



New to Podcasting?

What is a podcast?

A podcast is an audio program that you download and listen to on your computer or a portable device such as an MP3 player or an iPod. You can subscribe to a podcast by downloading "podcatching" software also known as a podcast reader or aggregator.

Although the term "podcast" combines the words "iPod" and "broadcast," it **does not** require an Apple iPod.

Subscribing to a podcast is like choosing a program you enjoy, and downloading the content for each episode. With a podcast you can "tune in" and listen anytime.

How can I listen to a Podcast?

You can click on the "listen now" button to listen to our podcasts directly from our site, or you can choose to download our podcasts automatically by subscribing (free of charge).

To subscribe to a podcast there are a few steps:

- First, you need to install a piece of software (a "Podcatcher") onto your computer. Sometimes, this software comes with an MP3 player. Otherwise, you can download it for free.
- There are many "podcatching" software programs available. Two popular programs include:
 - Juice (PC, Mac and Linux)
 - iTunes (PC and Mac)

More options are available, see the [Open Directory information on Podcasts](#) for more details.

Then, you copy and paste the Web address of the feed into that software. The Podcatcher runs without interrupting your ability to use your computer, checking the feeds of any Podcasts you have subscribed to. When the Podcatcher detects new content, it automatically downloads the material to your computer or MP3 player.

The URL or "feed" for BPHC podcasts is:

<http://www.bphc.org/bphc/media/rss/bostonhealthclickfeed.xml>

Note:

- If you use **iPodder**: Select Tools, Add a Feed and paste the URL from your clipboard.
- If you use **iTunes**: Select Advanced, Subscribe to Podcast and paste the URL from your clipboard.

*Much of this information comes from Gov. Deval Patrick's Podcast page at [Mass.gov](#) (*used with permission*).

Boston Public Health Commission
Office of Communications
www.bphc.org

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