Exporting Connections from LinkedIn
(taken from LinkedIn help)

You can export a CSV file of your connections from the Contact Settings page on the LinkedIn desktop site.

Note: Only the contact's full name, email address, current employer, and position are exported.

To export LinkedIn connections:

1. Click the *My Network* icon at the top of your LinkedIn homepage.
2. Click *Your connections* on the left rail.
3. Click *Manage synced and imported contacts* near the top right of the page.
4. Under *Advanced actions* on the right rail, click *Export contacts*.
   o You may be prompted to sign into your account.
5. Click *Request Archive*.
6. You will receive an email to your *Primary Email address* which will include a link where you can download your list of connections.

If you're using Internet Explorer and you see a yellow pop-up blocker across the top or bottom of the page:

1. Click the yellow bar.
2. Select *Save As*.
3. Save the file in your desired location.

Notes:

- The CSV and vCard formats don't support all characters. As a result, languages with extended character sets, such as Chinese, Japanese, or Hebrew are not supported.
- You can't currently export a list of your contacts that are not 1st-degree connections.
- If you're exporting your connections because you have a duplicate account:
   o Remember to close your extra account.
   o To import your connections list to another LinkedIn account, make sure you've saved the file in a location you can find, and then follow the instructions for uploading contacts using a CSV file.
- You can also download a list of your connections by requesting a download of your LinkedIn account data.

Upload .csv File to Heart Walk account

Log into your Heart Walk Account

Click on SEND EMAIL (top right),

Next page, click on ALL CONTACTS (left)
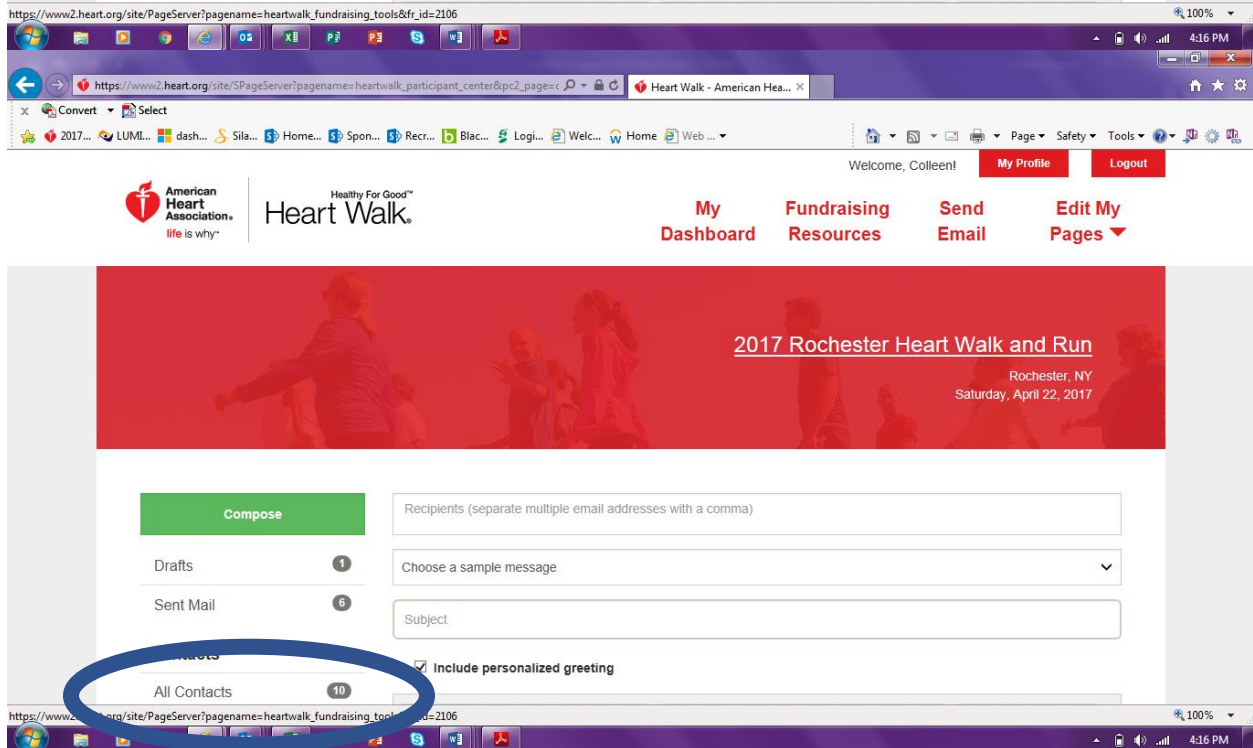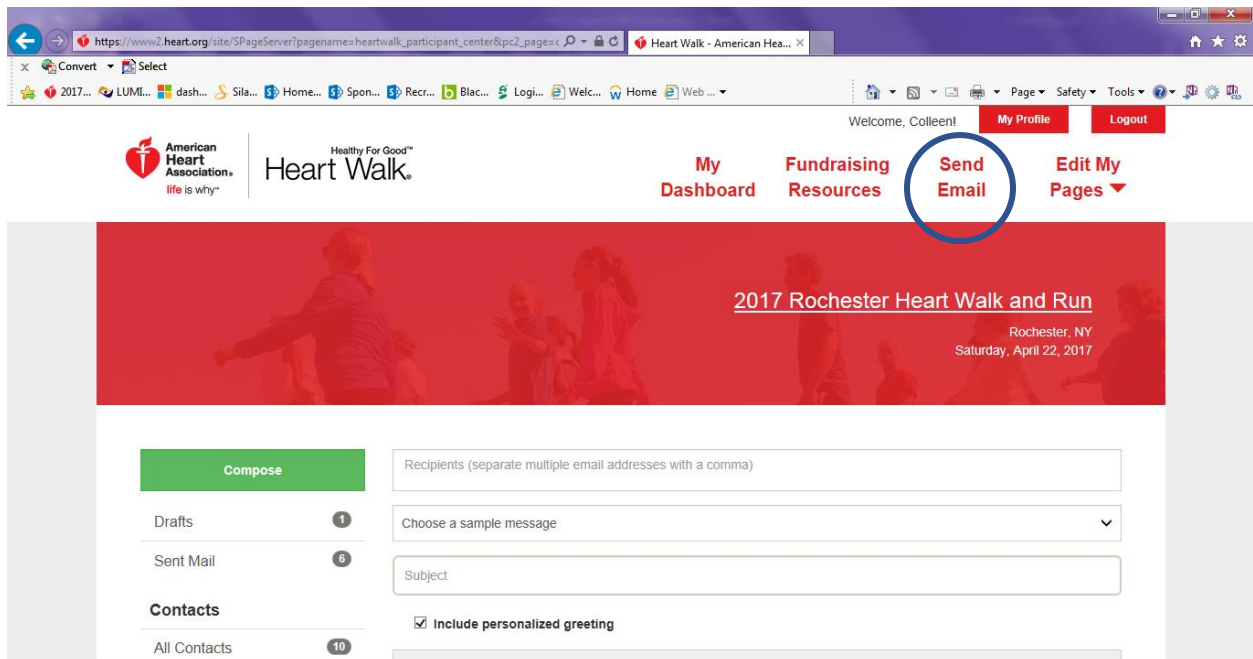
On the next page, click on Import Contacts – Follow the directions to upload a .CSV file.