



THE DAY OF THE CALL

How to join on a desktop or laptop computer

If you plan to use a desktop or laptop, there is nothing to download prior to your appointment. Here are the steps to join:

1. Approximately 10 minutes before your appointment, you should receive either an email or SMS text appointment reminder.

Note: If you have already consented to receiving text and/or email reminders, you will continue to receive them for Telehealth appointments as well. For new clients, make sure you have provided your email and or mobile phone number so that I can enable email or text reminders.

2. Click the **unique link** embedded in the reminder. Your video call screen will now open in a new tab.

Note: You may have to copy and paste the link into your web browser.

3. If I have already joined the call, you will see my face on the screen. If I have not, you will see yourself, as shown below.
4. You will also see the Welcome prompt. Click **Play test sound** to test your camera and microphone settings.
5. When you are ready, click **Join Video Appointment**. This will take you straight into the video call.

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Welcome!

Before joining the call, please test out your video and audio settings.

FaceTime HD Camera (Built-in) (0) ▾

Default - Internal Microphone (Bu) ▾

[Play test sound](#) [Get help](#)

Enter your name to join (required)

Join Video Appointment

Note: There may be a slight delay for me to join the session if I am finishing with a previous session. Please be patient and I will join momentarily.