



We create and clarify brands with images, marks, and words across all media. Our efforts work to capture attention, bring understanding, and inspire imagination while driving engagement.



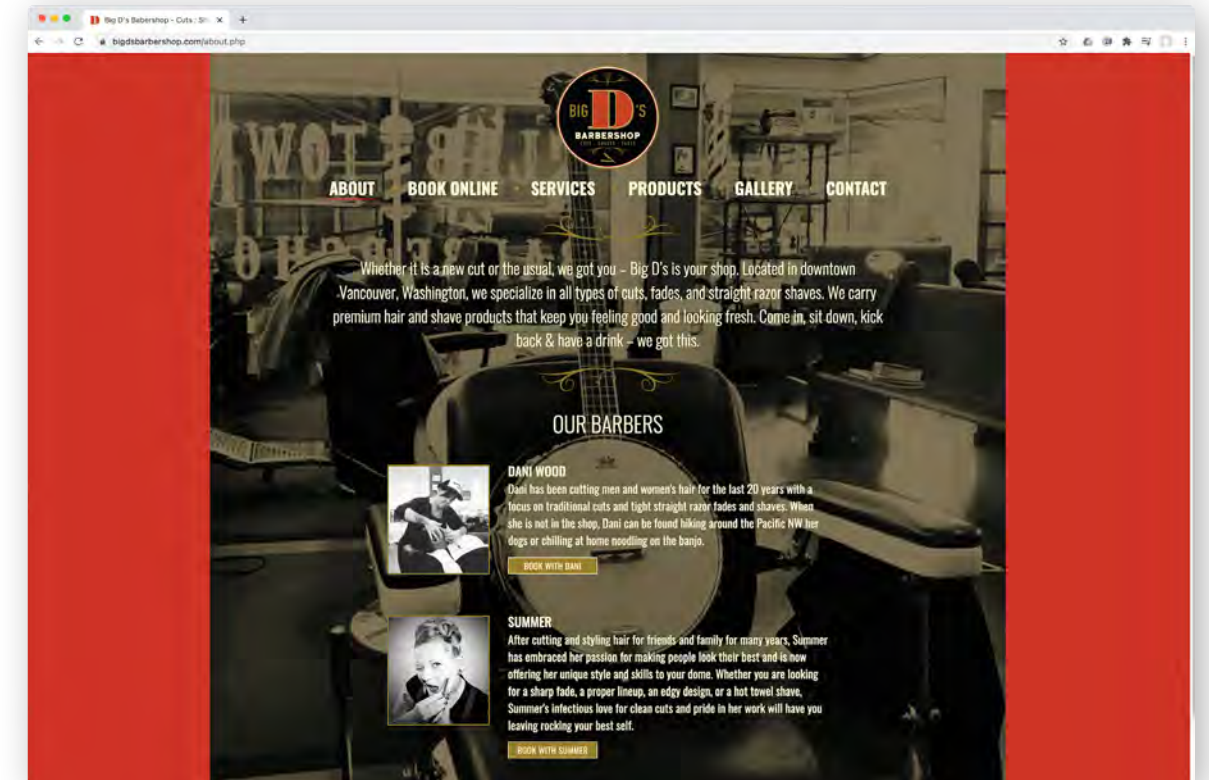
Slow Fast Go is a full-service creative studio focused on developing smart, and effective solutions for our client's business and communication needs. From identity, print, digital, environmental, and presentations, we approach our work strategically and creatively. Our passion is building the connections between a business's vision and it's intended audiences. Our motivation comes from knowing that our client's brands are clearly and authentically expressed, and receiving the attention they deserve. We love a good challenge, and no job is too large or small.



