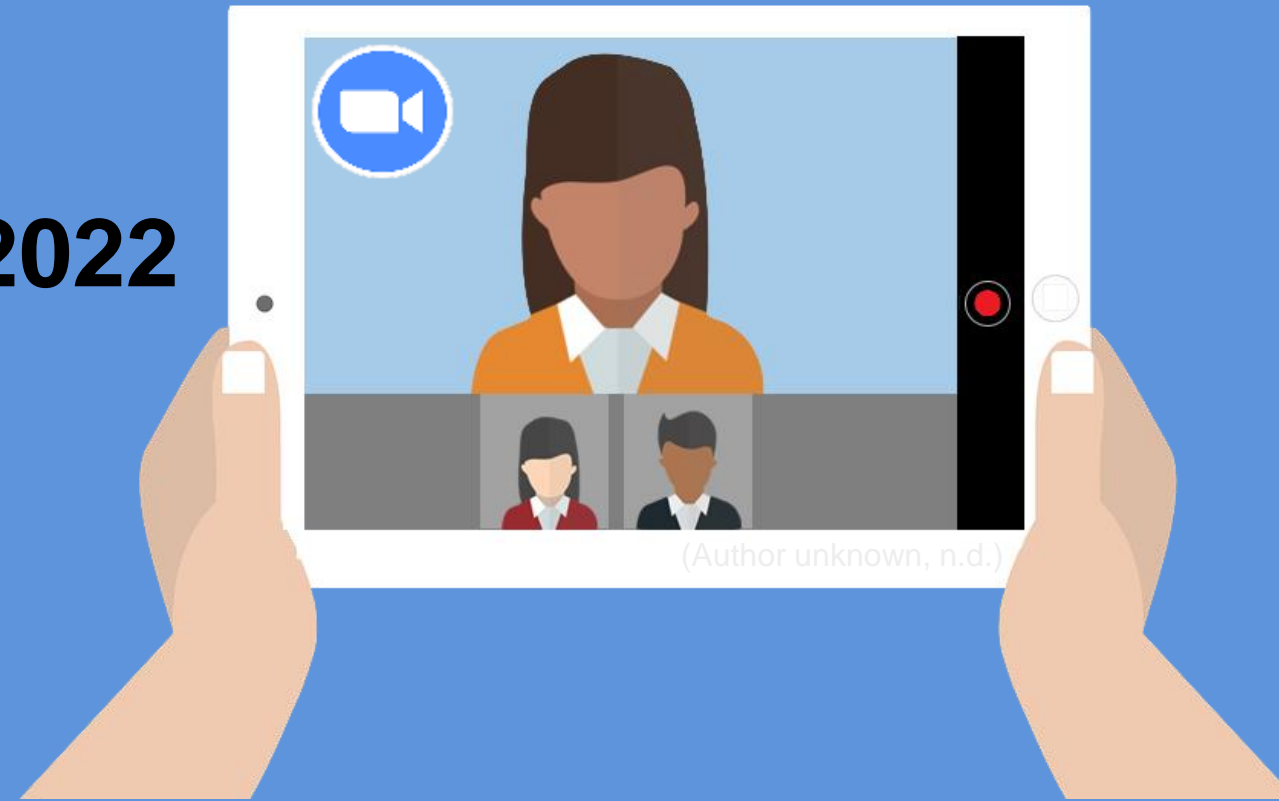


建立 Zoom 帳戶 並排程會議

「安康」健康網絡 數碼健康知識 2022



鳴謝

該數碼健康知識課程由卑詩大學的「安康」健康網絡 (iCON) 開發

「安康」健康網絡得到卑詩省衛生廳的「患者為伴」計劃的支持

「安康」健康網絡與各多元文化社區合作已超過十年

「安康」健康網絡幫助慢性病患者進行自我管理

「安康」健康網絡亦幫助人們普及數碼知識，以便他們獲取、評估和使用網上的健康資源



THE UNIVERSITY OF BRITISH COLUMBIA
Department of Emergency Medicine
Faculty of Medicine

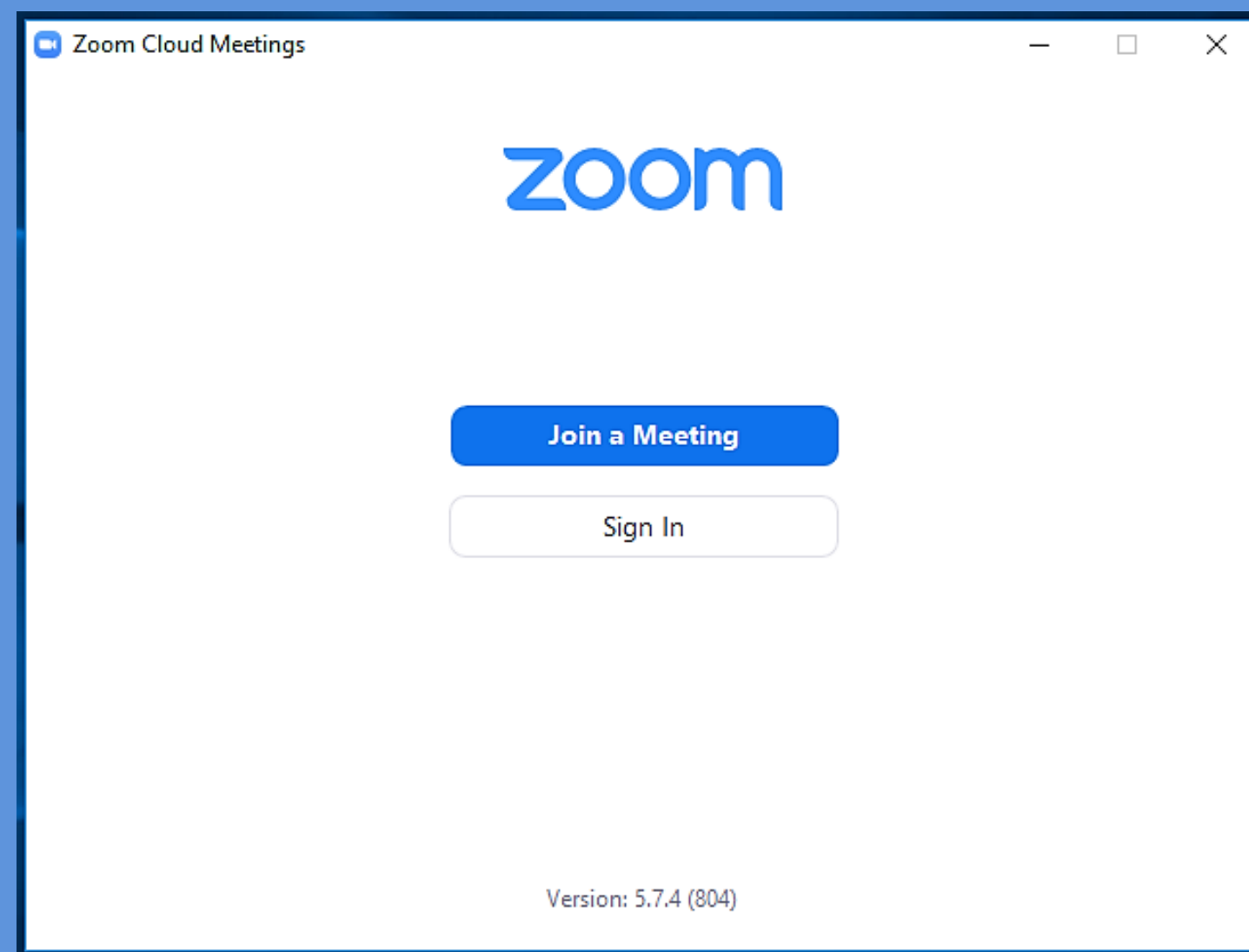
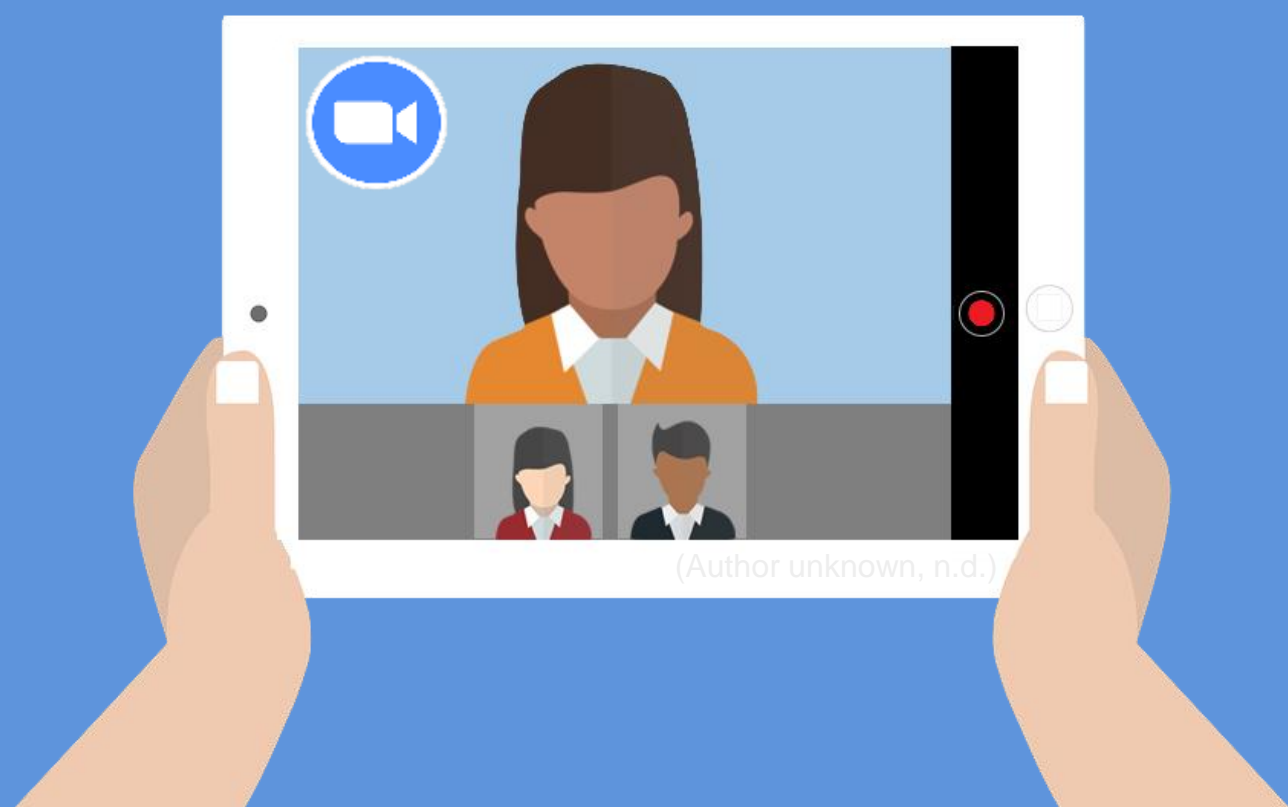
感謝卑詩省衛生廳「患者為伴」計劃的支持！

網絡研討會大綱：

- 建立 Zoom 帳戶
- 即時建立 Zoom 會議
- 編排以後的會議
- 摘要



建立 Zoom 帳戶



建立 Zoom 帳戶的好處

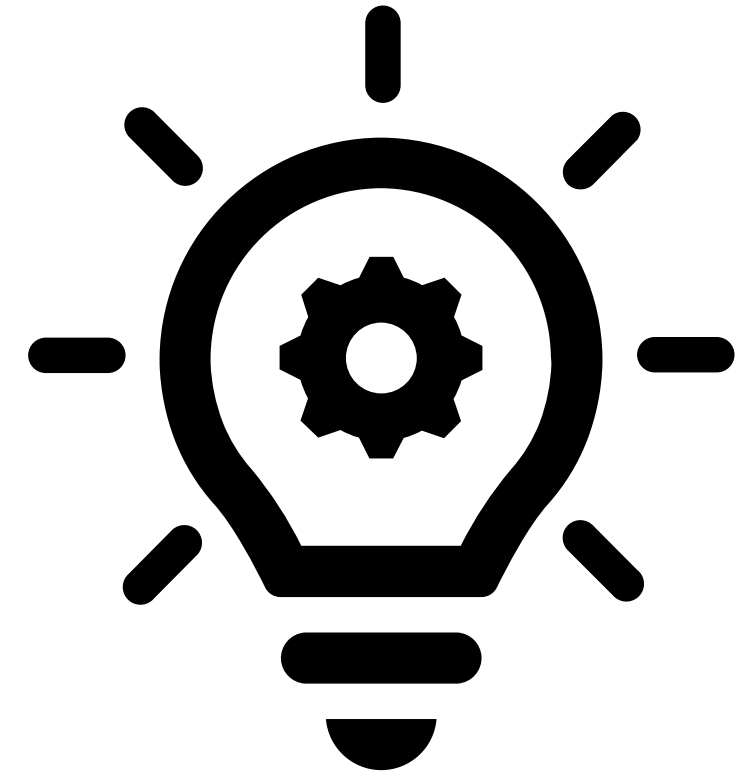
雖然您不需要 Zoom 帳戶來加入會議，但建立帳戶可以讓您：

建立您自己的會議連結

安排您自己在以後的日期和時間進行的會議

記錄您過去和即將舉行的會議

這對健康管理非常有幫助，例如大家與自己的照顧者安排會議，商討健康管理的目標。



視頻：註冊和下載用戶端

YouTube CA Search

Sign Up Free - Zoom

zoom.us/signup

zoom SOLUTIONS PLANS & PRICING CONTACT SALES JOIN A MEETING HOST A MEETING SIGN IN SIGN UP, IT'S FREE

Sign Up Free

Your work email address

Zoom is protected by reCAPTCHA and the Privacy Policy and Terms of Service apply.

