

# Introduction to Zoom

for Smartphone / Tablet

# What is Zoom?



Zoom is a program used to hold online virtual meetings. Zoom is accessible on any device as long as you have speakers, a microphone, and a camera (optional).

Zoom can support your health management by allowing you to access virtual health webinars, virtual doctor's visits and virtual peer support groups.

### Step 1: Download Zoom

- iPhone/iPad: Go to the Apple App Store and search for "Zoom Cloud Meetings." Click "Get" to download and install the Zoom app.

Android Phone/Tablet: Go to the Google Play App Store and search for "Zoom Cloud Meetings." Click "Install."

# Step 2: Join a Meeting

#### From Email:

If you have an email invitation, click "Join Zoom Meeting" in that email. This takes you directly into the Zoom app.

#### In the Zoom App:

Click "Join", and enter the 9-digit meeting ID from your invitation email. If the meeting requires a password, that will be in your email too. Then click "Join."

## **Step 3: During a Meeting**

- Once you've joined the meeting, you can see and hear other participants.
  - If you are in a large meeting, make sure your microphone is on mute.
  - You can choose to turn your camera off or keep it on.



If the microphone icon has a **red line** through it, you are muted. To unmute, click on the "Unmute" button.



If the video icon has a **red line** through it, your camera is off. To turn on camera, click on the "Start Video" button.

# Step 4: Leave a Meeting

 Click "Leave Meeting" on the top right corner to leave the meeting.



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Leave Meeting

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