**Zoom Instructions**

**To start the meeting:**

Either download the Zoom app from your iTunes or Google store or use your desktop computer

**Via Zoom App**

Open Zoom app

Select “Join A Meeting”

Enter the 9-digit session from the email and select ’Join’

Select ‘Call using Internet Audio’ this enables you to hear the provider

On the bottom of the screen you will see a red crossed out video camera, select that to start video

If you can’t hear the provider then you would select the three dots on the lower right corner to access the ‘chat’ feature. You can use this to let the provider know that you are having some issues.

**Via Zoom website**

Click on the link from the email

Either hit Launch Zoom App or Download and run Zoom

Select Join with computer audio

On the lower left side of the screen you will see a video camera icon with a red slash, select that to start the video

If you have any issues there is a chat button on the lower middle part of the window

When your session is over the provider will end the session