Sign Up

By signing up, I agree to the Privacy Policy and Terms of Service.

or

Sign in with Google

Sign in with Facebook

Already have an account? [Sign in.](#)

Video player controls: 0:58 / 2:23, Help, CC, Settings, Full Screen, Maximize

#Zoom #OnZoom #MeetHappy

How To Sign Up & Download Meeting Client

906,804 views • Mar 16, 2020

1.9K 268 SHARE SAVE ...

建立 Zoom 帳戶

如何即時建立會議

編排以後的會議

摘要

選擇帳戶類型和計劃

The screenshot displays the Zoom pricing page with four main categories: Zoom Meetings, Zoom Phone, Zoom Events & Webinar (marked as NEW), Zoom Rooms, and Zoom United (with a Save 15% badge). The 'Zoom Meetings' section is active and shows four plans:

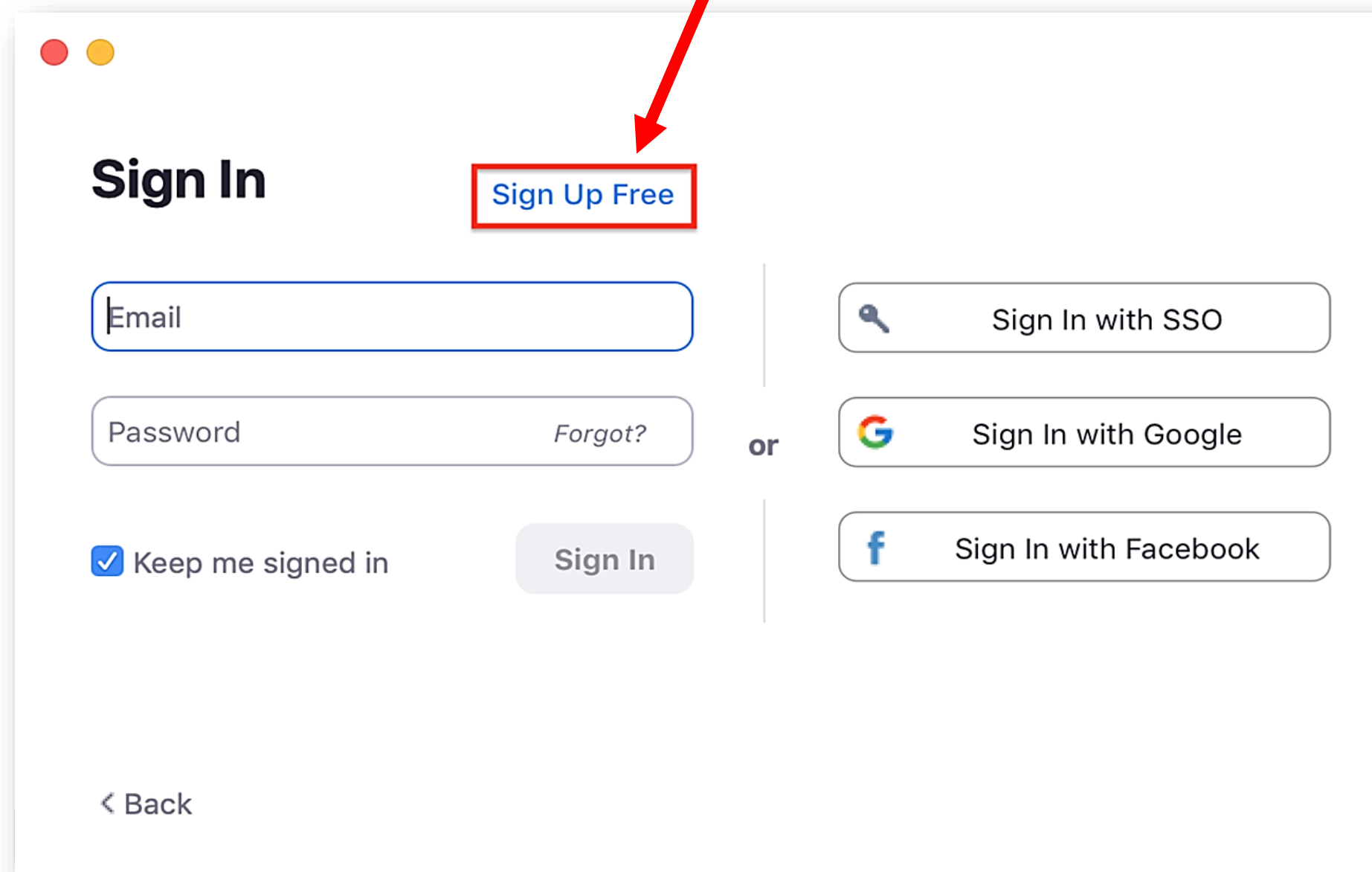
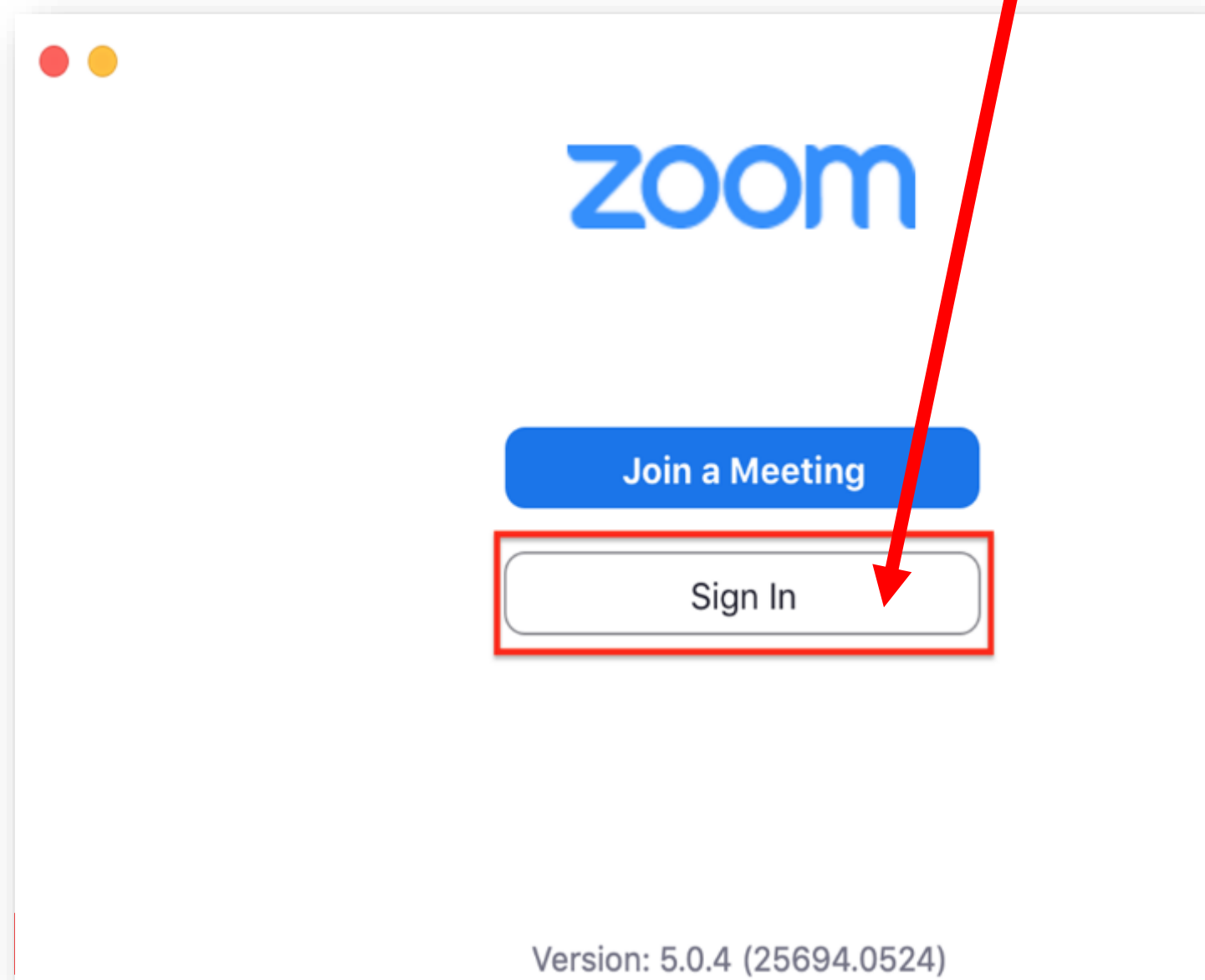
- BASIC**: Personal meetings, **Free**. Features include: Host up to 100 participants; Unlimited group meetings for up to 40 minutes; Unlimited one-to-one meetings with a 30 hour time limit per meeting; Private & Group Chat. A 'Sign Up' button is present.
- PRO**: Great for small teams, **CAD \$20 /month/license**. Features include: All the benefits of Free, plus: Host up to 100 participants; Increase participants up to 1,000 with Large Meetings add-on; Group meetings for up to 30 hours; Social media streaming; 1 GB cloud recording (per license). A 'Buy Now' button is present.
- BUSINESS**: Small businesses, **CAD \$27 /month/license**. Features include: All the benefits of Pro, plus: Host up to 300 participants; Increase participants up to 1,000 with Large Meetings add-on; Single sign-on; Recording transcripts; Managed domains; Company branding. A 'Buy Now' button is present.
- ENTERPRISE**: Large Enterprise-Ready, **CAD \$26.59 /month/license**. Features include: All the benefits of Business, plus: Host up to 500 Participants; Unlimited cloud storage; Recording transcripts. A 'Contact Sales' button is present.

*Free, forever. No credit card required.