Client: Crush Cannabis

Deliverables: Naming, Identity, Brand Development, Environmental





Client: Big D's Babershop

Deliverables: Identity, Signage, Branded Merchandise, Website

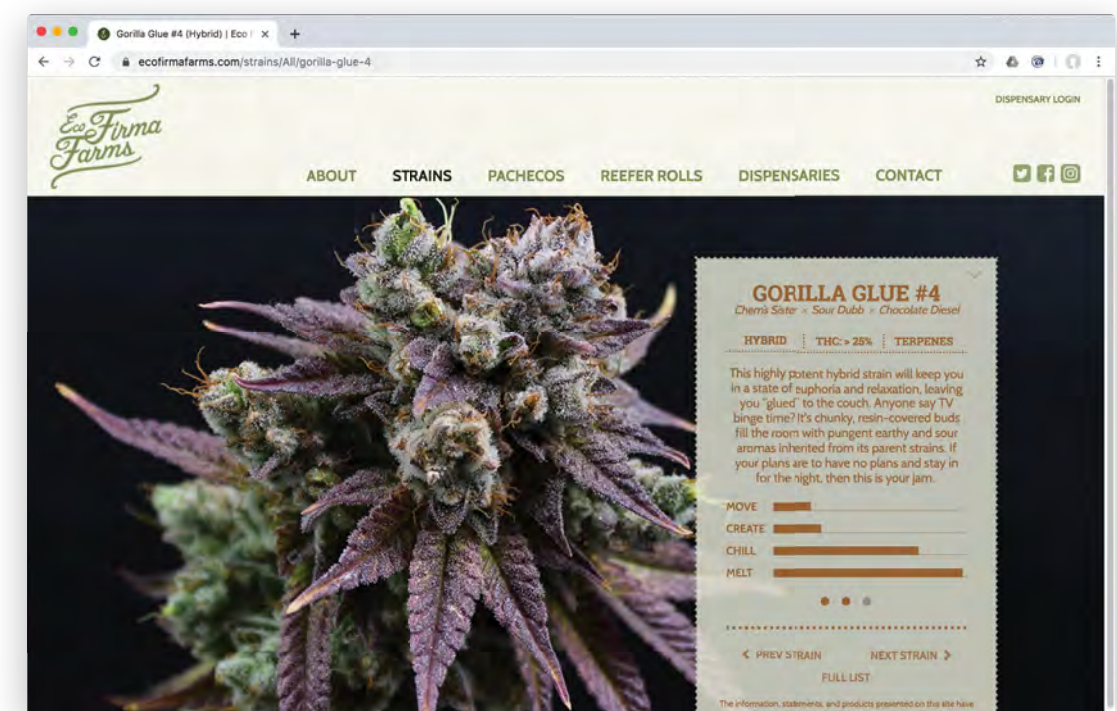
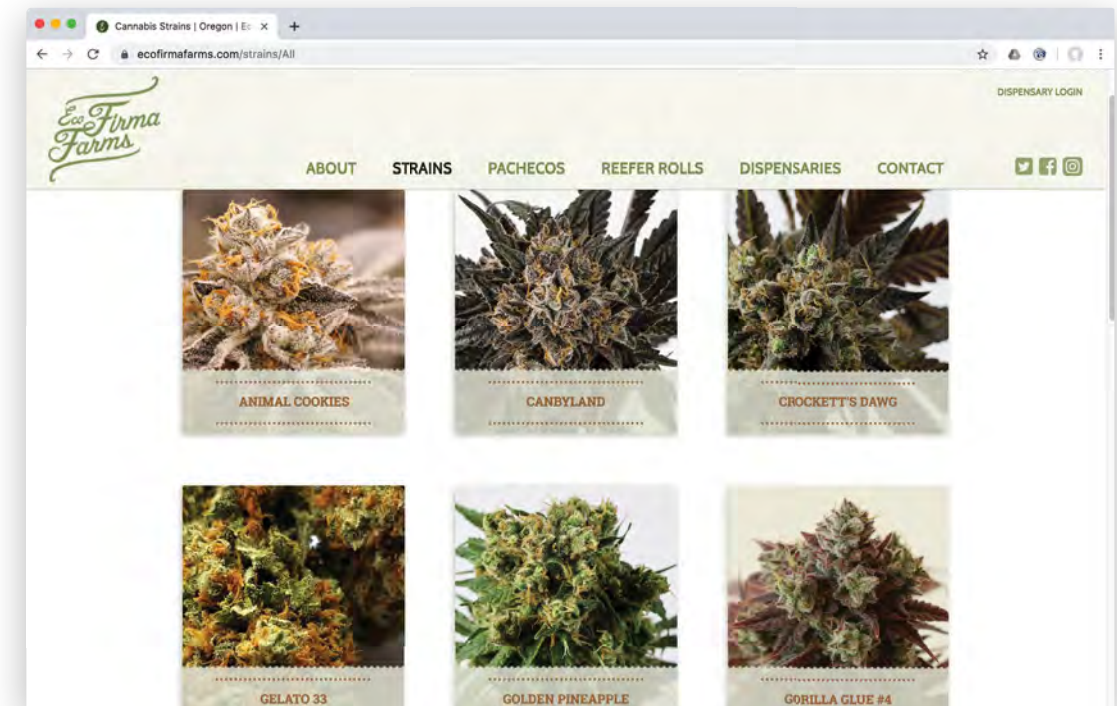
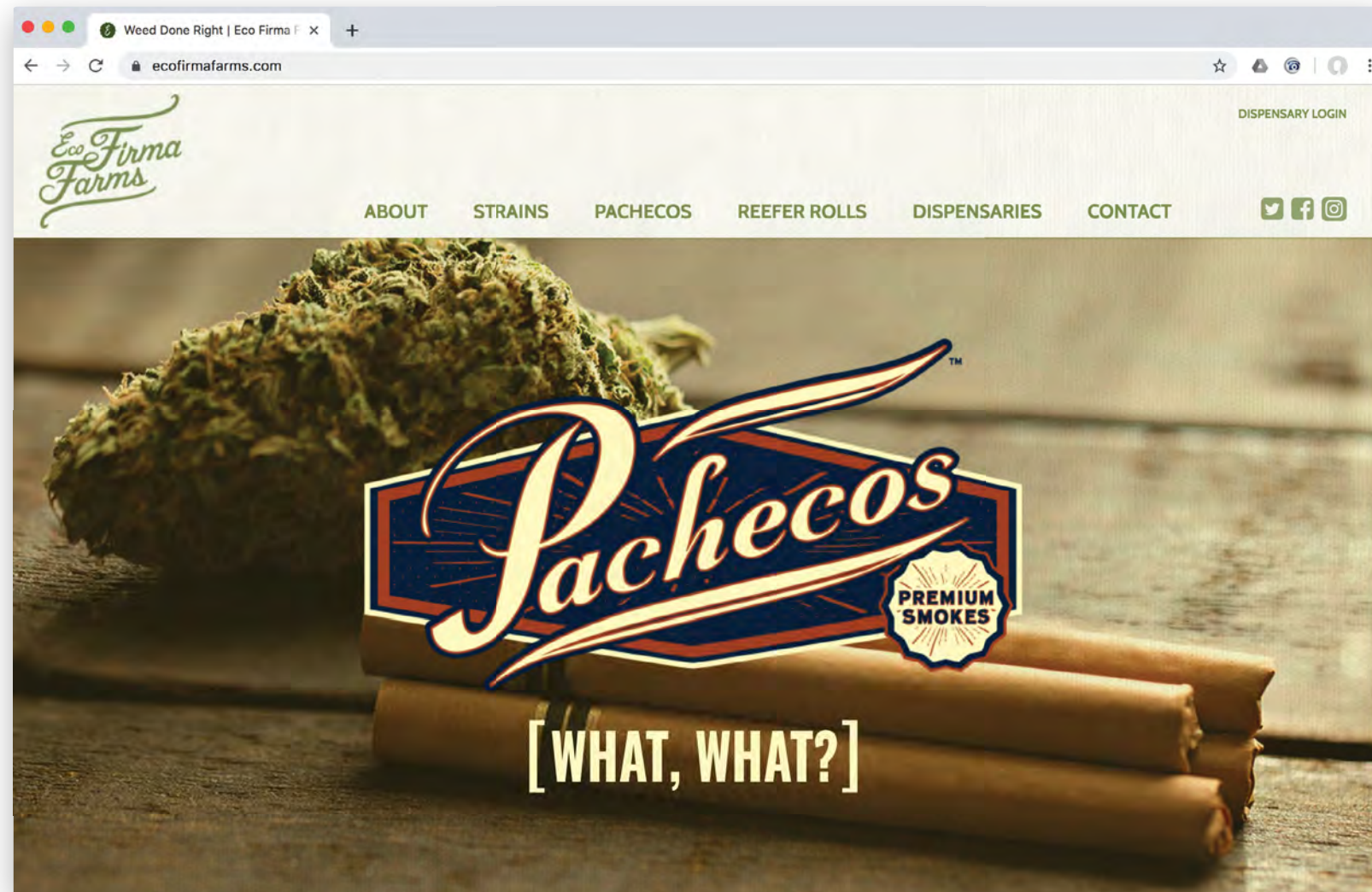




**Eco Firma Farms**

Deliverables: Identity, Signage, Branded Merchandise, Website, Social, Environmental





**Tillamook**  
ONLINE MEETING  
**STANDARDS**

There is more to a successful online meeting than just jumping in front of a computer and starting to talk. Consider the following steps to getting down the path to great virtual meetings.

**1 TECHNICAL**

**BEWARE TECHNICAL FAILURES**  
Technology failures can be the most frustrating part of online calls. Unfortunately, that frustration level is felt by everyone on the call and directly affects Tillamook's brand image.

**2 BACKGROUND**

**BACKGROUNDS MAKE OR BREAK IMPACT AND PROFESSIONALISM**  
To showcase a professional background, think of it as your theater stage.

**3 AUDIO**

**CRISP & CLEAR AUDIO IS VERY IMPORTANT**  
Since you can't hear how your audio sounds to anyone on a call, test to make sure its quality is high.

**4 VIDEO**

**YOUR VIDEO QUALITY IS AS IMPORTANT AS YOUR AUDIO QUALITY**  
Make sure you are aware of how your video looks.

**5 ETIQUETTE**

**MAINTAIN SOCIAL ETIQUETTE WHEN ONLINE**  
Make sure you are doing your part.

**6 ENGAGEMENT**

**ENGAGEMENT AND INTERACTING ON SALES CALLS IS CRITICAL**  
After everything else is taken care of, how you actually go about engaging and interacting on sales calls is crucial.

**THANK YOU. HAVE A GREAT MEETING!**

**Tillamook**  
ONLINE MEETING STANDARDS  
