

## A quick guide to your virtual appointment


Virtual appointments are like regular appointments. The only difference is that you can see and talk to your health care provider from the convenience of your home.

To begin, you need an **internet connection**, **email account**, and a **computer** (with a webcam, speaker, and microphone) or a **mobile device** (tablet or smart phone).

### There are 3 steps to get ready for your first virtual appointment:

- 1) Receive your **email/text** invitation
- 2) Check device **requirements**, then run a video and audio [test](#)
- 3) **Join** your virtual appointment

### Before your Virtual Appointment

<p><b>1</b> <b>Open your email invitation.</b> Your email invitation contains:</p> <ul style="list-style-type: none"> <li>• The date and time for your virtual appointment</li> <li>• A link to do a test run</li> <li>• A link to join your virtual visit</li> <li>• A link to access help information</li> </ul>	<p><b>2</b> <b>Check device requirements. Run a video and audio test.</b></p> <p><a href="#">Device Requirements</a> for Zoom’s Web Client  <a href="#">Device Requirements</a> for Mobile devices  <a href="#">Join a Test Meeting</a></p> <div style="border: 1px solid #add8e6; border-radius: 15px; padding: 10px; background-color: #e6f2ff;"> <p style="text-align: center;"><b>Getting Started with Zoom</b></p> <p><b>On a computer:</b> use the Google Chrome web browser.</p> <p><b>On a mobile device:</b> download the Zoom app from the Google Play Store or Apple App Store.</p> </div>
<p><b>3</b> <b>Join your Virtual Appointment</b></p> <p><b>Open your invitation email shortly before the scheduled time.</b></p> <p><b>Click the Join Zoom Meeting link.</b></p> <p><b>Join audio and start your video.</b> You will be placed in a virtual waiting room until the healthcare provider is ready to meet. When using a smart-phone or tablet, make sure it is fully charged and connected to Wi-Fi to avoid data charges.</p>	<div style="border: 2px solid orange; padding: 10px;"> <p>Join Zoom Meeting  <a href="https://gnb.zoom.us/j/447917239">https://gnb.zoom.us/j/447917239</a></p>  </div>

### Think About Privacy and Security

- Ensure that your location is private and that your appointment will not be overseen or overheard by unauthorized participants.
- Avoid using a public Wi-Fi connection.
- Do not record the session.
- Never share session IDs, passwords, invitation links or any other information about your session on social media or elsewhere.