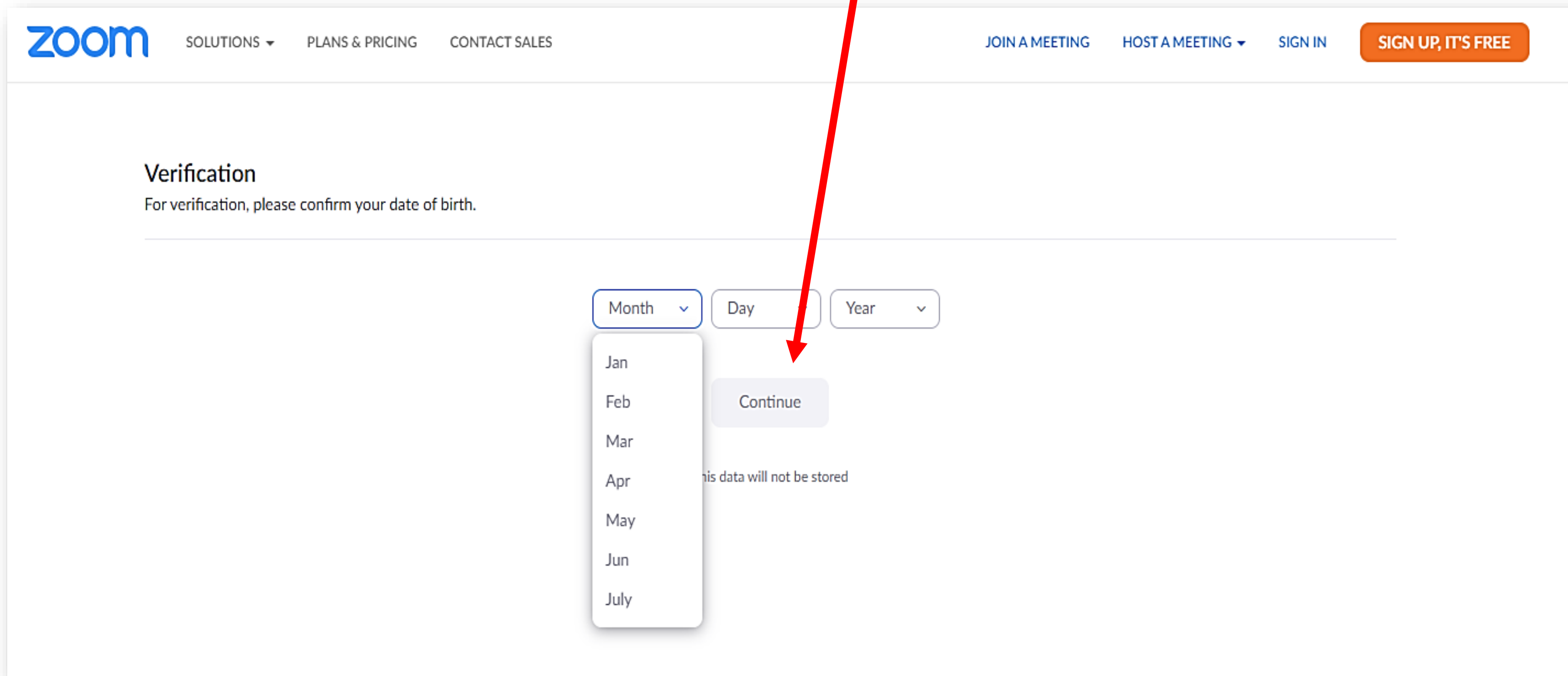
免費的 Zoom 計劃
適合大部份人

1. 開啟 Zoom，點擊「登入」。

2. 點擊「免費註冊」。

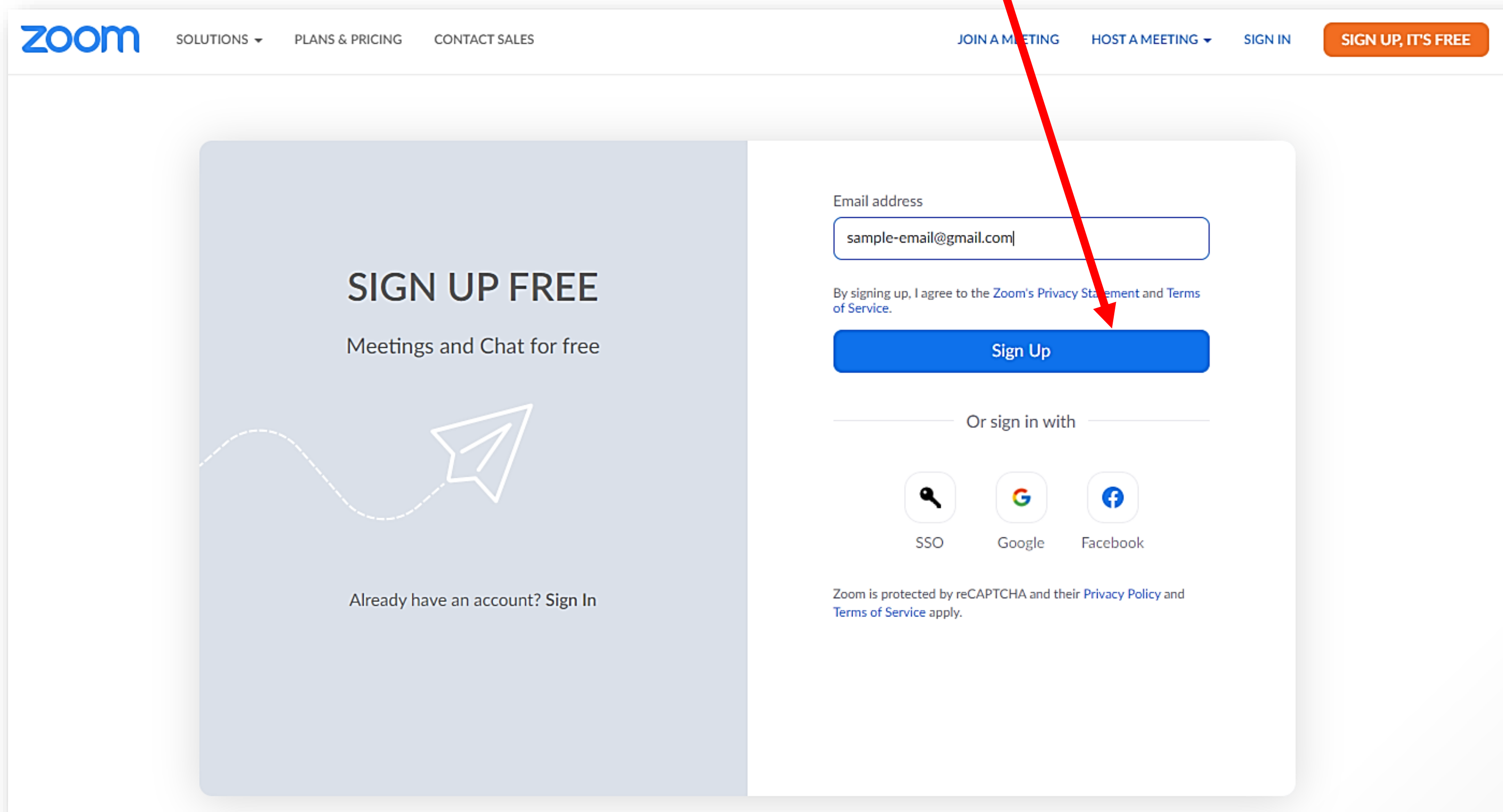


3. 輸入出生日期，然後按「繼續」。



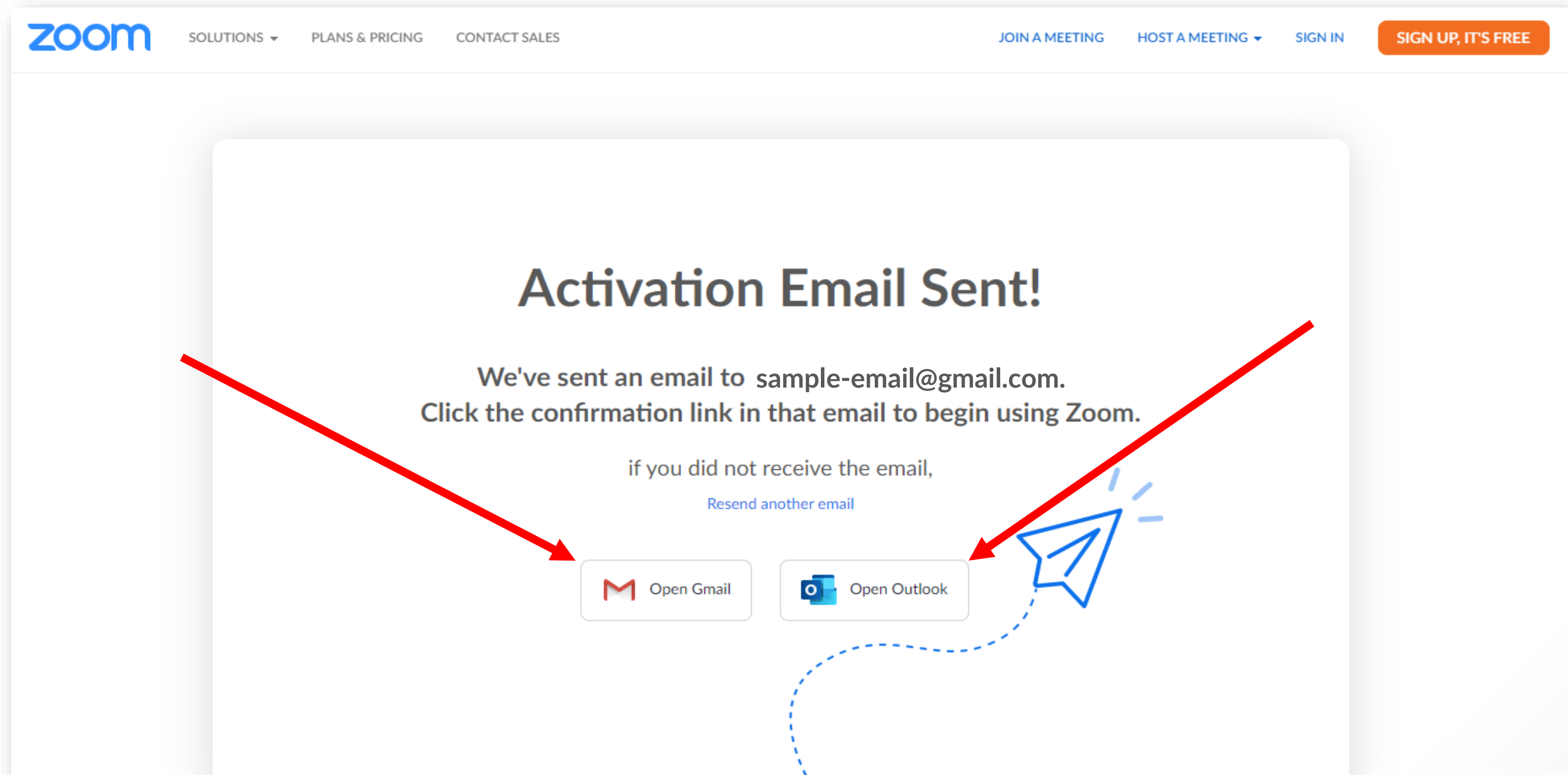
The screenshot shows the Zoom website's verification page. At the top, there is a navigation bar with the Zoom logo, links for SOLUTIONS, PLANS & PRICING, and CONTACT SALES, and buttons for JOIN A MEETING, HOST A MEETING, SIGN IN, and a prominent orange SIGN UP, IT'S FREE button. The main content area is titled "Verification" and includes the instruction "For verification, please confirm your date of birth." Below this, there is a form with three dropdown menus for "Month", "Day", and "Year". The "Month" dropdown is open, showing a list of months from Jan to July. A red arrow points from the text "繼續" in the header to the "Continue" button located below the "Day" dropdown. Below the "Continue" button, there is a small note: "This data will not be stored".

4. 輸入電子郵件地址，然後按「註冊」。



The screenshot shows the Zoom sign-up page. The navigation bar at the top includes the Zoom logo, links for SOLUTIONS, PLANS & PRICING, CONTACT SALES, JOIN A MEETING, HOST A MEETING, and SIGN IN, and a prominent orange button labeled SIGN UP, IT'S FREE. The main content area is split into two columns. The left column has a light blue background with the text 'SIGN UP FREE' and 'Meetings and Chat for free', a paper airplane icon, and a link 'Already have an account? Sign In'. The right column contains a form with an 'Email address' field containing 'sample-email@gmail.com', a checkbox for terms and conditions, a blue 'Sign Up' button, and social login options for SSO, Google, and Facebook. A red arrow points from the Chinese text above to the 'Sign Up' button.

5. 「確認電子郵件」將發送到您的郵箱。視乎您採用的電子郵件服務供應商，點擊「打開 Gmail」或「打開 Outlook」。



6. 您的電子郵件將在新的一頁開啟。點擊「登入」。

The image shows the Gmail homepage. At the top left is the Gmail logo. At the top right, there are three buttons: "For work", "Sign in", and "Create an account". A red arrow points from the "Sign in" button towards the bottom right of the page. The main content area features the text "Secure, smart, and easy to use email" and "Get more done with Gmail. Now integrated with Google Chat, Google Meet, and more, all in one place." Below this is a "Create an account" button and a "For work" link. The page also displays a "Compose" button, a "Dream itinerary" PDF icon, a "FirstSteps.jpg" image, and a "Google Store" promotional banner. A blue shield icon with a white padlock is positioned on the right side of the page.

7. 登入您的電子郵箱。輸入您的電子郵件地址，然後點擊「下一步」，再輸入密碼。

Google

Sign in
to continue to Gmail

Email or phone

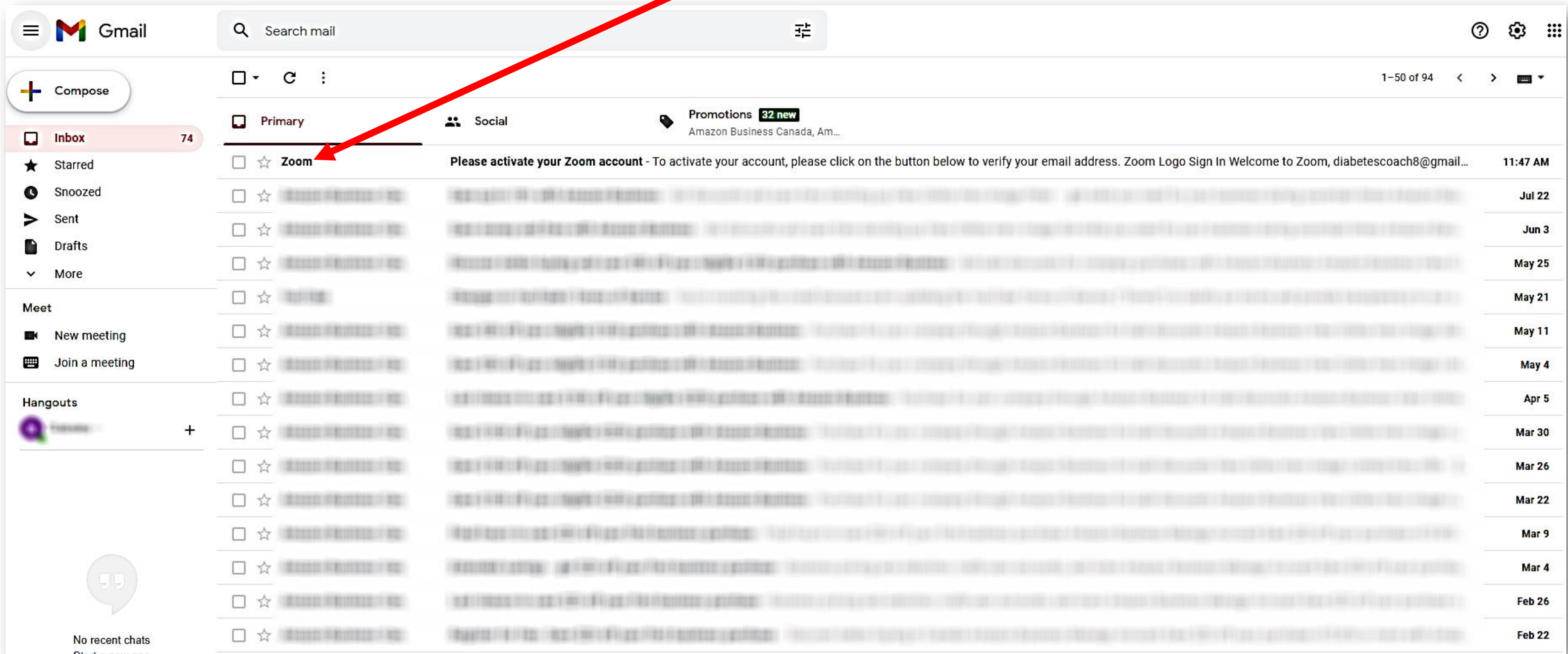
[Forgot email?](#)

