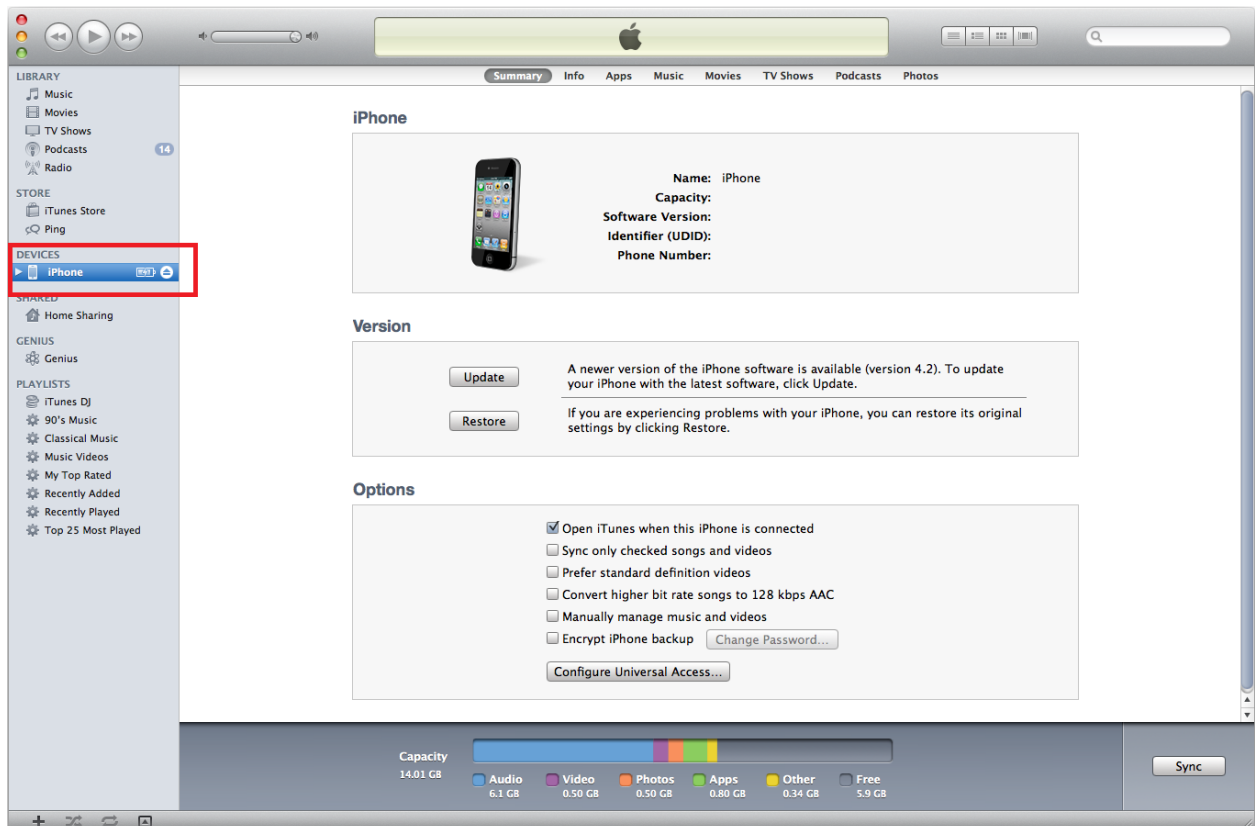


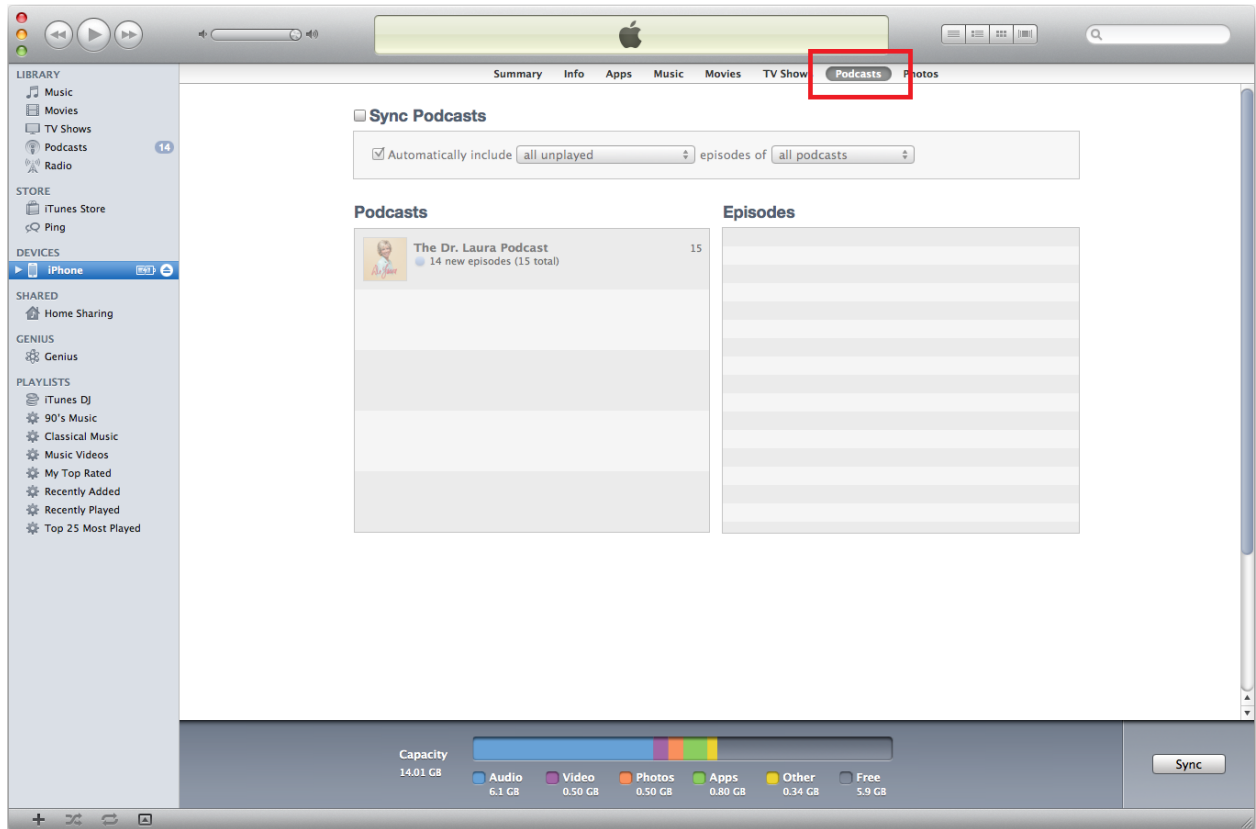
# Syncing with Your iPod or iPhone

Dr. Laura is available any time you're on the go by syncing your podcast episodes in iTunes with your iPod or iPhone device. Use the following steps once you've attached your device to the computer hosting iTunes where you store your Dr. Laura podcast episodes.

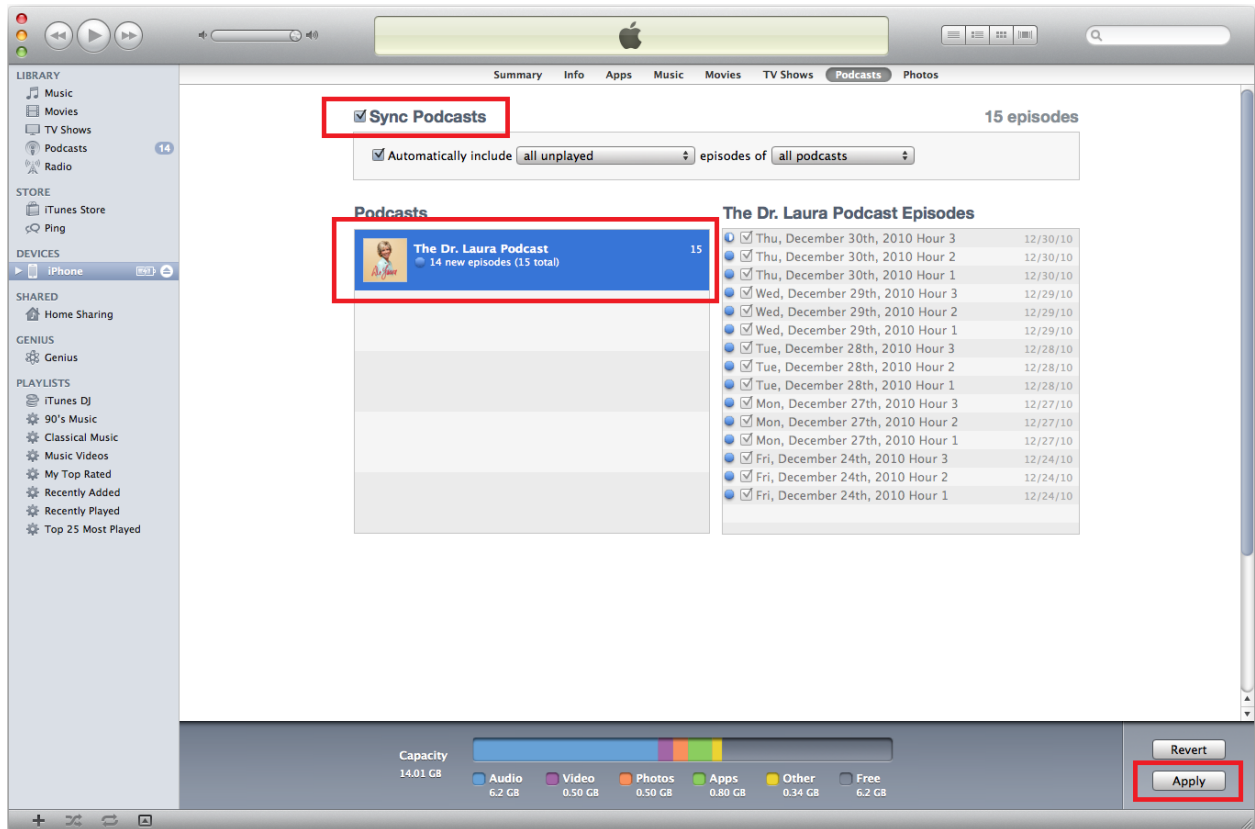
1. On your computer, open iTunes.
2. In the left menu bar, click the name of your connected device. iTunes displays Summary information for that device.



3. In the main menu, click **Podcasts**.



4. Check **Sync Podcasts**, select **Dr Laura On Demand**, and then click **Apply**.



5. Once complete, click **Sync** to synchronize the episodes with your iPod or iPhone. You do not need to repeat these steps each time you attach your device.
6. Click the eject icon next to your device name before detaching your device from your computer.