**PRO TIPS!**

**1 TECHNICAL**

**BEWARE TECHNICAL FAILURES**  
**PLUG IN:** When you're on an important call, use a hard-wired ethernet connection, not WiFi. This will give you the fastest, most reliable connection and less of a chance of choppy video or audio.  
**TEST AHEAD OF TIME:** Make sure you test your connection speed (speedtest.net) and all your technical connections including audio before you jump on any call. Sometimes a hard reboot of your computer before a call will reset and refresh your memory to give you more speed. Also, close all applications on your computer you don't need prior to starting an online call.

**2 BACKGROUND**

**BACKGROUNDS MAKE OR BREAK IMPACT AND PROFESSIONALISM**  
**THINK OF YOUR BACKGROUND AS A THEATER STAGE:** Your background is anything that is visible to the people you're meeting online with, and that is basically your stage. Make sure your background is clean, simple and everything visible looks professional and matches with Tillamook's brand. If using a Tillamook branded background, make sure that it's well-lit and you are not wearing anything that conflicts with or disappears into your background.  
**YOUR BACKGROUND IS MORE THAN JUST VIDEO:** Remember that your audio is part of your background as well. Anything that someone on the line can see or hear is your "background".

**3 AUDIO**

**CRISP & CLEAR AUDIO IS VERY IMPORTANT**  
**USE A HEADSET:** A professional headset is your best option for good audio.  
**SPEAK SLOWER AND LOUDER:** Speak a little slower and louder than you would in person as you lose a little volume and comprehension online.  
**REDUCE BACKGROUND NOISES:** Anything you can hear, they can hear. Make sure you're in a quiet place where background noises aren't going to interfere or disrupt the meeting.