Not your computer? Use Guest mode to sign in privately.
[Learn more](#)

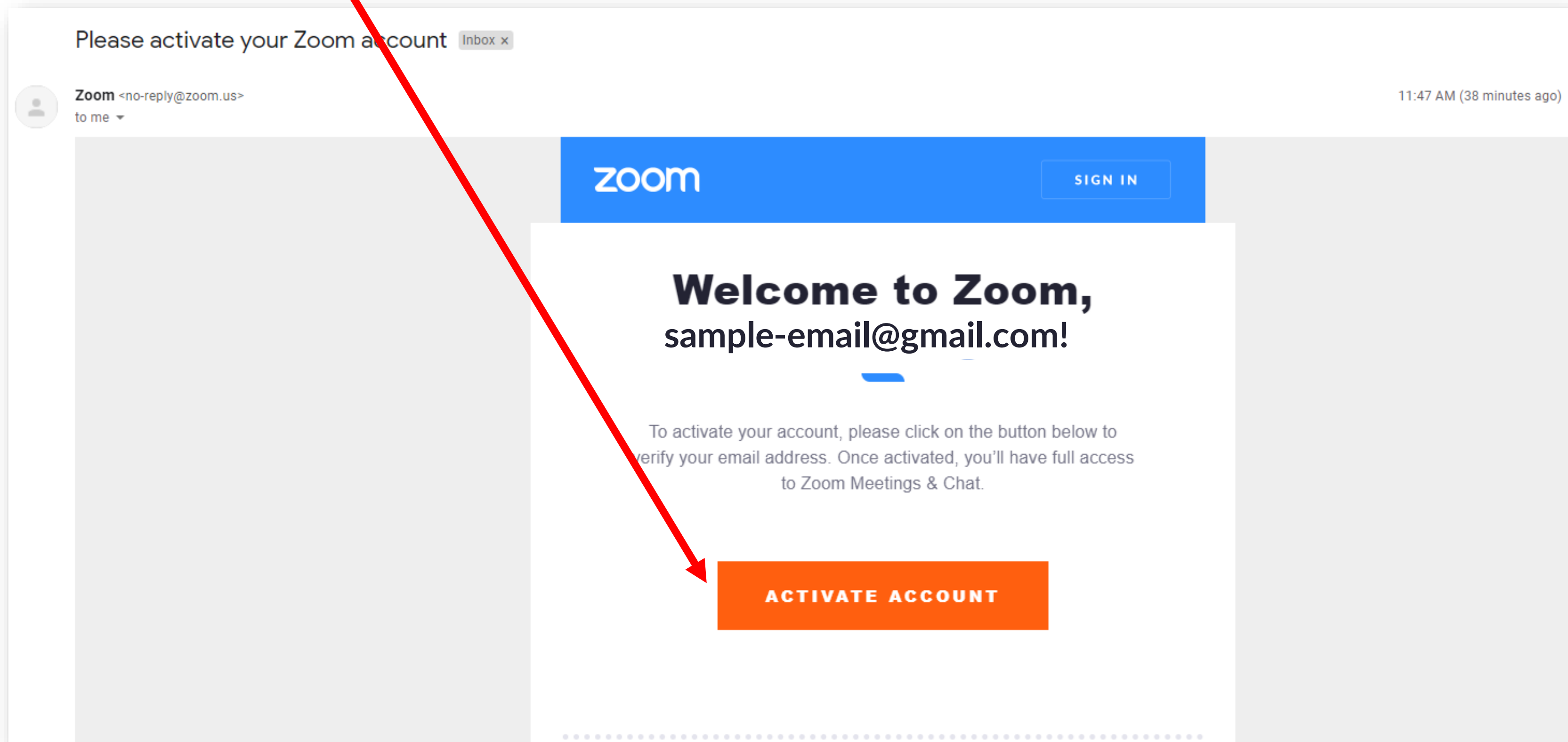
[Create account](#) [Next](#)

English (United States) ▾ [Help](#) [Privacy](#) [Terms](#)

8. 點擊您剛收到的 Zoom 「確認電子郵件」



9. 點擊「啟用帳戶」



10. 輸入您的姓氏和名字，建立一個密碼，點擊「我不是機械人」，然後點擊「繼續」。

Welcome to Zoom

Hello! To get started with Zoom we need a few details from you to create your free account.


First Name

Please enter your first name

Last Name

Password

Confirm Password

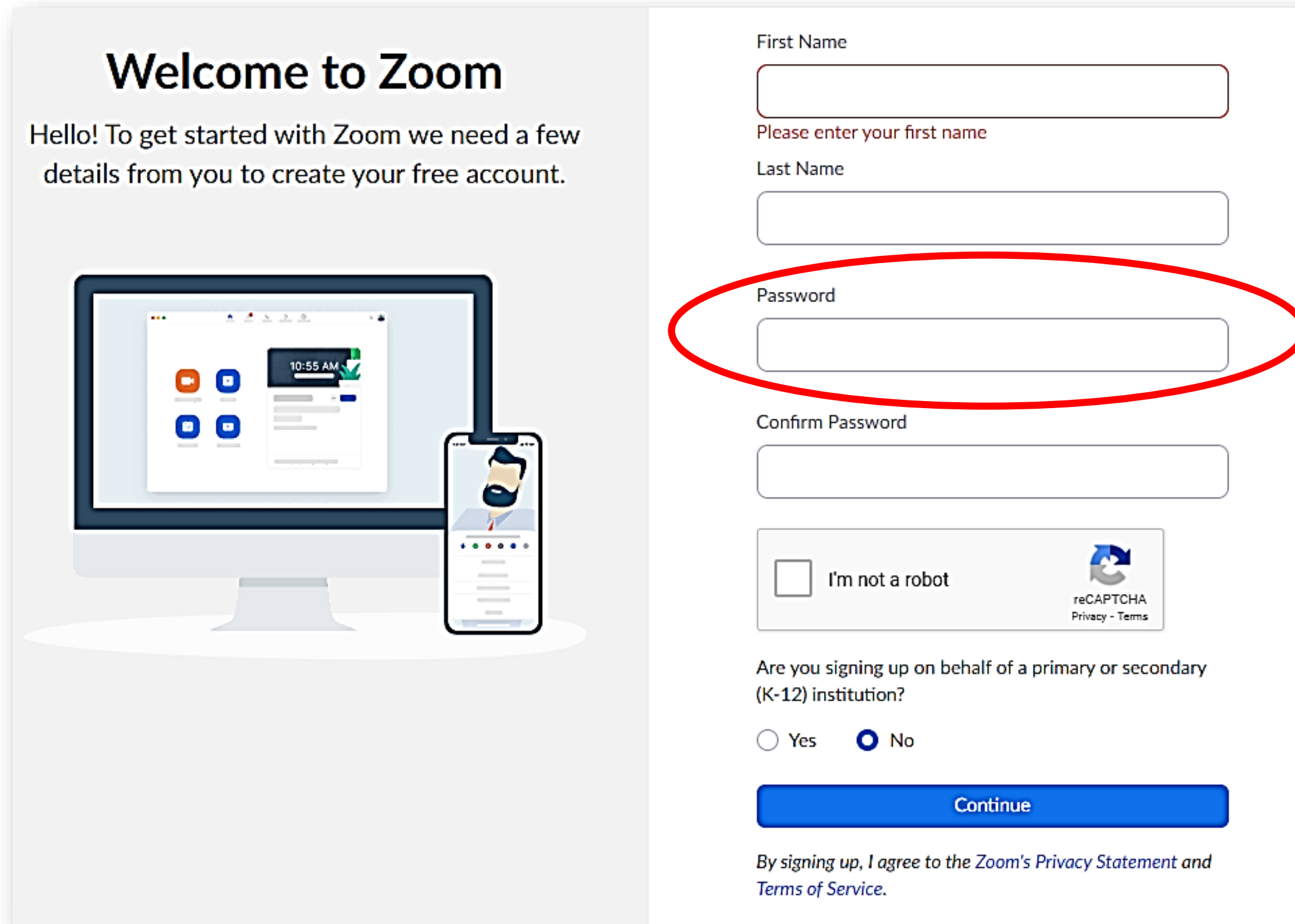
I'm not a robot  reCAPTCHA
Privacy - Terms

Are you signing up on behalf of a primary or secondary (K-12) institution?
 Yes No

Continue

By signing up, I agree to the Zoom's Privacy Statement and Terms of Service.

您的密碼是保密的，不要把密碼告訴任何人。



Welcome to Zoom

Hello! To get started with Zoom we need a few details from you to create your free account.


First Name

Please enter your first name

Last Name

Password

Confirm Password

I'm not a robot 
reCAPTCHA
Privacy - Terms

Are you signing up on behalf of a primary or secondary (K-12) institution?
 Yes No

[Continue](#)

By signing up, I agree to the Zoom's Privacy Statement and Terms of Service.

如何記住密碼的建議：

- 寫下來並存放在安全的地方
- 如果情況容許，請使用 Notes 應用程式將它存儲在您的手機中
- 如果兩者都不適用，請僅告訴一位可信賴的人（例如配偶或孩子）分享

點擊「跳過這一步」

✘ 不要提供其他
人士的電子郵件地址


Invite your colleagues to create their own free Zoom account today! [Why invite?](#)

name@domain.com

name@domain.com

name@domain.com

[Add another email](#)

I'm not a robot  reCAPTCHA
Privacy - Terms

[Invite](#) [Skip this step](#)

您的 Zoom 帳戶已經開設妥當

Start your test meeting.

Excellent! Now it's time to start meeting.

Your personal meeting url:

<https://us04web.zoom.us/j/5232717169?pwd=OWJuNGw4aTFtemp0QXFKNE9kUU55UT09>

Start Meeting Now

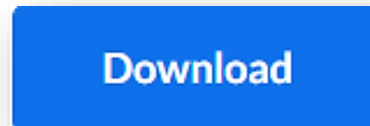
Go to My Account

由這裏您可以：

1. 立即開始一個會議
2. 查看您的帳戶

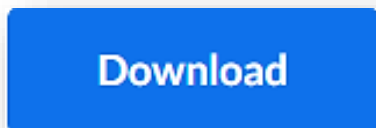
建立 Zoom 帳戶：摘要

- 下載及安裝 Zoom

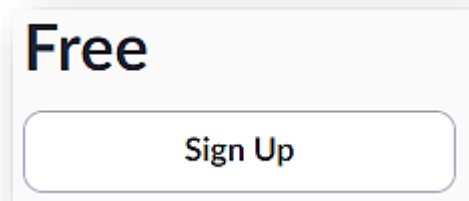


建立 Zoom 帳戶：摘要

- 下載及安裝 Zoom

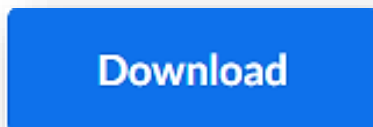


- 選擇 Zoom 計劃

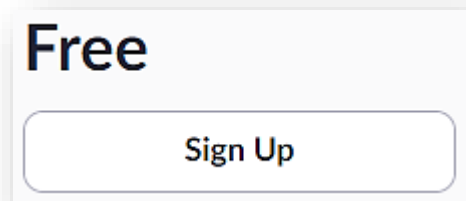


建立 Zoom 帳戶：摘要

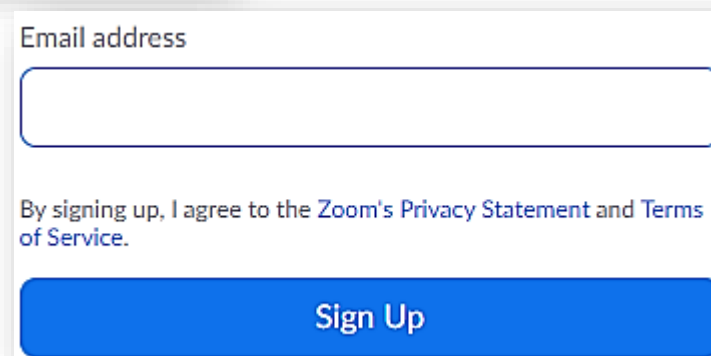
- 下載及安裝 Zoom



- 選擇 Zoom 計劃

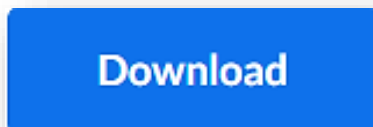


- 填寫表格，進行註冊

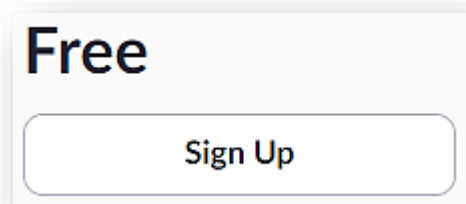
A registration form with a white background and a thin border. It contains an "Email address" label above a text input field. Below the input field is a line of text: "By signing up, I agree to the Zoom's Privacy Statement and Terms of Service." At the bottom of the form is a blue rectangular button with the text "Sign Up" in white.

