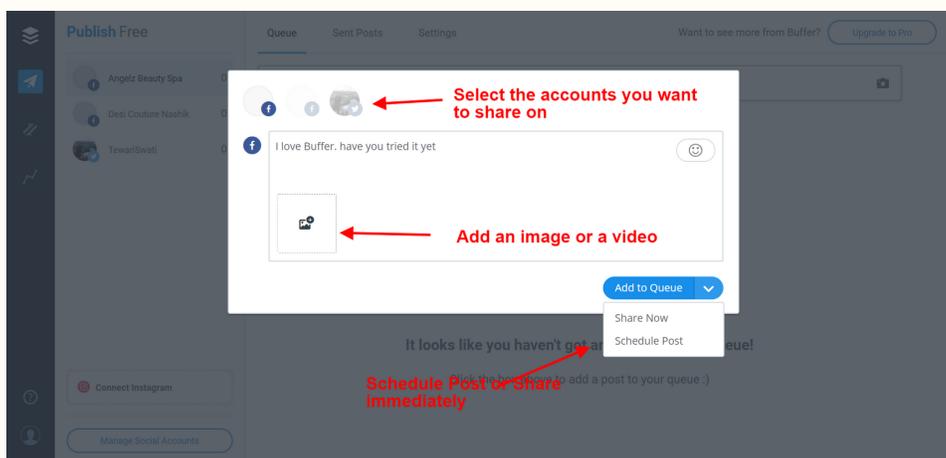
### Step 3 – Write and Schedule

Once you've logged in you will come to the dashboard, where you can write post, schedule them, queue them and can see settings of each account.



### Step 4 – Publish post, video or images

Write an update, you can add images and videos as well while updating. Once your post is ready you can choose all the accounts you want to post it on. You can also either share the update immediately or schedule it for later.



### Step 4b – Publish post, video or images

You can also click on the timeslot you wish to post in and write your post that way. You will not be able to post to all of your accounts at once that way but sometimes your scheduled times are not the same on every account...simply copy and paste to other accounts.

## Step 5 – Check the Status & Analytics

You can view your post that is not yet published on social media under ‘Queue’. Under the ‘Sent Posts’ you can see all the updates that are already published. On Buffer itself, you can view the insights or analytics of each post.

## Step 6 – Check the Schedule Times

You can edit your time zone and posting times in settings. The settings tab it at the top of the page under your Publish Tab.

Queue
Analytics
Settings

General
Posting Schedule

**Your posting schedule for Enlighten Heart Services**

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**Timezone**

New York

Stop all posts from being sent on this channel? [Learn more](#)

Pause Queue

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**Add a new posting time**

Every Day ▾

Choose times

12  
↑  
↓

00  
↑  
↓

PM

↑  
↓

Add Posting Time

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**Posting times ?** Clear all Posting Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
On <input checked="" type="checkbox"/>	Off <input type="checkbox"/>	On <input checked="" type="checkbox"/>	Off <input type="checkbox"/>	On <input checked="" type="checkbox"/>	Off <input type="checkbox"/>	Off <input type="checkbox"/>
12 : 00 PM 05 : 00 PM	12 : 00 PM 12 : 00 PM 12 : 30 PM 05 : 00 PM	12 : 00 PM 05 : 00 PM	12 : 00 PM 12 : 00 PM 12 : 30 PM 05 : 00 PM	12 : 00 PM 05 : 00 PM	12 : 00 PM 05 : 00 PM	12 : 00 PM 05 : 00 PM