

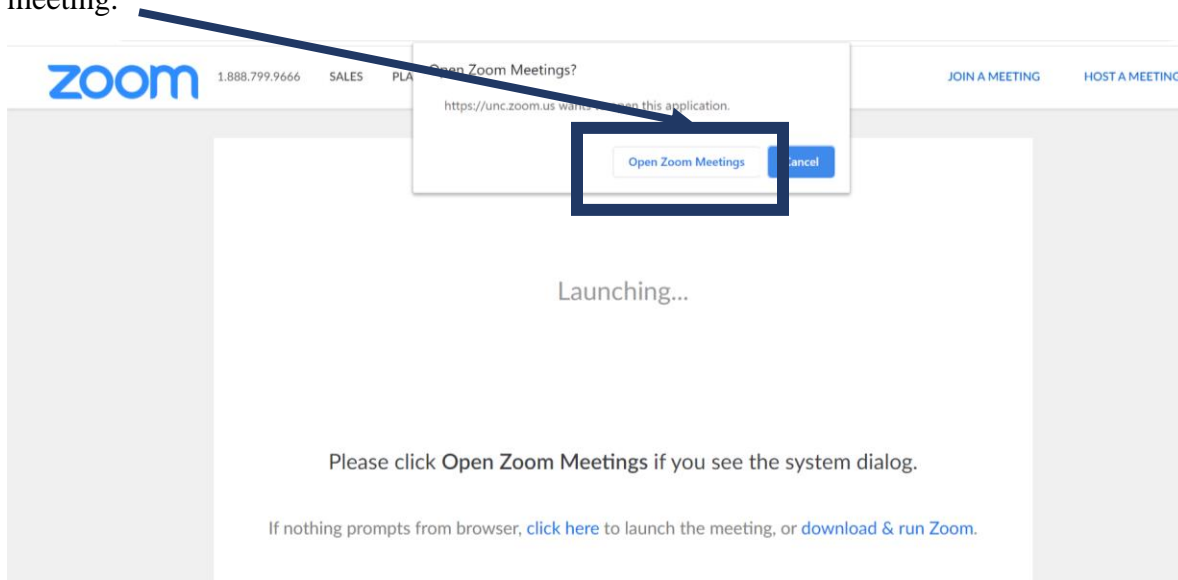
How to use Zoom

Important: You must be in a private and secure location and using a password protected smartphone, tablet, laptop or PC to access the Zoom meeting link. You will also need a secure (non-public) Wi-Fi. Using headphones can make it easier to hear and provides additional privacy.

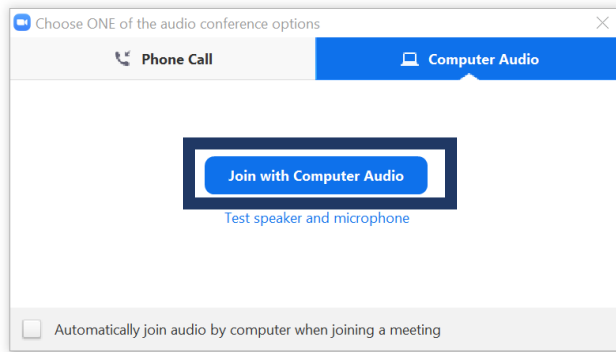
In the email you received from your therapist, you should see a link to join a Zoom meeting. The link should look something like this: <https://zoom.us/j/431892368>.

First, click on that link.

When the box appears that asks “Open Zoom Meetings?” click on the option to open the meeting.



Next, another box will appear that asks if you want to join with computer audio. Select this option. If you are unsure whether your computer audio is working, you can first select “Test speaker in microphone” (below this option) if you’d like to confirm before joining the call.



Please click **Open Zoom Meetings** if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

Once you select to join with computer audio, the video screen will appear. If your therapist is on the call, you should see them on the screen. If you are the only person on the call, then you will see your own image.