Your Tele-health Session using Zoom

Zoom is the secure video call software our clinic uses to make appointments possible during the pandemic. Thanks for your patience.

This is a “cheat sheet” with just the information you’ll need. For full Zoom support beyond the bits we’ll use, see https://support.zoom.us

Please try to connect to your call a little early, in case you have trouble.

Here is the process in 5 steps:

**Step 1: Receive your Meeting ID**

This is a 9 to 11 digit number. We'll send this to you in a text message that looks something like this. If you haven’t got it by the day of your meeting, let us know.

**Step 2: Visit Zoom website and click JOIN A MEETING**

Visit [https://zoom.us](https://zoom.us) in whichever web browser you use. Then click JOIN A MEETING. It should look like this.
Step 3: Enter Meeting ID

Type your meeting ID and click Join.

Step 4: Grant Permission

This is the tricky part, because it looks different for everyone. You may be prompted about downloading / running / starting / opening / launching the Zoom “client”, or permissions for microphone or camera. Click the option to allow Zoom do what it needs to on your device.

Step 5: You’re in!

Your call should start soon.