**4 VIDEO**

**YOUR VIDEO QUALITY IS AS IMPORTANT AS YOUR AUDIO QUALITY**  
**KEEP YOUR CAMERA AT EYE LEVEL:** You don't want the angle to be looking up your nose or pointing down at you.  
**KEEP YOUR HEAD FRAMED WELL:** Be mindful of the way your video is framed. Position yourself in the frame with a little room above your head but not too much. Don't be too far or too close to the camera. Engage with your facial expressions. When you aren't talking, think about how much your facial expressions can convey emotions. Smile and actively be part of the conversation with your expressions.  
**MAKE SURE THERE'S ENOUGH LIGHT:** Your video quality will be at its best when there is enough light in your background. Make sure you have sufficient lighting. Use a three point lighting system or straight on lighting.  
**WEAR SOLID COLORS:** Wearing solid colors helps keep the focus on your face and not distracting patterns from your clothing. Keep in mind whether light or dark clothing will work best within your lighting and your background.

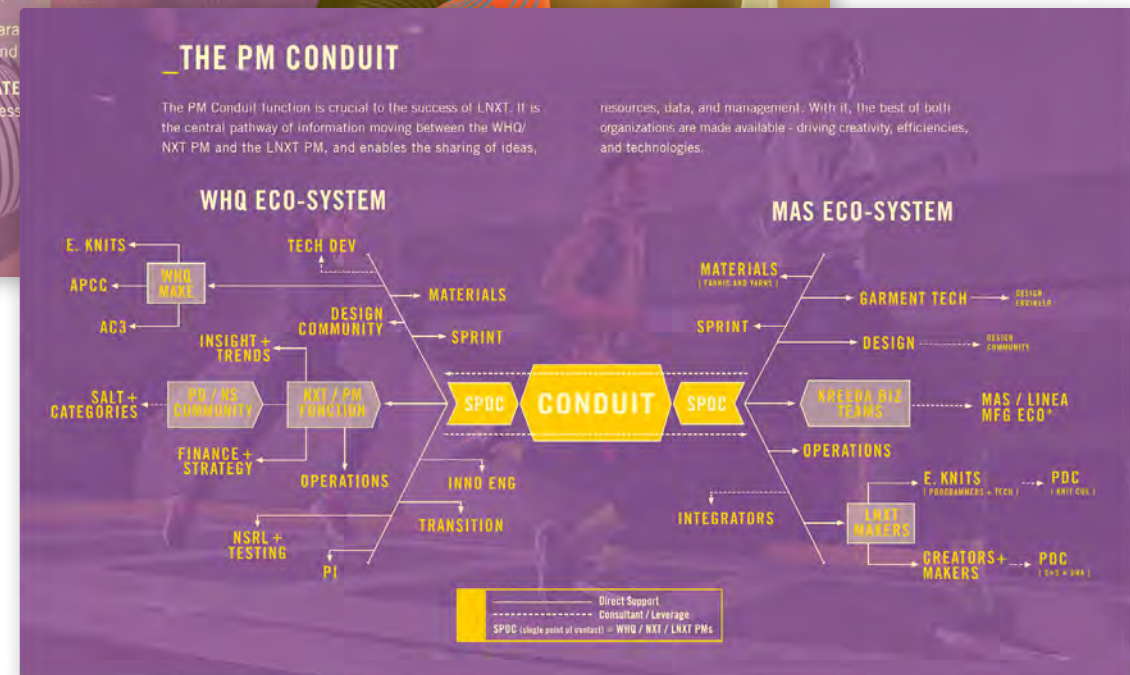
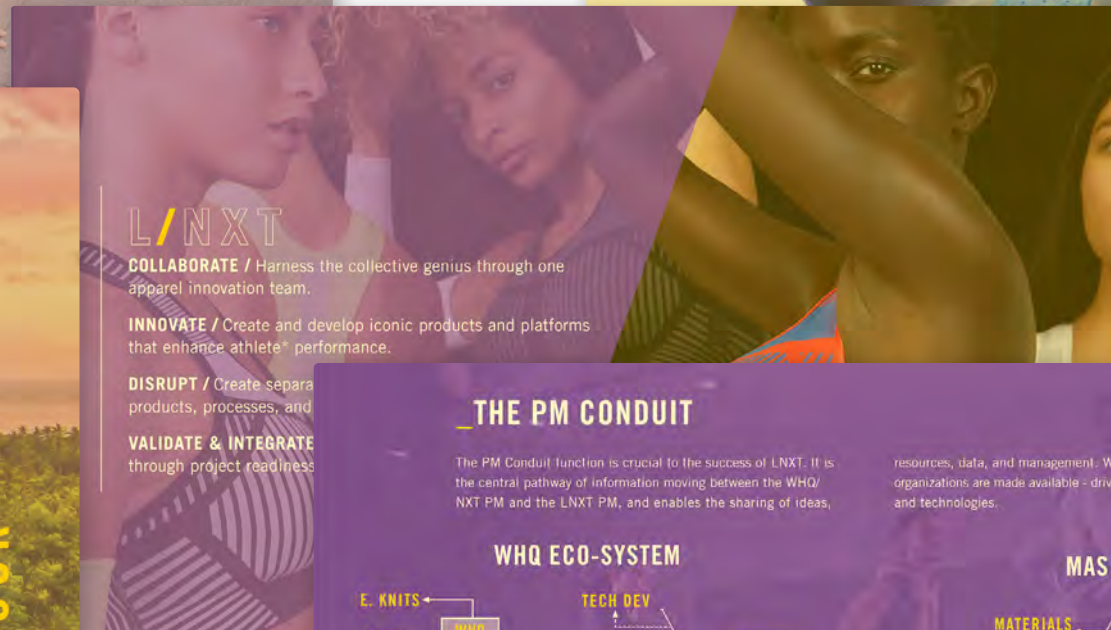
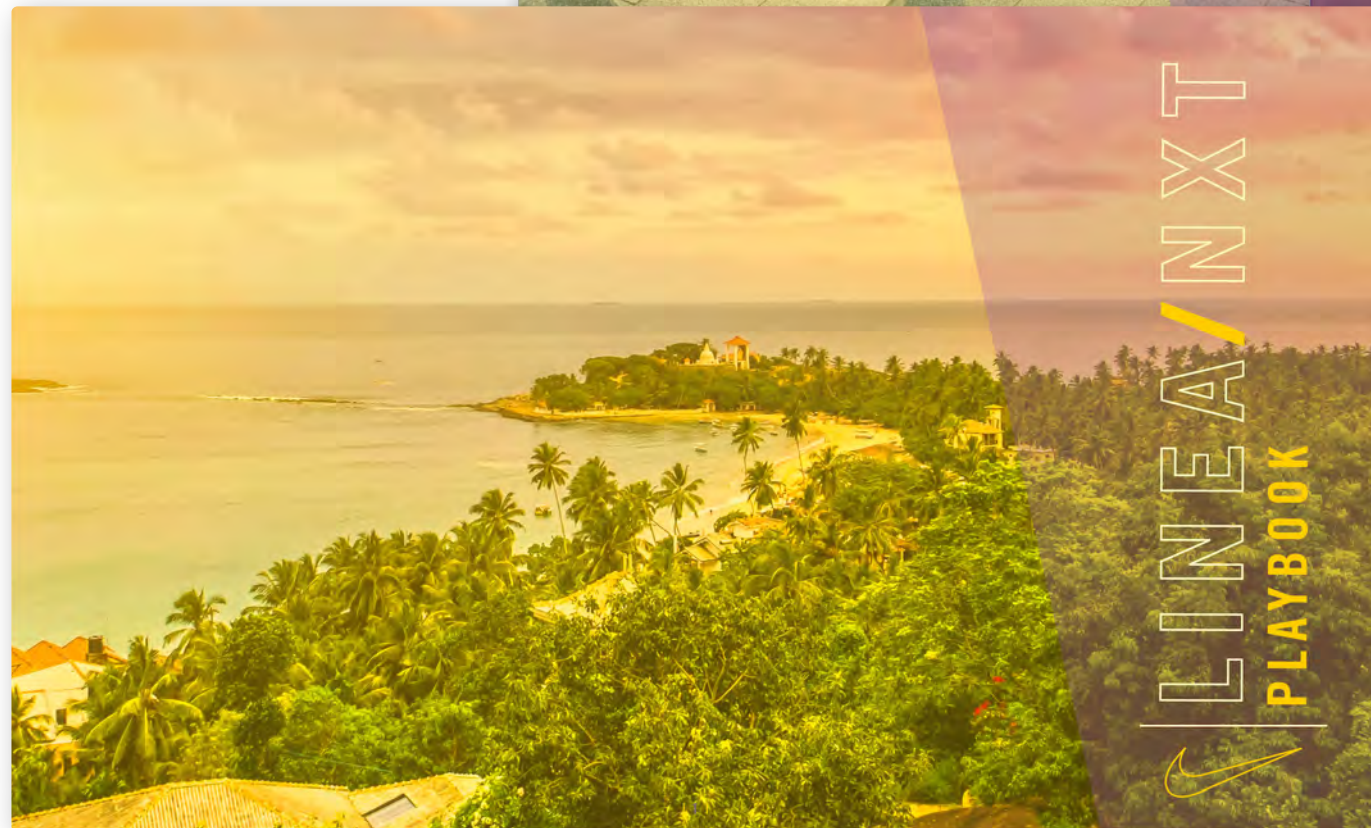
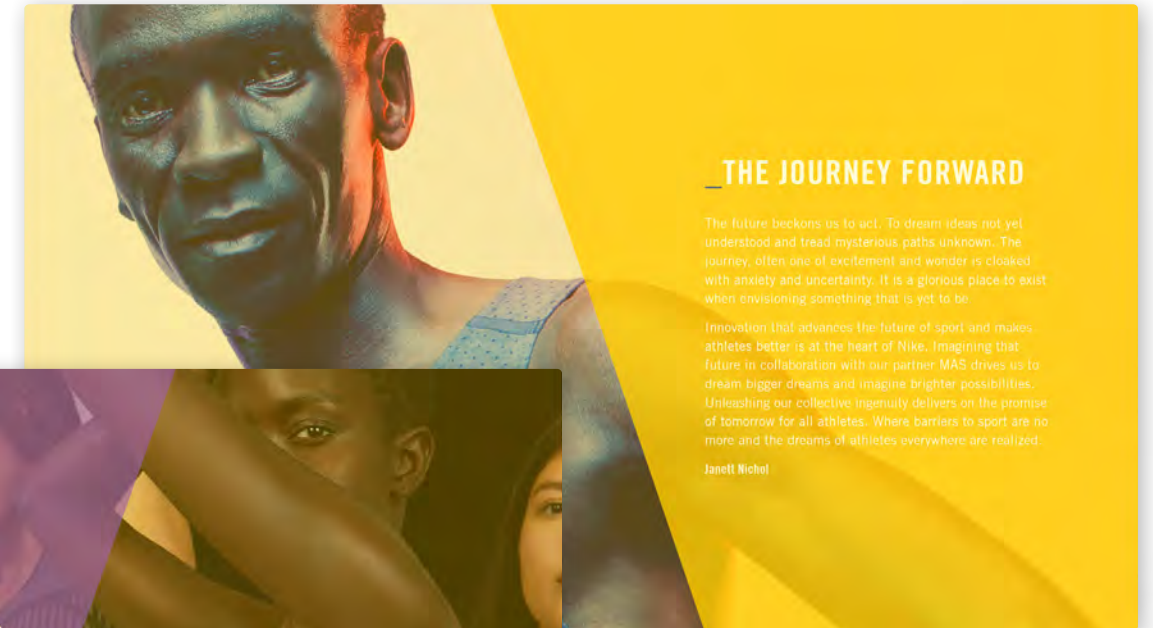
**5 ETIQUETTE**