建立 Zoom 帳戶：摘要

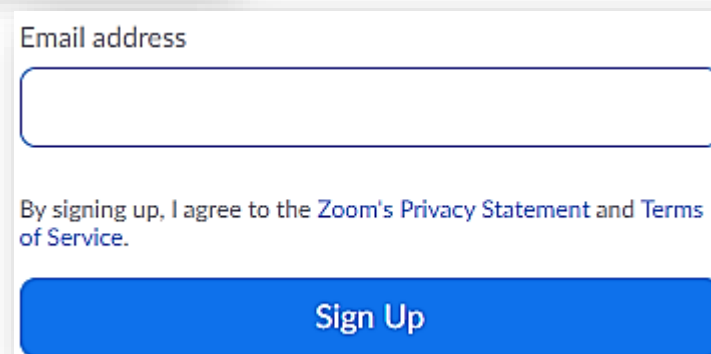
- 下載及安裝 Zoom



- 選擇 Zoom 計劃



- 填寫表格，進行註冊

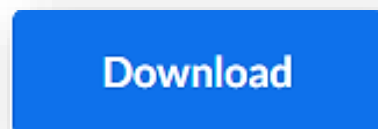
A registration form with a white background. It has a label "Email address" above a text input field. Below the input field is a line of text: "By signing up, I agree to the Zoom's Privacy Statement and Terms of Service." At the bottom is a blue "Sign Up" button.

- 由您的電子郵件啟用帳戶

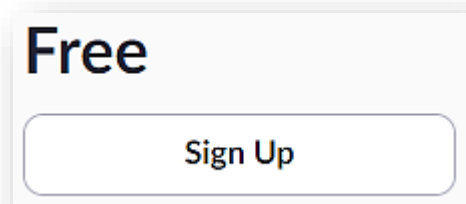


建立 Zoom 帳戶：摘要

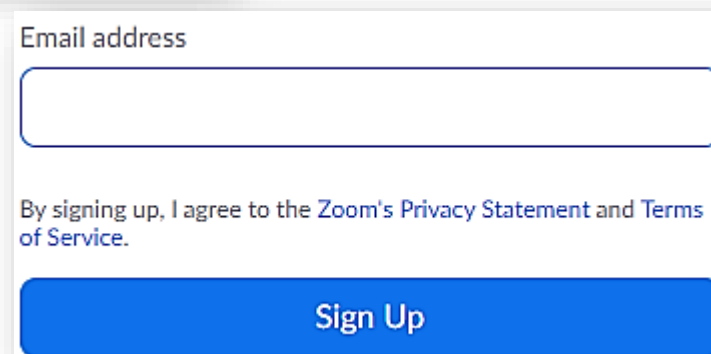
- 下載及安裝 Zoom



- 選擇 Zoom 計劃



- 填寫表格，進行註冊

A registration form with a text input field for "Email address", a checkbox for "By signing up, I agree to the Zoom's Privacy Statement and Terms of Service.", and a blue "Sign Up" button.

- 由您的電子郵件啟用帳戶

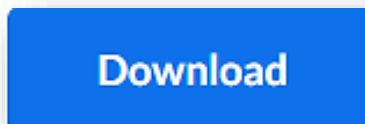


- 在帳戶資料欄填寫您的資料（不是私人細節）

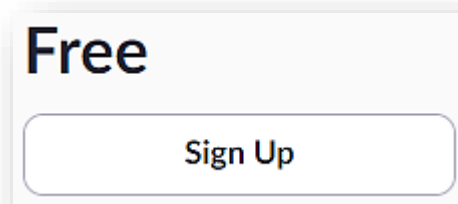
An activation form with an orange "ACTIVATE ACCOUNT" button at the top, followed by input fields for "First Name" and "Last Name". A mouse cursor is pointing at the "ACTIVATE ACCOUNT" button.

建立 Zoom 帳戶：摘要

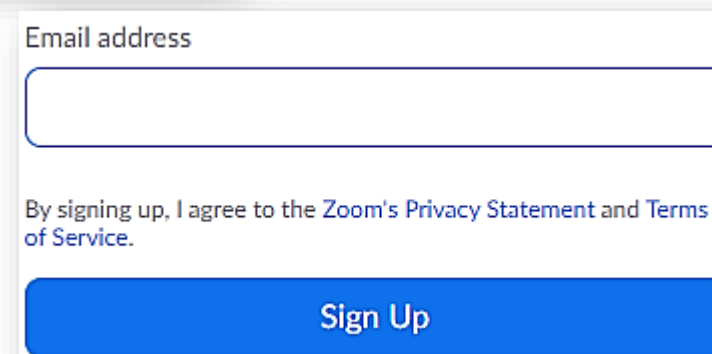
- 下載及安裝 Zoom



- 選擇 Zoom 計劃



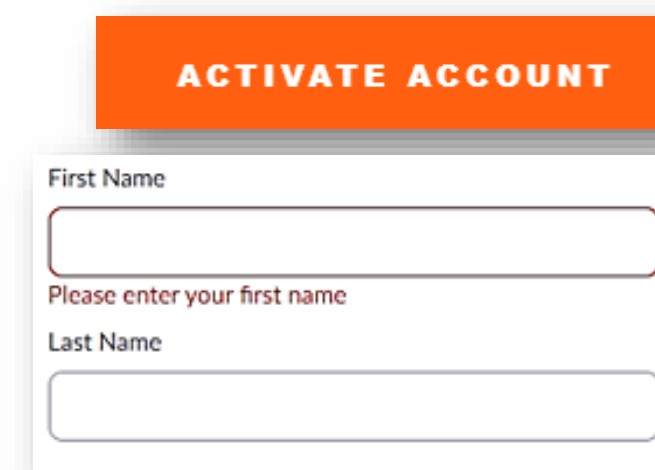
- 填寫表格，進行註冊

A registration form with an "Email address" input field, a "Sign Up" button, and a checkbox for "By signing up, I agree to the Zoom's Privacy Statement and Terms of Service."

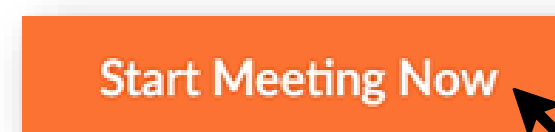
- 由您的電子郵件啟用帳戶



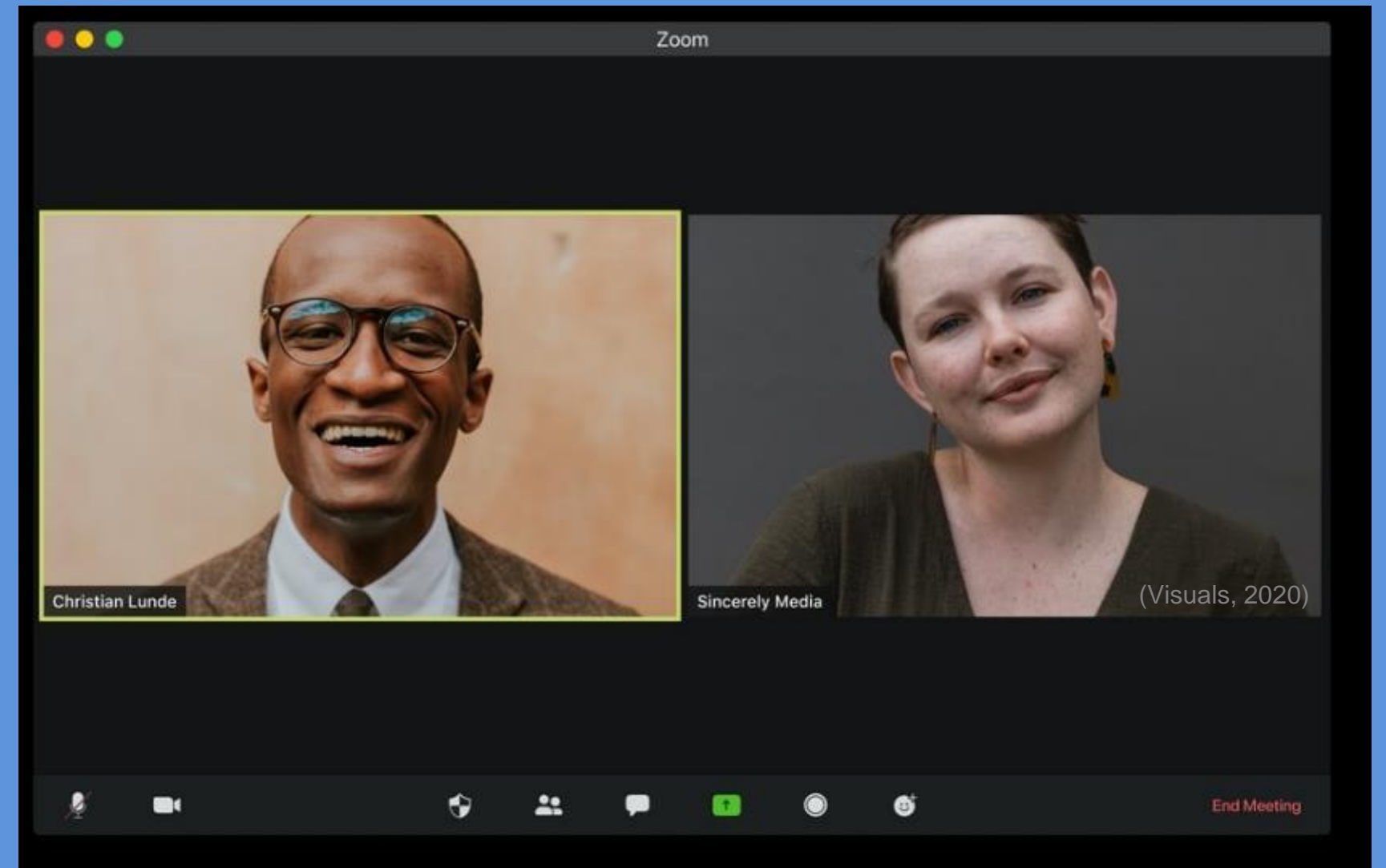
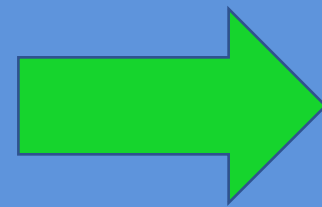
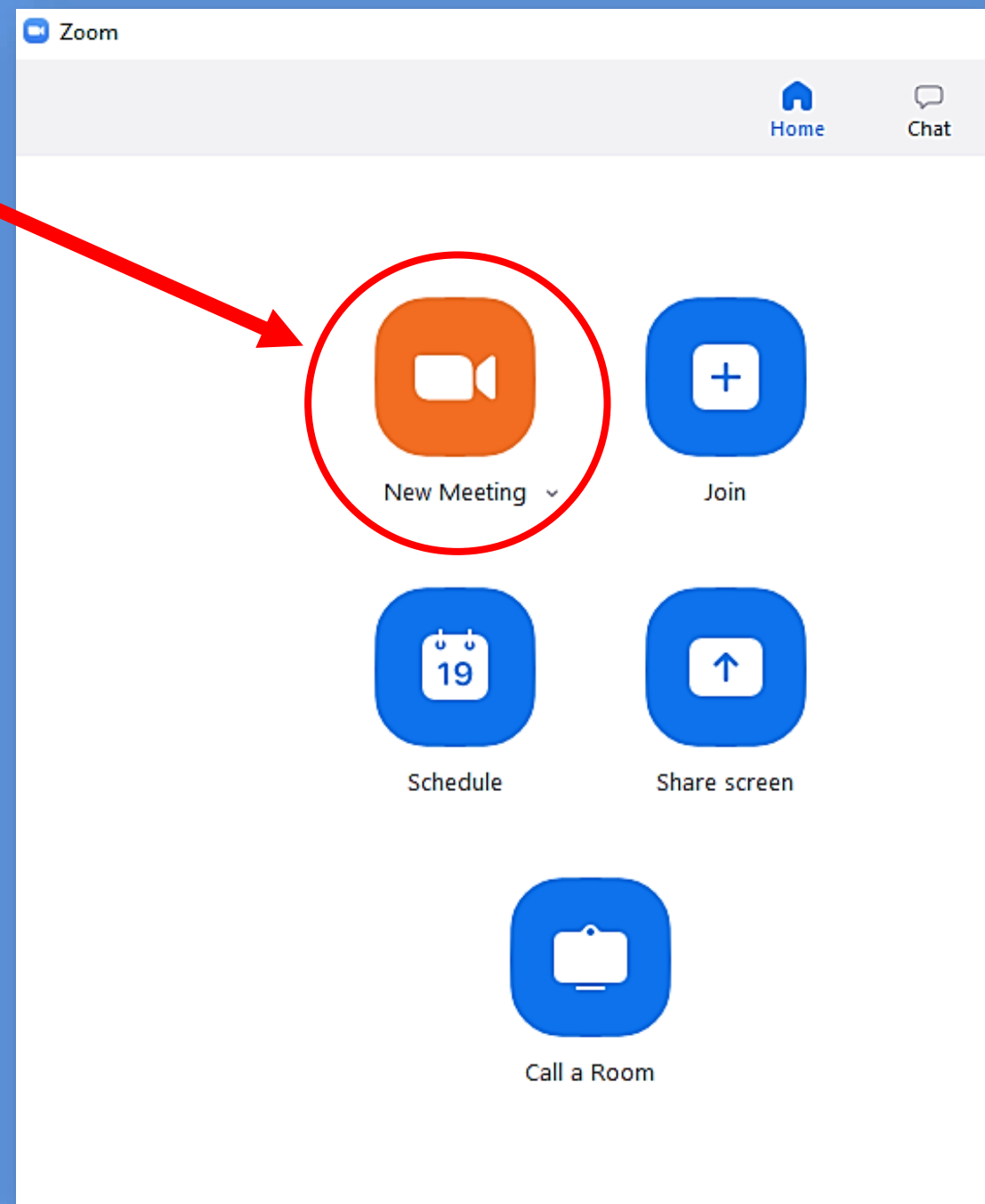
- 在帳戶資料欄填寫您的資料（不是私人細節）

An activation form with an "ACTIVATE ACCOUNT" button, a "First Name" input field with a placeholder "Please enter your first name", and a "Last Name" input field. A mouse cursor is pointing at the "ACTIVATE ACCOUNT" button.

