

Guide to Using 'Zoom' for the first time

What is Zoom?

Zoom is a cloud-based video conferencing service that allows you to meet "virtually" with others. Zoom is accessed through downloading their free app onto your phone, tablet, or computer.

How do I use Zoom to meet with my Therapist?

1. You will need a smart phone, tablet or computer with microphone and camera to participate in a Zoom telehealth session.
2. Your therapist will send you a link to their "Zoom Meeting Room". This will be either by:

- a. Email or text message. The invitation will look something like this:

Your Therapist is inviting you to a scheduled Zoom meeting.

Topic: Your Therapist's Personal Meeting Room

Join Zoom Meeting <https://us04web.zoom.us/j/956XXX9410>

Meeting ID: 956 XXX 9410

- b. Or your therapist will ask you to click on the link in their email signature "Join my Zoom Meeting", which will look something like this:

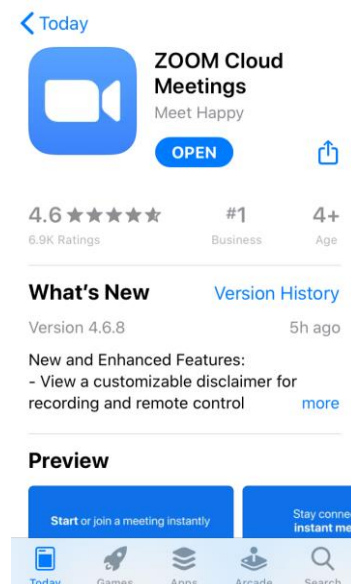
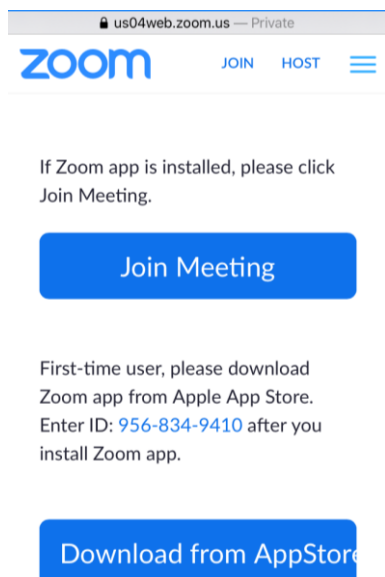


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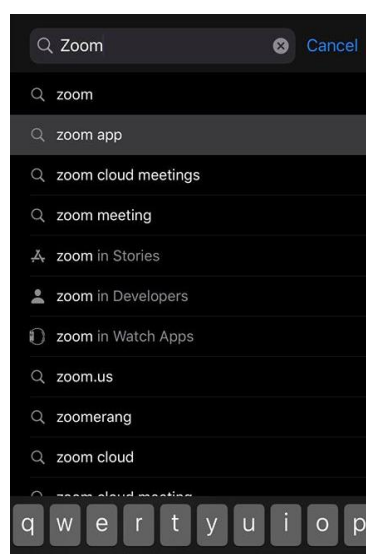
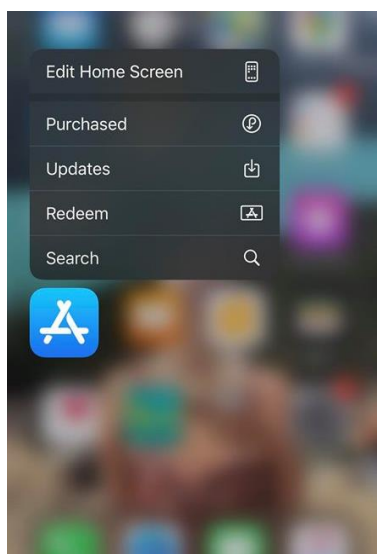


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3. The first time you try to join a Zoom meeting (by clicking on the link your therapist sends you) you will be prompted to download their software (it's a good idea to do this before your scheduled session).




Alternatively you can search for the Zoom App in the App store on your device by typing 'Zoom' in the search bar (see below).



Or if using a computer, Zoom can be downloaded via your web browser - <https://zoom.us>

- Once the Zoom App is downloaded on your device, you can click on the link your therapist sent you to enter their virtual “Waiting room” and then wait for them to let you into their “Meeting room” for your session to begin. You DO NOT need to create an account to access your therapist via Zoom, you will be using the therapist’s Zoom account.

Lynette Preston's Personal... [Leave](#)

 Waiting for the host to start this meeting

Meeting ID 956-834-9410

Time This is a recurring meeting

Date

IF YOU ARE THE HOST, SIGN IN TO START THIS MEETING

[Sign In](#)

Commonly asked questions about ‘Zoom’?

- 1) *How much does the Zoom app cost?*

The Zoom app is free, and can be downloaded from the app store or their website.

- 2) *Do I need to set up a Zoom account?*

No, you will be accessing Zoom through your Therapist’s meeting room, so you DO NOT need to setup your own account.

But, if you do want to set up a account so that you can host your own Zoom meetings then you can set up a free account. For an easy step by step video of setting up Zoom, please review the below link - <https://www.youtube.com/watch?v=v11ogfEmWg0>