**MAINTAIN SOCIAL ETIQUETTE WHEN ONLINE**  
**TIMELINESS:** Make sure you log into meetings a few minutes early so that you're on time and you don't jump into a meeting feeling rushed or stressed.  
**NO OUTSIDE WORK:** Don't do any typing or checking calendars or emails. Basically, don't do anything you wouldn't do live just because you can.  
**TURN OFF ALL NOTIFICATIONS:** Make sure all audible notifications are turned off both on your computer and from any devices that are near you.

**6 ENGAGEMENT**

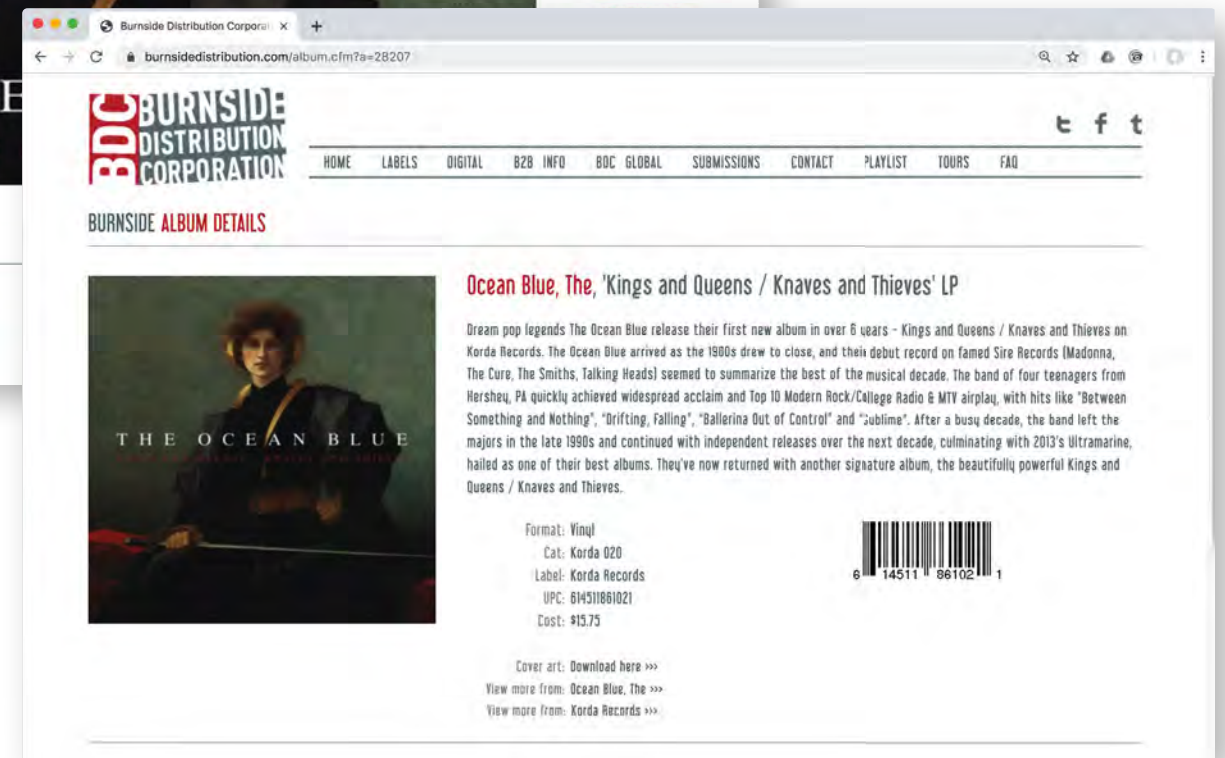
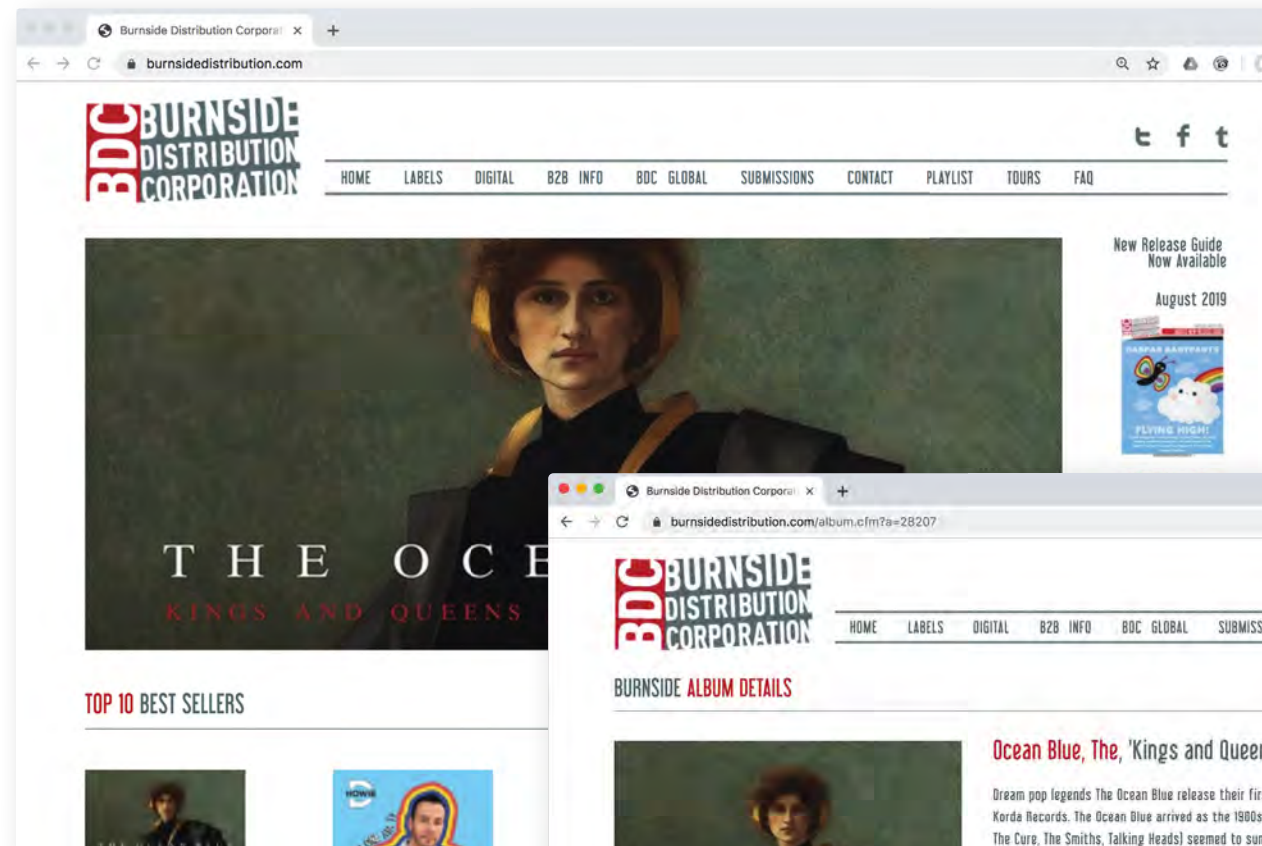
**ENGAGING AND INTERACTING ON SALES CALLS IS CRITICAL**  
**CONVERSATION STARTERS & VIRTUAL ICE BREAKERS:** Make sure you're breaking the ice, starting conversations