# Do You QR?

#### What is a QR Code?

A QR is a picture of data that is read by your smart phone. QR stands for Quick Response. It's like a bar code.

## Why do I care?

A QR reader "app" will enter websites, phone #'s, email addresses, video links, etc... automatically into a smart phone. No more typing, no more mistakes.

## How does it work?

Download a QR reader app (I use QuickMark). Open the app function on your phone which works with your camera (or scanner). Hover over the QR code and the app will capture the data. You can immediately email, call, visit websites, or view videos. It's also stored for later use.

### How do I use them?

You can use them to link people to your contacts, send text-messages, link to video clips, link websites, etc.. They can be printed, emailed, or posted on a website. They do not require any special ink. There are many uses and you can create your own for free!

**Examples:** Below are example QR codes:

www.barbarakaycoaching.com

Website Email Phone

| Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone | Phone |

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