- 一切就緒，可以開始會議！



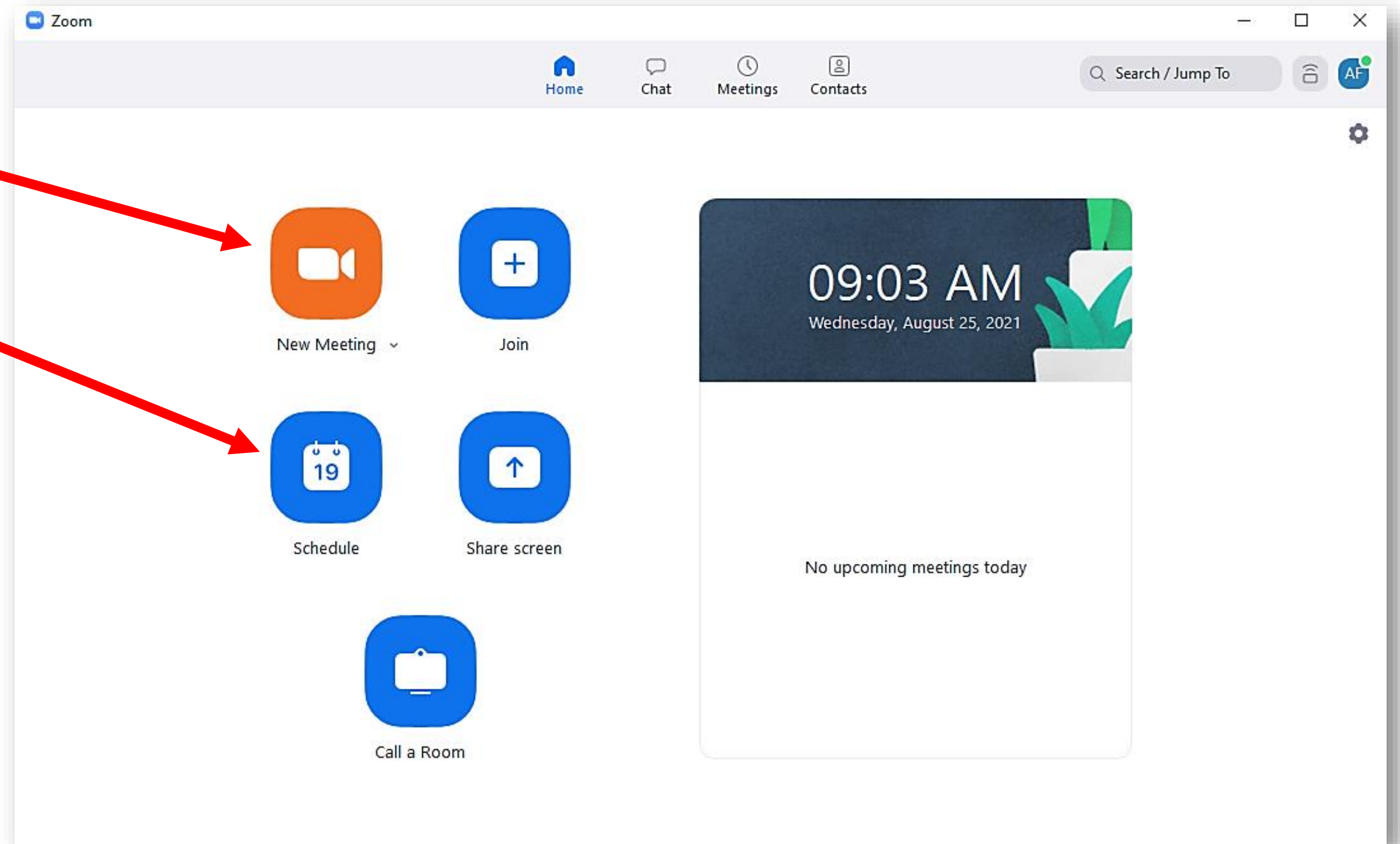
如何即時建立會議



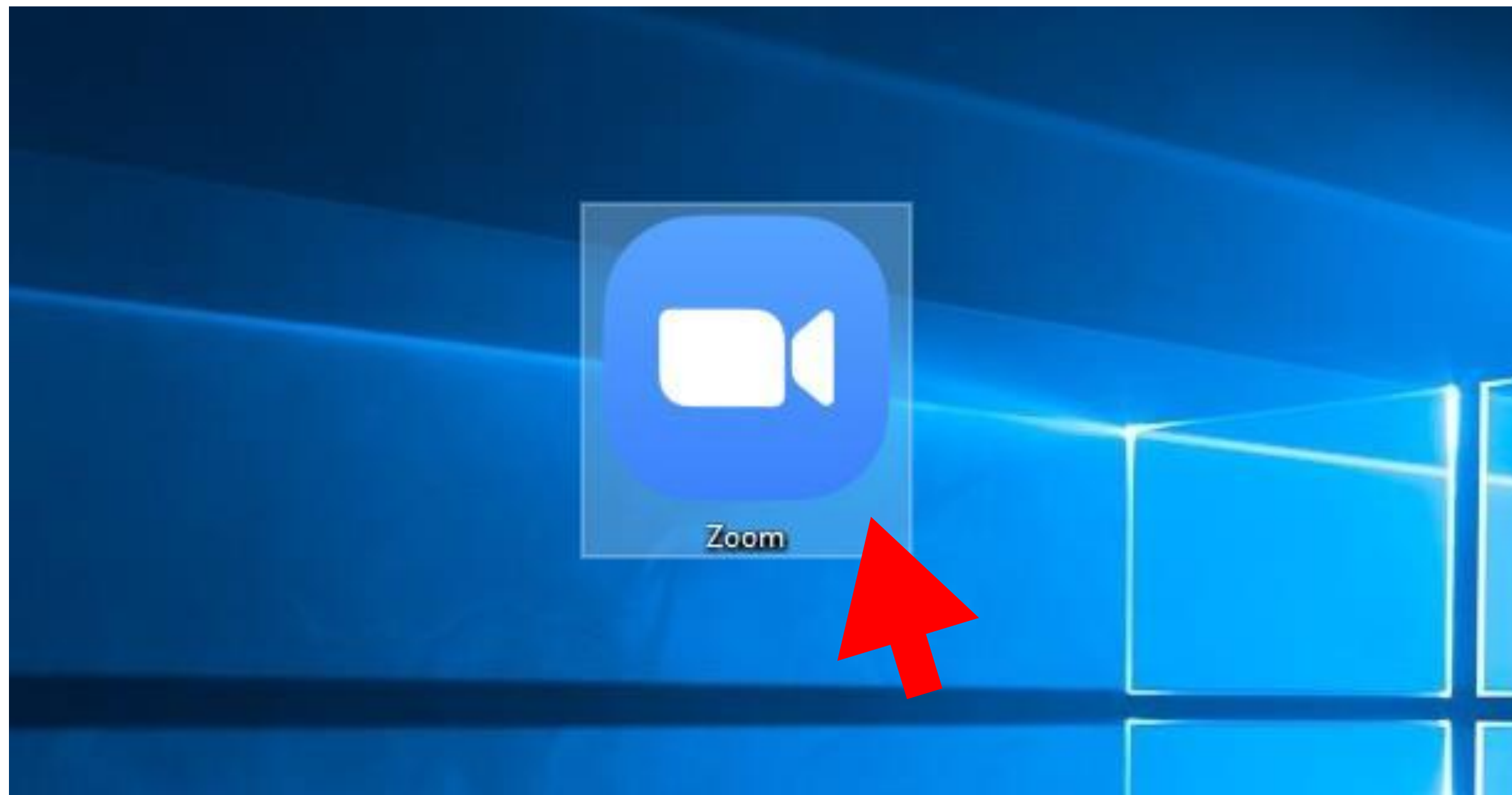
您可以建立兩種會議：

1. 一個即時開始的新會議
2. 您可以編排一個在任何日子或時間開始的會議

例如，大家可以安排下週與自己的照顧者會面，討論健康管理目標。



要即時開始會議，請打開 Zoom。



登入

Zoom Cloud Meetings

zoom
ca01web.zoom.us

Enter your email

Enter your password [Forgot?](#)

Sign In

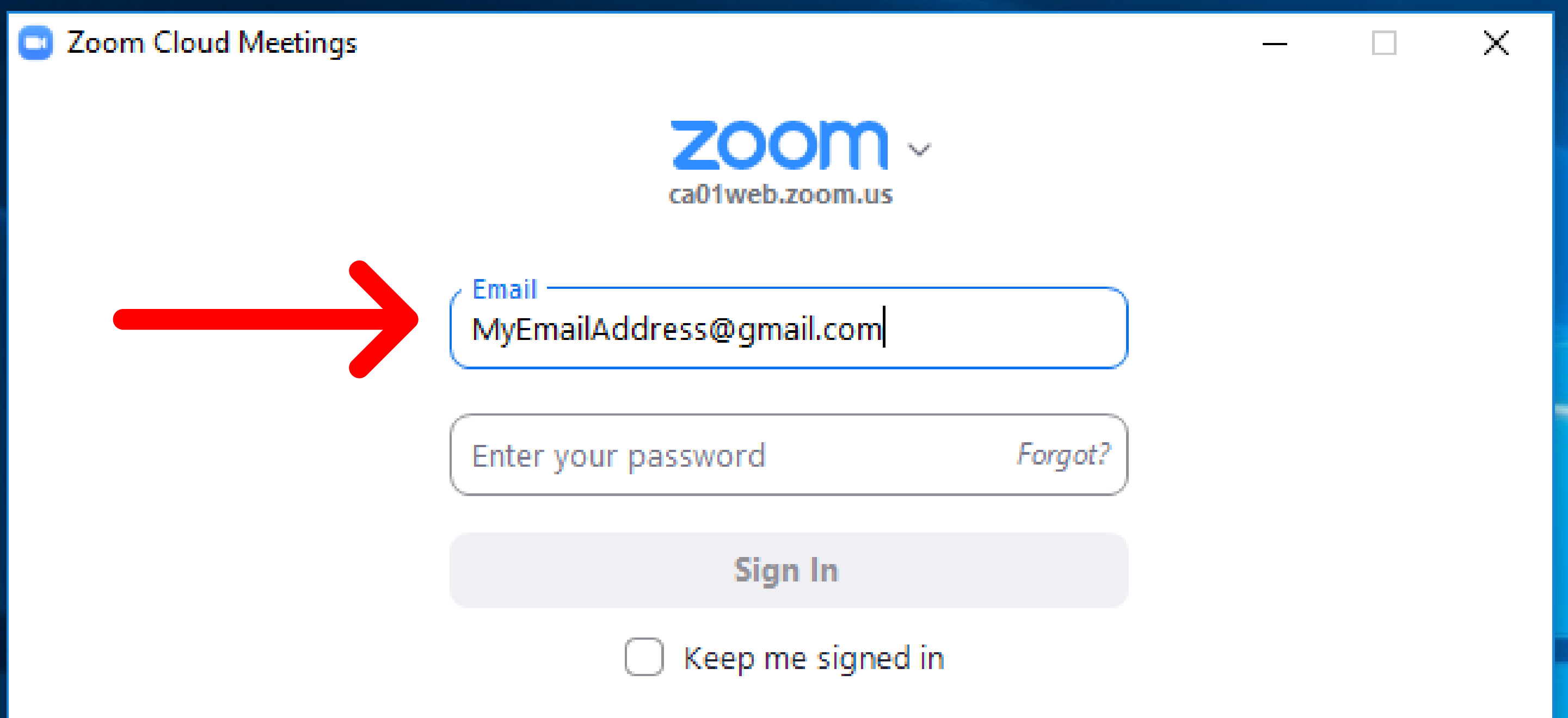
Keep me signed in

or sign in with

SSO Google Facebook

< Back [Sign Up](#)