and keeping everyone included in the discussion. Say hello, make introductions. Do whatever it takes to make everyone feel welcome and connected.  
**PACING:** Make sure you know how much time you have and what information you have to cover. Adjust on the fly when it's needed.  
**MANAGE THE MOMENTUM:** Make sure you manage the momentum of the call. Without proper direction, calls can drag on or go off-topic. Always lead the conversation back to the main purpose and keep an eye on the clock so you can be courteous of everyone's time.

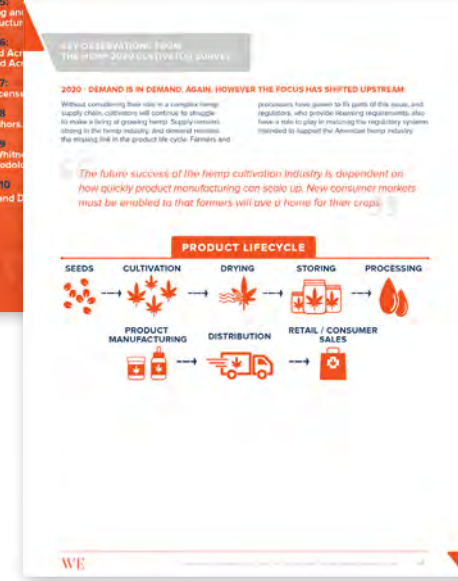
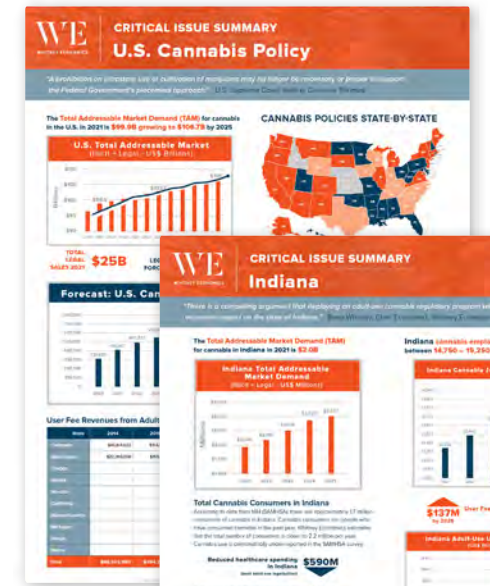
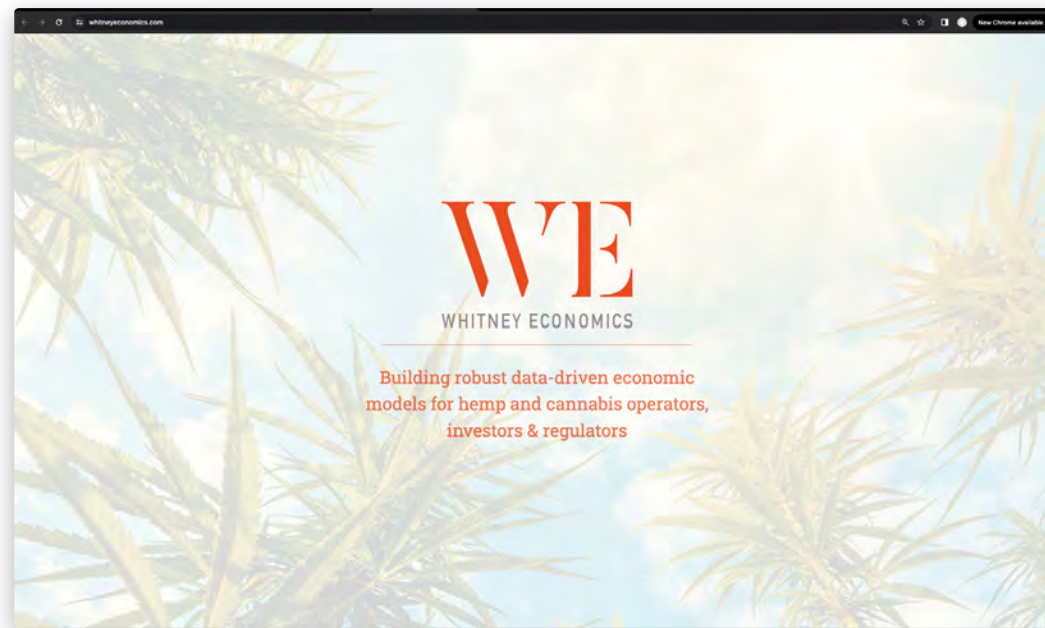
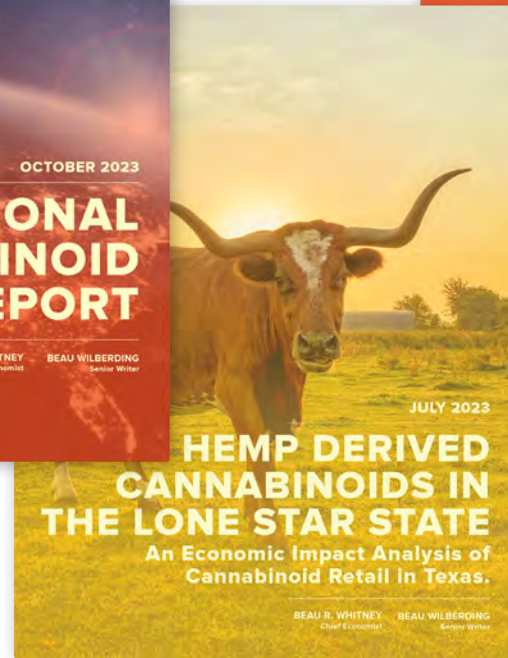
**NOW YOU ARE READY. HAVE A GREAT CALL!**





