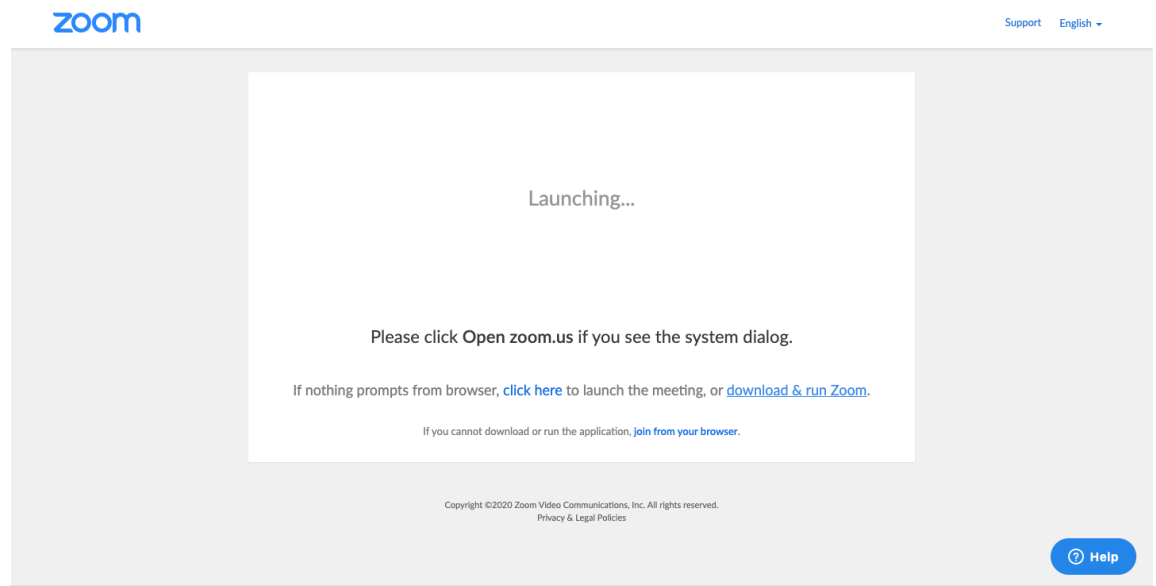
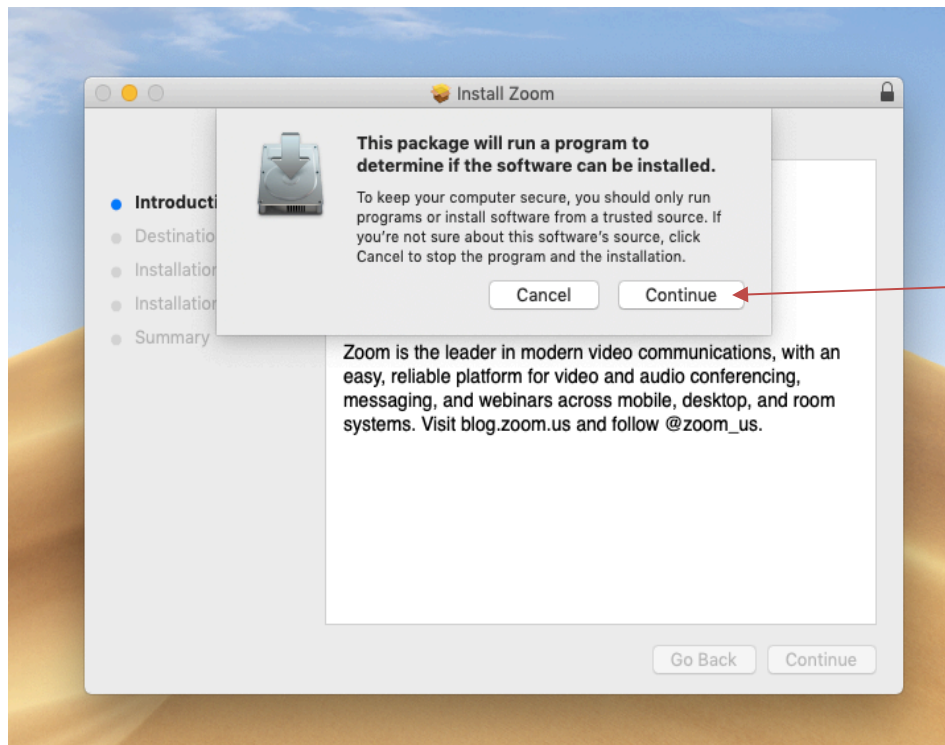


## How to Log into Zoom on a Laptop or Desktop Computer

1. You will receive an email from your provider with the Zoom link to your group meeting.
  - a. Click on the link in the email and you will be brought to the following page.-



- b. On this page, the download will begin automatically. If it does not, you will need to click the “download & run zoom” link. The download will appear at the bottom left-hand corner of the page. Click when download is ready.
- c. Click continue.



- d. Once the download is complete, you will see Zoom downloaded to your desktop.
- e. Go back to the email and click the link again, this will open the meeting.

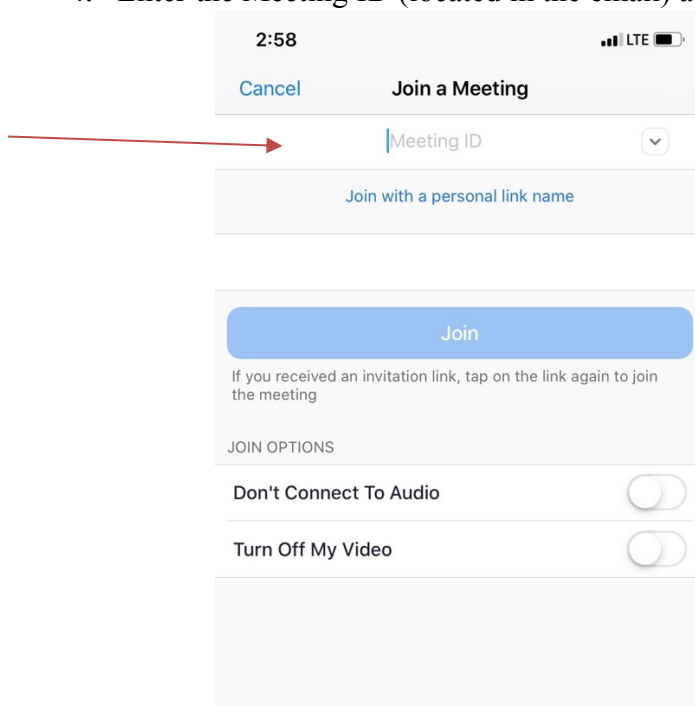
\*Please make sure your audio and video are enabled for this session.

## How to Log into Zoom Using Mobile Device

1. First, please download the Zoom App to your phone. (It is free!)



2. Next, you will receive an email from your provider with the link, Meeting ID, and Password for your meeting.
3. Open the app on your phone and click "Join a Meeting"
4. Enter the Meeting ID (located in the email) at the top of the page.



5. It will then ask you for the password (also located in the email), you will then be brought into the meeting room.
6. Please make sure to join the session with audio and video enabled.