輸入您的電子郵件地址



Zoom Cloud Meetings

zoom
ca01web.zoom.us

Email
MyEmailAddress@gmail.com

Enter your password [Forgot?](#)

Sign In

Keep me signed in

輸入您的密碼

Zoom Cloud Meetings

zoom
ca01web.zoom.us

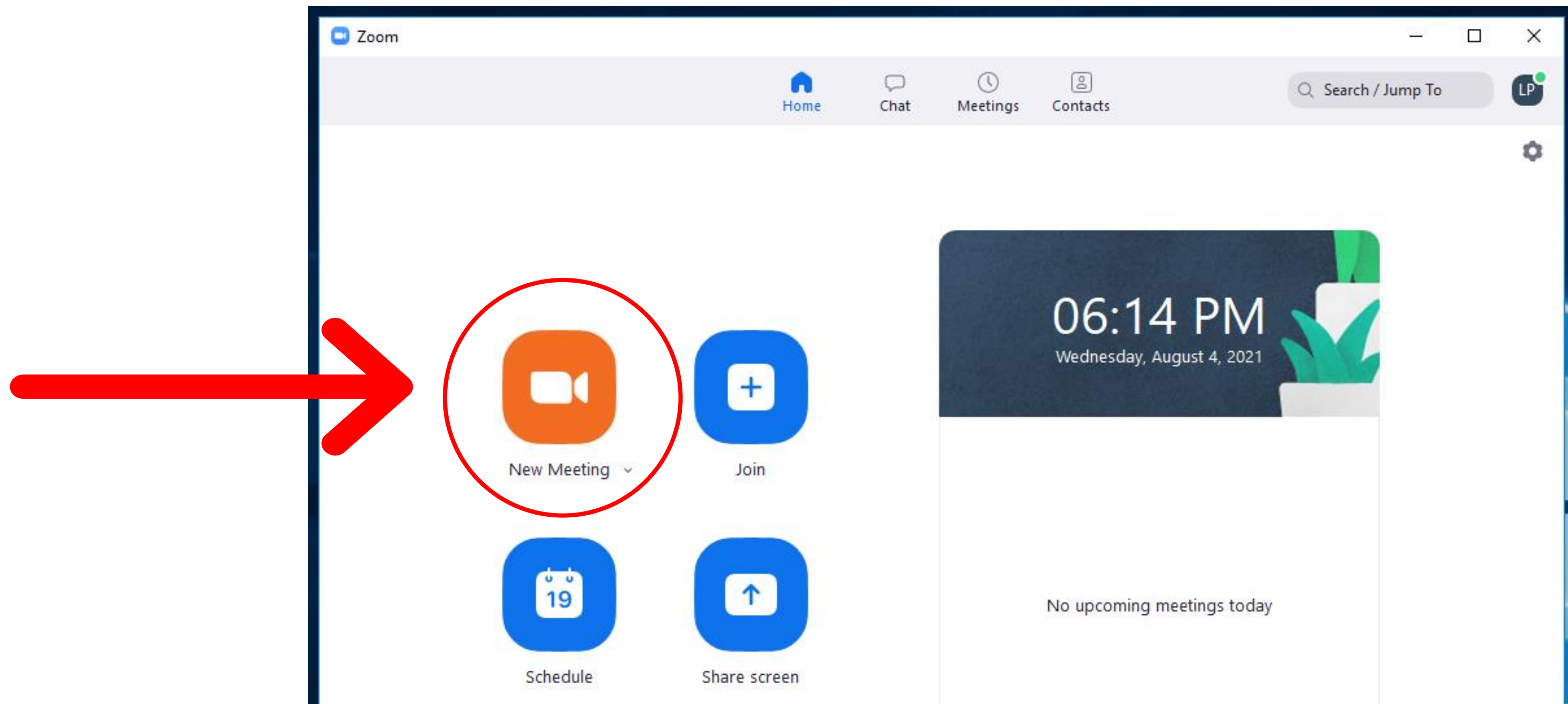
MyEmailAddress@gmail.com

Password
***** [Forgot?](#)

Sign In

Keep me signed in

要即時開始會議，點擊「新會議」。



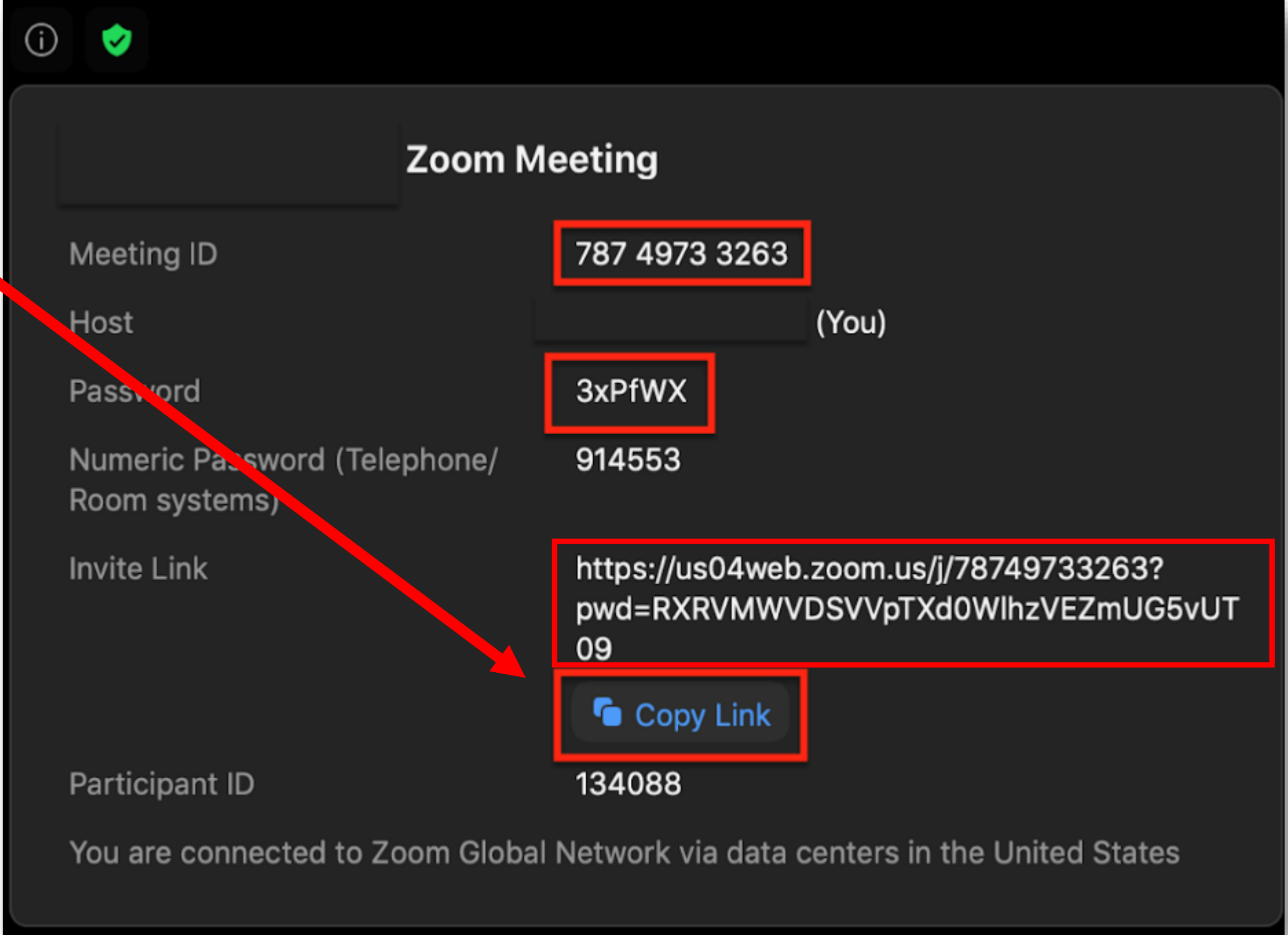
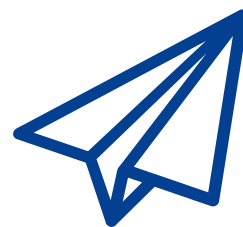
在屏幕的左上角，您可以看到一個「信息」按鈕。ⓘ



複製 Zoom 會議連結，它會保存：

- 會議連結
- 會議編號
- 密碼

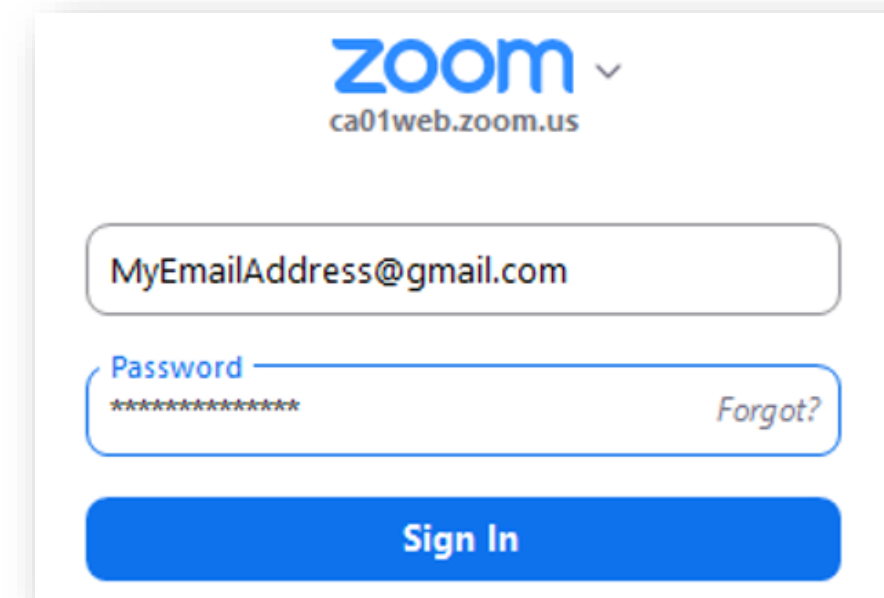
現在您可以通過電子郵件將會議連結發送給其他人！

A screenshot of the Zoom Meeting details page. The page is dark-themed and shows various meeting information. A red arrow points from the text '它會保存' in the top heading to the 'Invite Link' field. The 'Invite Link' field contains a long URL and a 'Copy Link' button. Other fields include Meeting ID, Host, Password, Numeric Password, and Participant ID.

Field	Value
Meeting ID	787 4973 3263
Host	(You)
Password	3xPfWX
Numeric Password (Telephone/Room systems)	914553
Invite Link	https://us04web.zoom.us/j/78749733263?pwd=RXRVMWVDSVVpTXd0WlhzVEZmUG5vUT09
Participant ID	134088

如何即時建立會議：摘要

- 下載，安裝和登入您的 Zoom 帳戶

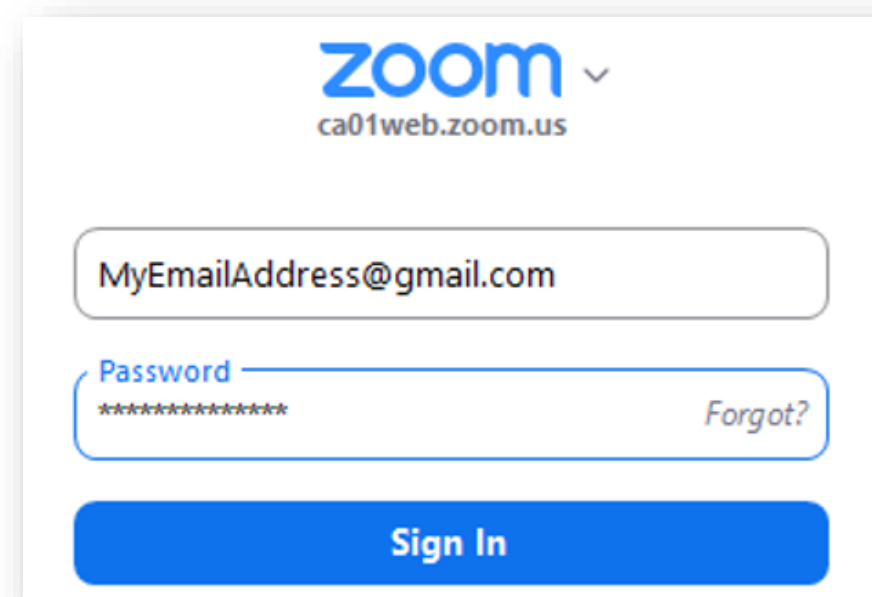
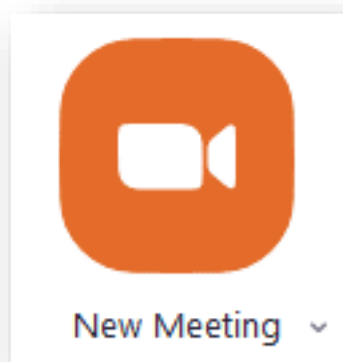


The image shows a Zoom login form. At the top, the Zoom logo is displayed in blue, with a small downward arrow to its right. Below the logo, the URL 'ca01web.zoom.us' is written in a smaller font. The form consists of two input fields: the first is for an email address, with the placeholder text 'MyEmailAddress@gmail.com'; the second is for a password, with the placeholder text '*****' and a 'Forgot?' link to its right. Below these fields is a prominent blue button with the text 'Sign In' in white.