30 YEARS  
**BDC** BURNSIDE  
 DISTRIBUTION  
 CORPORATION







**LNXT**  
**NEXT 6 MONTHS**

**ALIGNED APPAREL ROADMAP & STRATEGY**  
Place holder copy goes here. Place holder copy goes here. Place holder copy goes here. Place holder copy goes here. Place holder copy goes here. Place holder copy goes here.

**LNXT RUBRIC / KREEDA ONE TEAM**  
Place holder copy goes here. Place holder copy goes here. Place holder copy goes here. Place holder copy goes here. Place holder copy goes here. Place holder copy goes here.

**LEAD OUR ORGANIZATIONS DIGITALLY / VIRTUALLY**  
Place holder copy goes here. Place holder copy goes here. Place holder copy goes here. Place holder copy goes here. Place holder copy goes here. Place holder copy goes here.

**LNXT**  
**SWEETSPOTS**

- FUTURE KNIT
- TECH ASSEMBLY INTEGRATION
- NEW MAS CLASSIFICATION
- MODELS DIRECT
- MOVE TO ZERO

**LNXT STEER CO.**  
2020

**LNXT**  
**TODAY & TOMORROW**



**LNXT**  
**PLAYBOOK**

INTRODUCTION

GENESIS

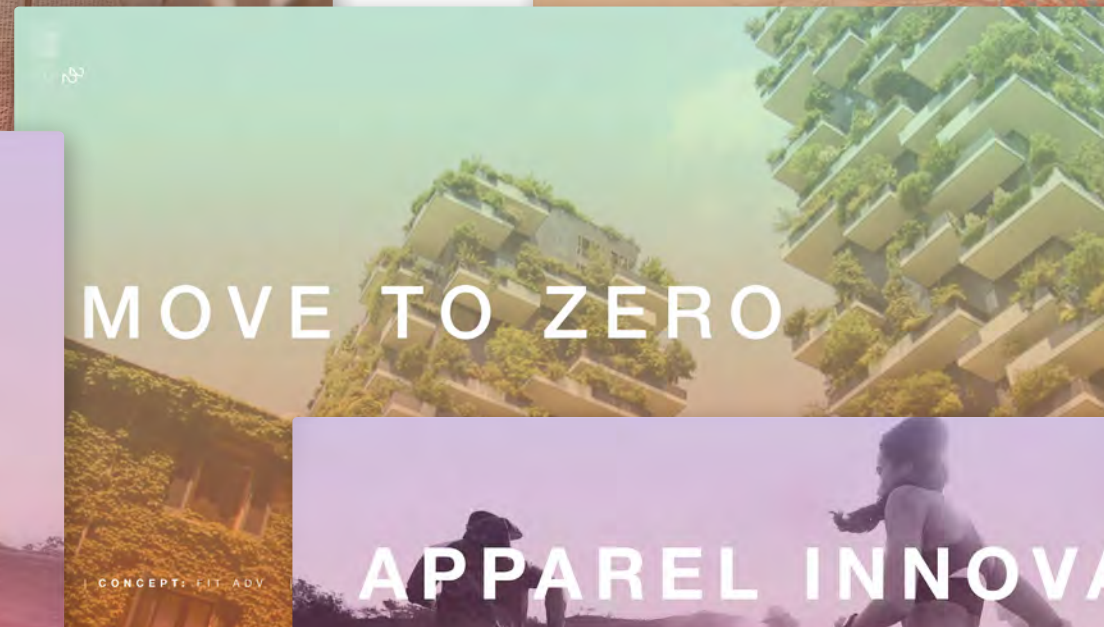
GLOBAL INNOVATION PROCESS

LNXT ANNUAL CADENCE - CREATING ALIGNMENT

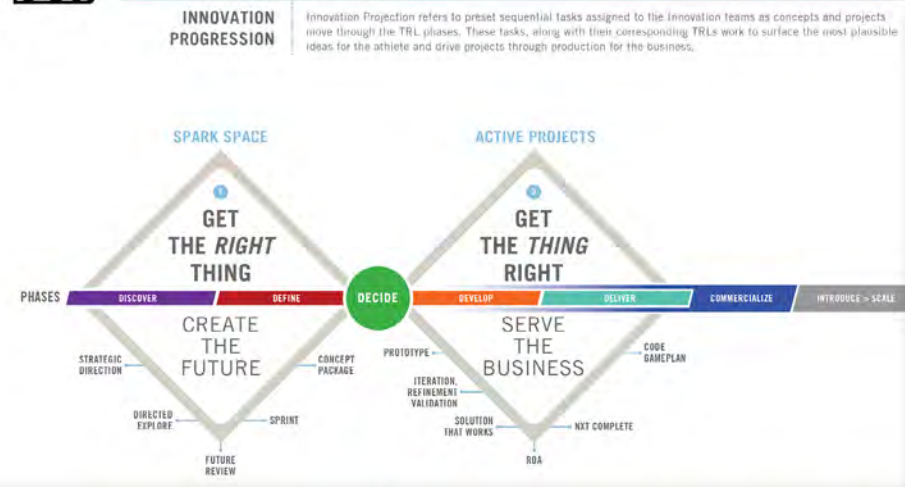
PROJECT SUCCESS: INFINITY

OREGON

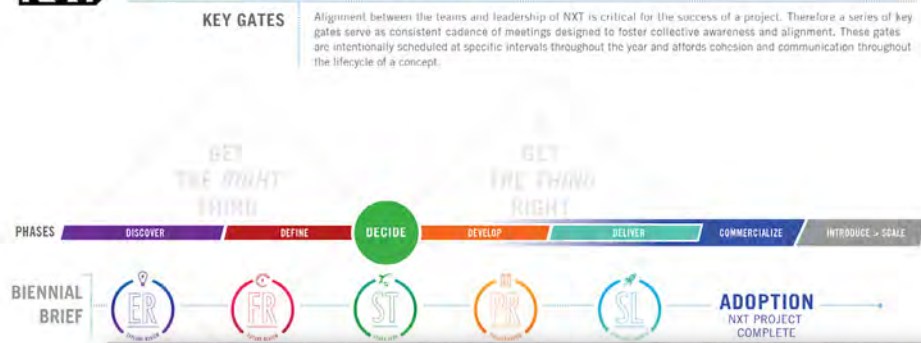




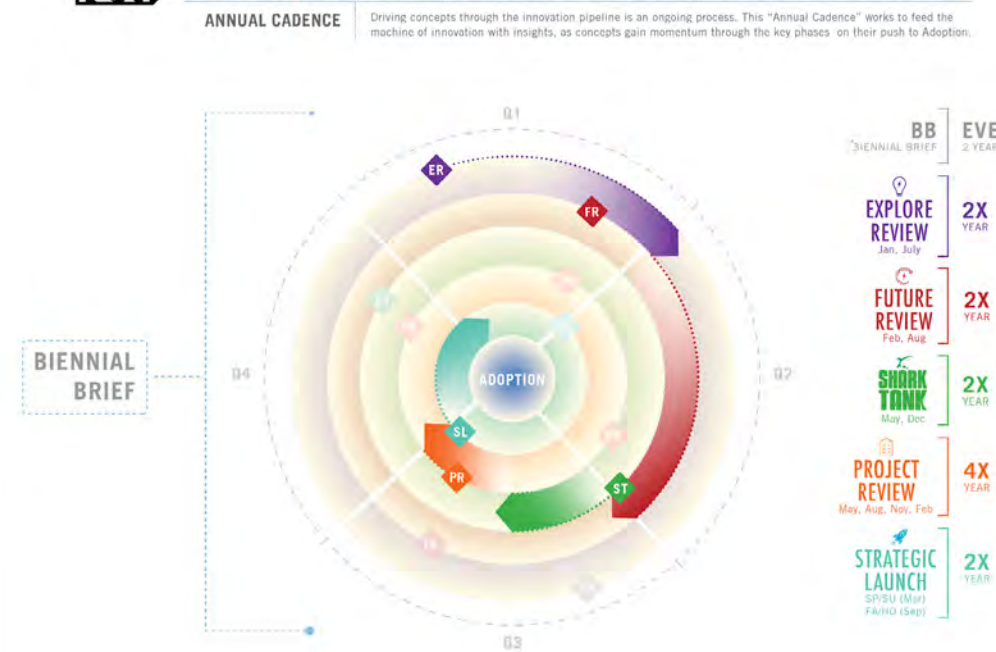
**NXT** OPERATING MODEL: DOUBLE DIAMONDS



**NXT** OPERATING MODEL: DOUBLE DIAMONDS



**NXT** OPERATING MODEL: DOUBLE DIAMONDS





Eco Firma Farms

Deliverables: Sub-product Development - Naming • Identity • Packaging • Advertising • Social • Environmental





**Greeley Gallery**

Deliverables: Naming, Identity, Signage, Packaging



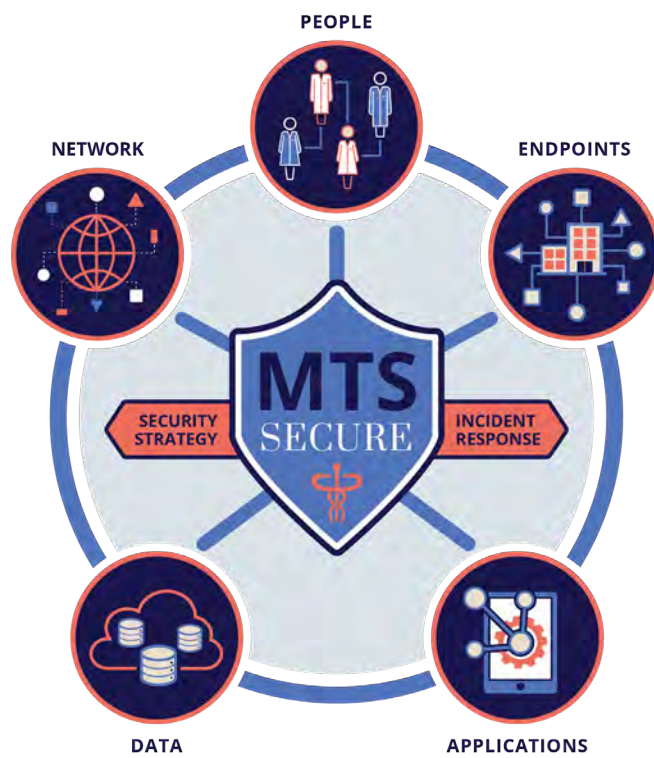


Partner Crackers / Mia Dolci

Deliverables: Naming, Identity, Packaging







# 6 REASONS Why Healthcare Providers Are Moving to the Cloud

## Reason 2: The cloud offers lower fixed costs

With on-premise systems, IT costs can be unpredictable, and unforeseen data-center costs can quickly undermine other important IT initiatives. By shifting on-premise server also shift to the cloud patches, and back fee that includes n predictable—than

**MTS ITCare services for any cloud environment**

- The fastest and safest cloud environments, purpose-built for healthcare, delivered solutions

### No turning back

Now that providers have seen firsthand what digital transformation can do for them, there's no turning back. The advantages of fast, flexible, dependable, and resilient IT support have never been clearer. Moving to the cloud is the way to guarantee those benefits during a crisis or business as usual. And importantly, this is something that almost any practice can afford.

If you're focused on improving your practice's resiliency and efficiency, improving patient satisfaction and confidence, while still keeping an eye on the budget, let us help you run the numbers. Our goal is your success, whether that's achieved through public, private, or hybrid cloud approach.

**Learn more about moving your practice to the cloud.**

CONTACT US AT [info@medtechsolutions.com](mailto:info@medtechsolutions.com)

### Secure your data in the cloud built for healthcare.

6 REASONS WHY

START NOW

Med Tech Solutions

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START NOW

Med Tech Solutions

## NextGen Upgrade Guide for IT

### Upgrade your NextGen Enterprise EHR without missing a beat

Staying on top of updates for mission-critical health record (EHR) can feel overwhelming. NextGen Enterprise Spring '21 release brings new enhancements, features, and significant change for your organization. Medications, and formularies may be impacted. Patch updates fix known issues on other important projects.

**This NextGen Upgrade your EHR your practice**

### Make sure your critical systems are in the right place for your NextGen upgrade

Proven best practices will help you successfully navigate your NextGen upgrade. But one of the best things you can do is to ensure that you have the best infrastructure for your mission-critical EHR software.

