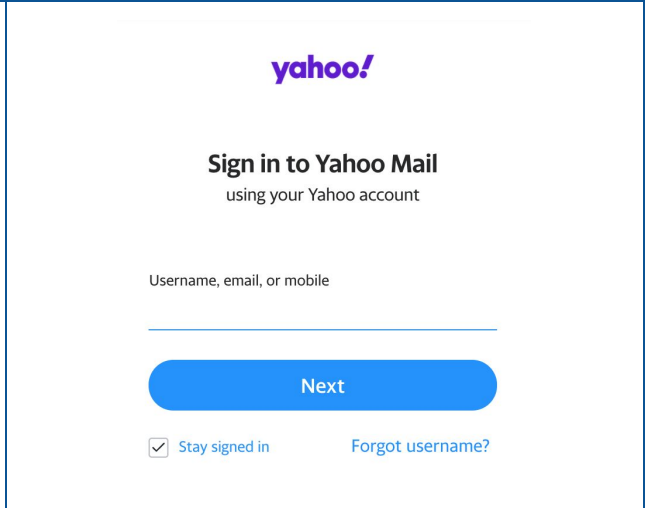


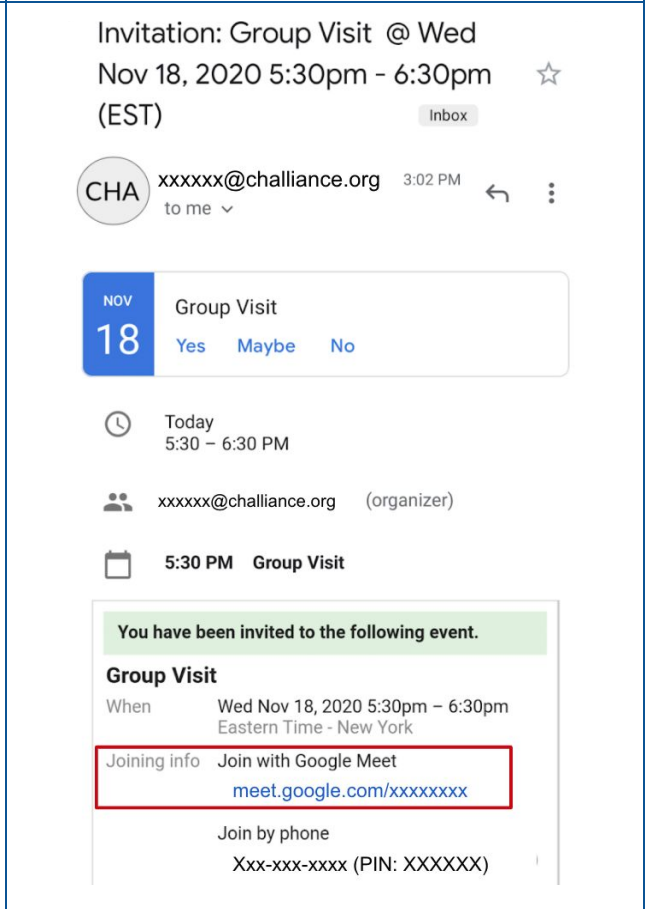
Instructions for patients joining by video using a computer

Instructions for Patients with non-Gmail accounts (*Yahoo, Hotmail, AOL, etc.*)

1. Log into your email account (from any email account you have- hotmail, yahoo, aol, etc.)

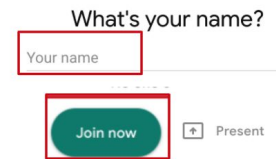
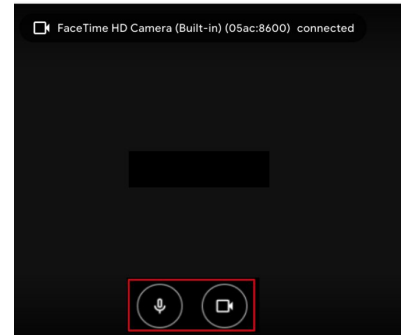


2. Search for an email from "challiance.org" with information about your upcoming group telehealth visit
3. Click the link under "joining info"



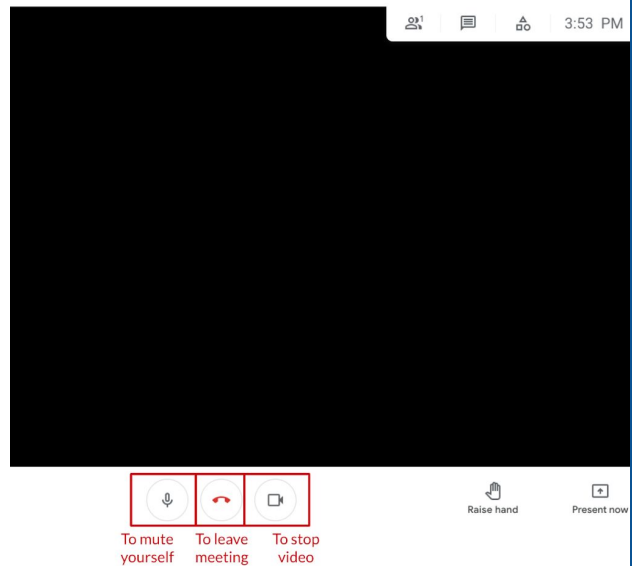
Get ready to join meeting

4. Enter your first name and last initial only
(ex: Change John Smith to John S.). This is important for your privacy
5. Make sure your microphone and camera are on so others can hear and see you
6. Click “join meeting”



Enter the group visit

7. Click the icons along the bottom to mute yourself, leave meeting, or stop video if needed



To Change your Background (Optional)

8. Click the 3 dots in bottom right corner to open your settings
9. Click “change background”
10. Select your background

