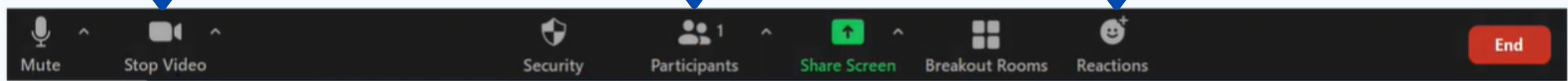


# ZOOM GETTING STARTED

To turn on/off your video click on the camera icon. A red slash means your camera is off.

After clicking the link, you will be placed in the "waiting room". Your provider will admit you at the time of your session. The manage participants shows you the number of people in the meeting.

The reactions icon allows you to share a reaction on your image.



To turn on/off your sound click on the microphone icon. A red slash means your sound is off.

The share screen icon allows you to share your screen with your provider if they prompt you to do so.

To end your session and leave the appointment, click the red END icon.

# ZOOM TIPS AND TRICKS

- To join, click on the link in your email or text message
  - Give yourself 10 minutes to get ready
- Find a quiet, private area for your session
- Watch these helpful videos - <https://copahealth.net/AttendTelehealth>
- Check your wi-fi, stay close to your wi-fi signal, and turn off other devices (music, movies, games) to help with your signal
- Check lighting, you want to ensure that your provider can see you, don't sit directly in front of a window
- Questions? Contact your Care Team