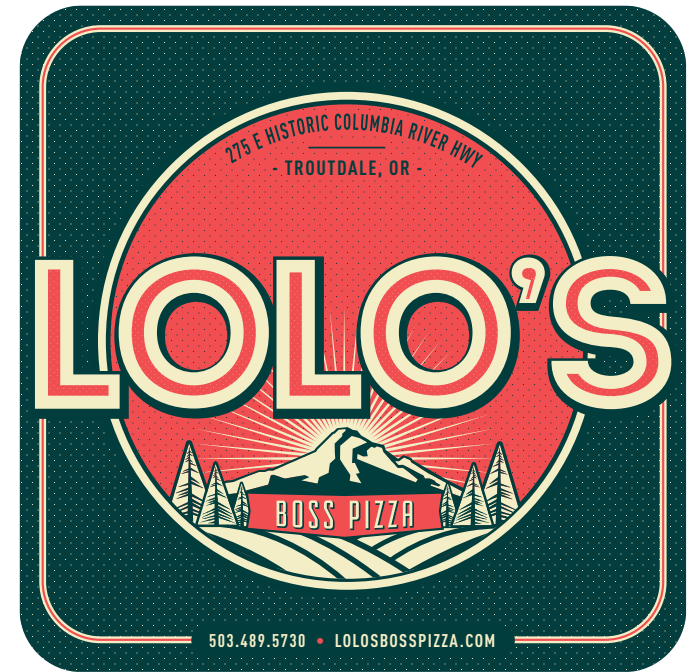
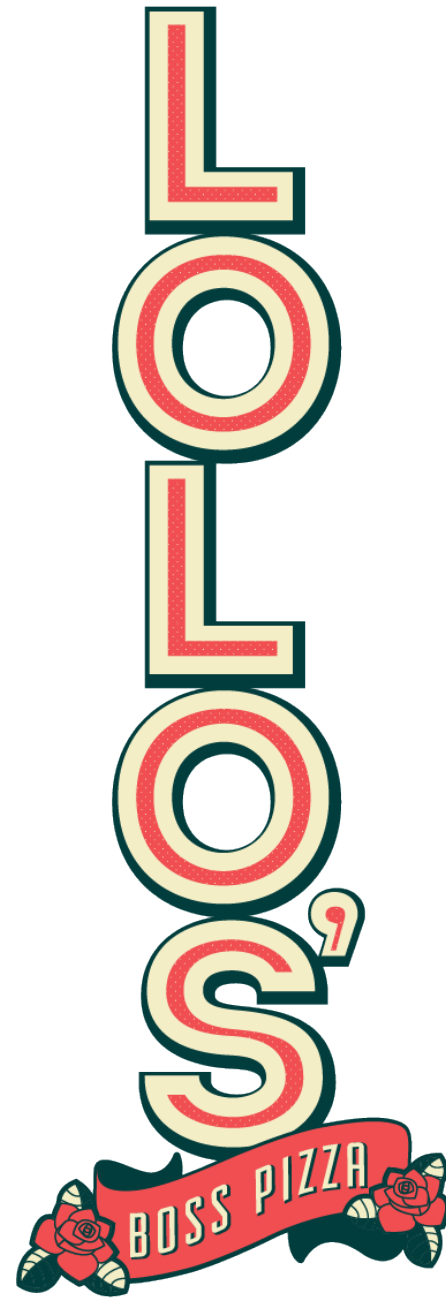
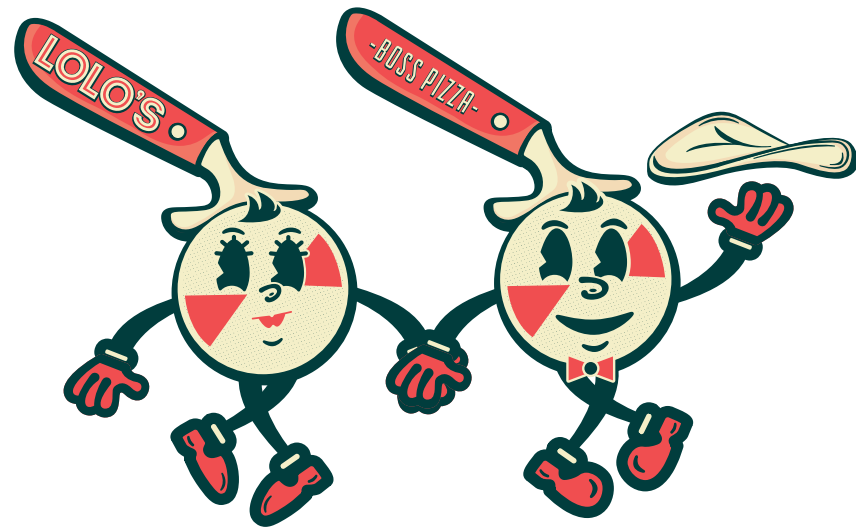
Hosting your NextGen application and data in the cloud built for healthcare ensures that:

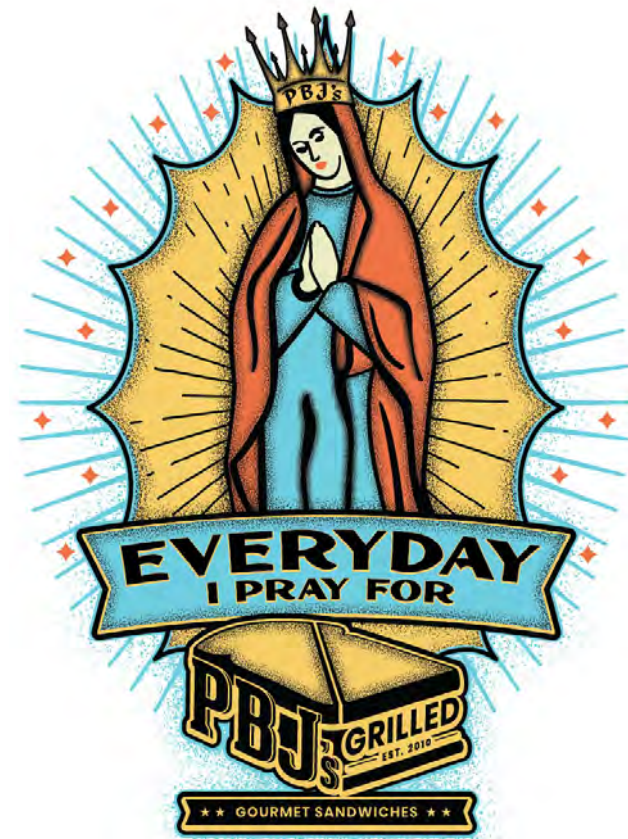
- Your datacenter hardware and software are completely up-to-date.
- Your systems always run at peak performance, using proven technologies and processes.
- Your patient and practice data and applications are secure and compliant, now and every day.

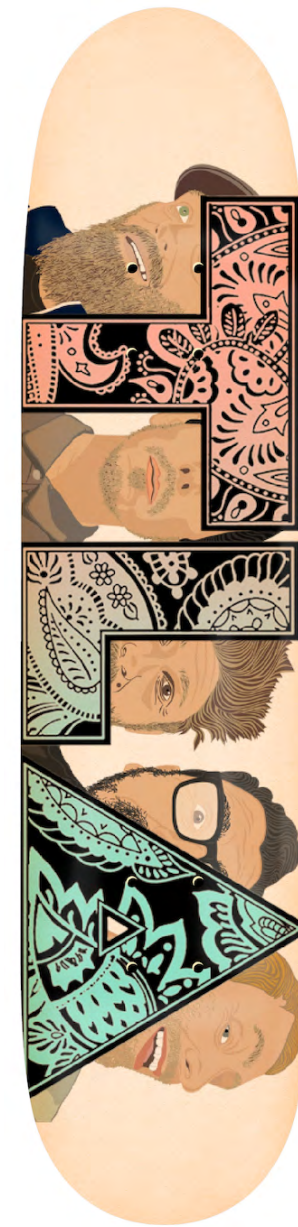
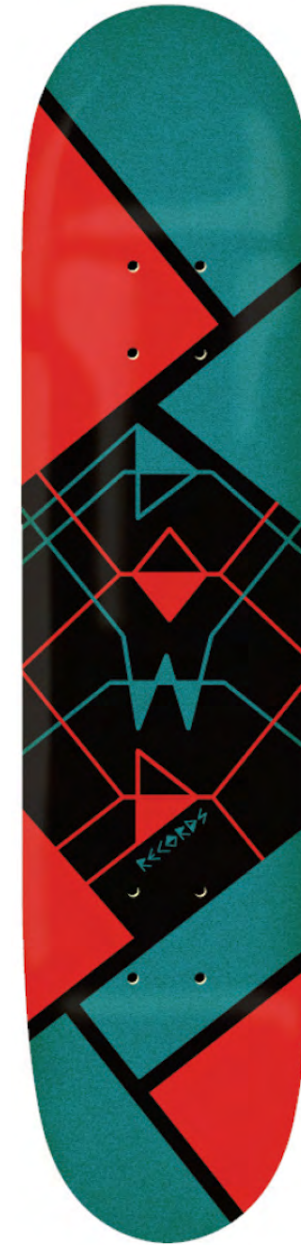
**Talk to our NextGen and healthcare IT experts about how you can be prepared for whatever the future holds.**

CONTACT US AT [info@medtechsolutions.com](mailto:info@medtechsolutions.com)

Med Tech Solutions







**Dowd Records**

Deliverables: Album Design, Ongoing Collateral




Eco Firma Farms

capsule 

PBJ's GRILLED  
-PDX, ORE-

LARSON'S  
Natural Bitters



DOWD  
records 

MiaDolci  
crüpy treat, lightly sweet

HABITAT  
LANDSCAPE DESIGN



  
beyond the clinic®

INDEPENDENCE  
RISK SOLUTIONS Shank & Associates  
Insurance Services  
Centrales Division

LIC  
BOMB SHELL  
  
EAT GOOD, DO GOOD



Pachecos  
PREMIUM SMOKES



**Thank you**

If you would like to have a conversation or see more specific examples please contact:

**[mig@slowfastgo.com](mailto:mig@slowfastgo.com)**

**503.475.4903**