如何即時建立會議：摘要

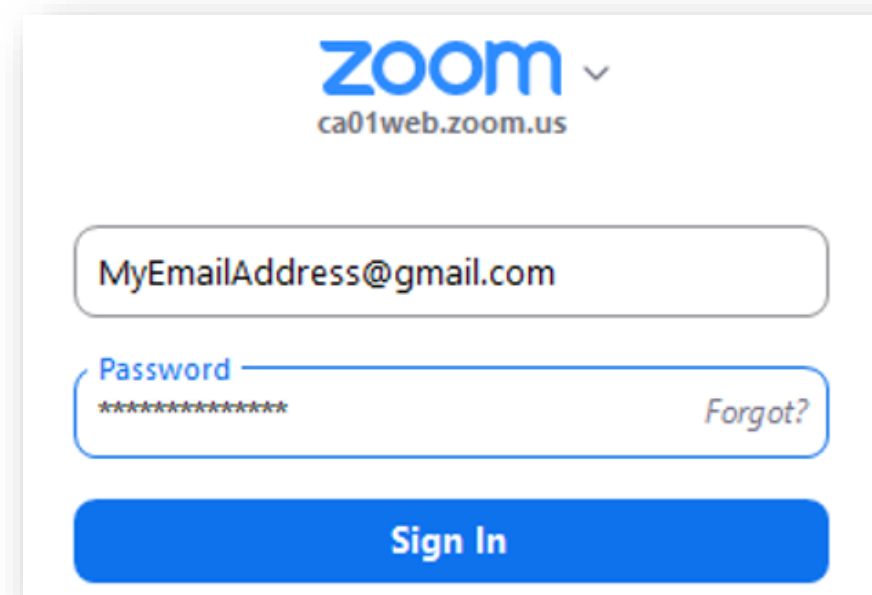
- 下載，安裝和登入您的 Zoom 帳戶

- 選擇「新會議」

A screenshot of the Zoom web login interface. At the top left is the Zoom logo in blue with a small downward chevron, and below it is the URL "ca01web.zoom.us". Below the logo is a text input field containing "MyEmailAddress@gmail.com". Underneath is a password field labeled "Password" with a blue underline, containing a series of asterisks. To the right of the password field is a link that says "Forgot?". At the bottom of the form is a prominent blue button with the white text "Sign In".

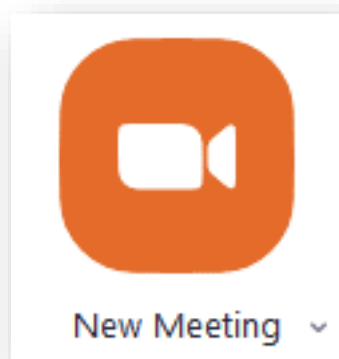
如何即時建立會議：摘要

- 下載，安裝和登入您的 Zoom 帳戶



The image shows the Zoom login interface. At the top is the Zoom logo and the URL 'ca01web.zoom.us'. Below that is a text input field containing 'MyEmailAddress@gmail.com'. Underneath is a password field with a masked password '*****' and a 'Forgot?' link. At the bottom is a blue 'Sign In' button.

- 選擇「新會議」

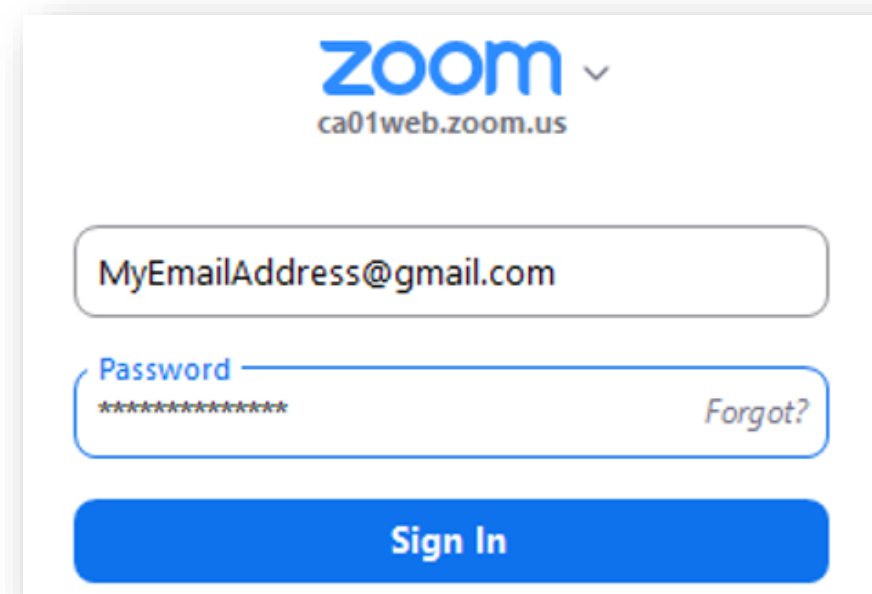


- 複製您的會議連結



如何即時建立會議：摘要

- 下載，安裝和登入您的 Zoom 帳戶



zoom
ca01web.zoom.us

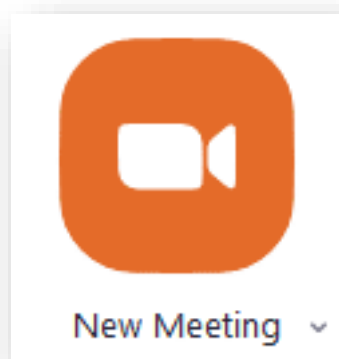
MyEmailAddress@gmail.com

Password

Forgot?

Sign In

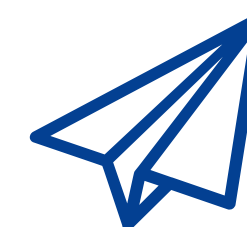
- 選擇「新會議」



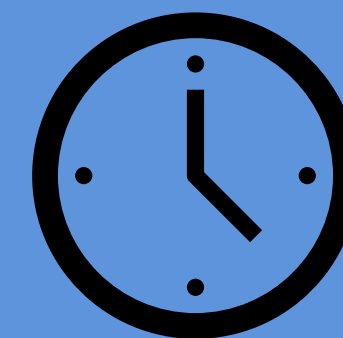
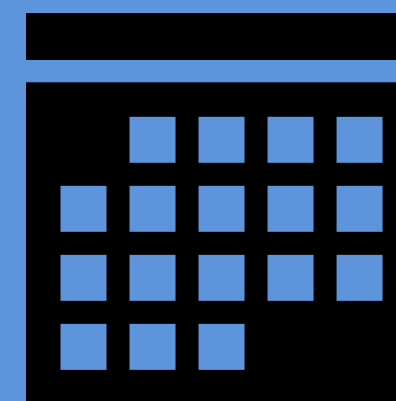
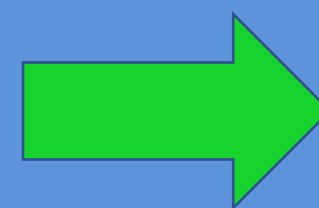
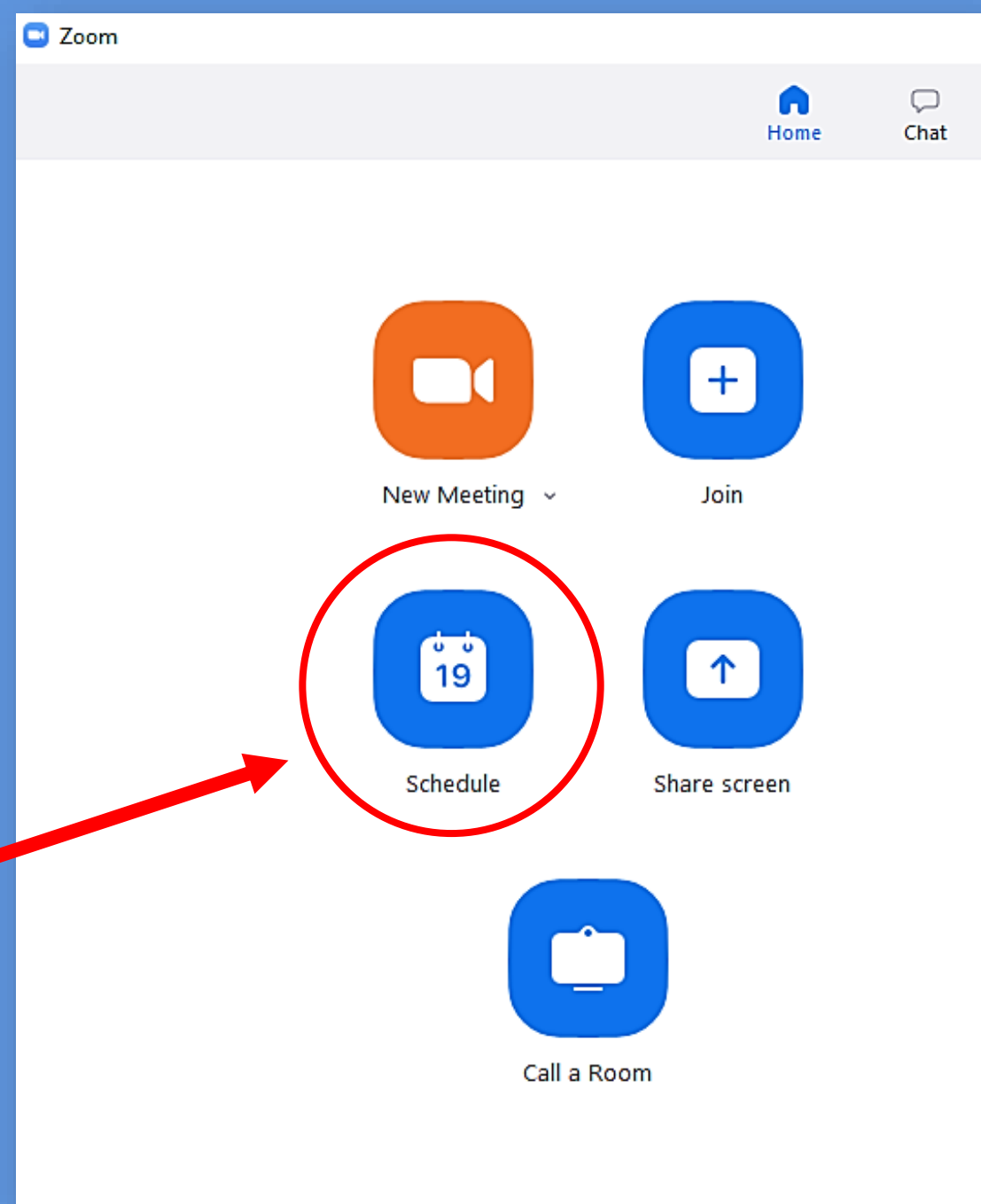
- 複製您的會議連結



- 通過電子郵件將會議連結發送給其他人



編排以後的會議



視頻：如何排程會議

The screenshot displays the Zoom 'Schedule a Meeting' interface. The main content area shows the following settings:

- Description (Optional):** Enter your meeting description
- When:** 06/30/2020, 3:00 PM
- Duration:** 1 hr, 0 min
- Time Zone:** (GMT-7:00) Pacific Time (US and Canada)
- Recurring meeting:** Every day, until Jul 6, 2020, 7 occurrence(s)
- Recurrence:** Daily
- Repeat every:** 1 day
- End date:** By 07/06/2020, After 7 occurrences
- Registration:** Required

The video player at the bottom shows a progress bar at 0:21 / 1:15, a meeting password field with the value '577237', and engagement metrics: 870 likes, 153 comments, and 1,380,315 views.

建立 Zoom 帳戶

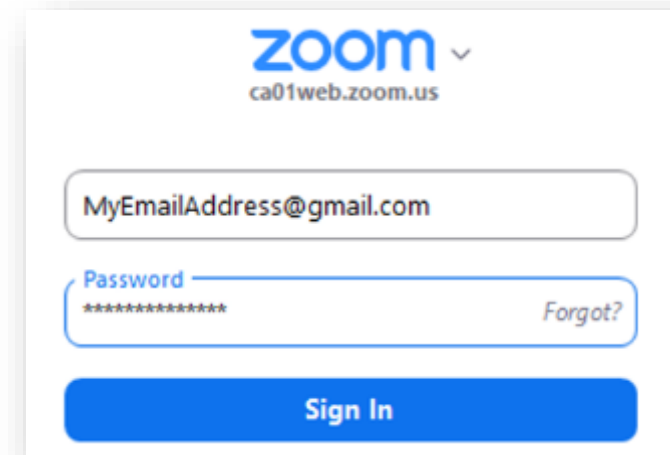
如何即時建立會議

編排以後的會議

摘要

編排以後的會議：摘要

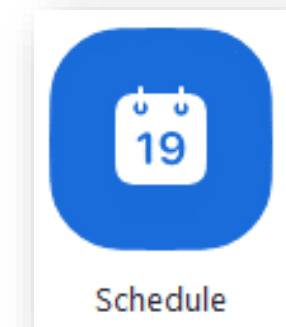
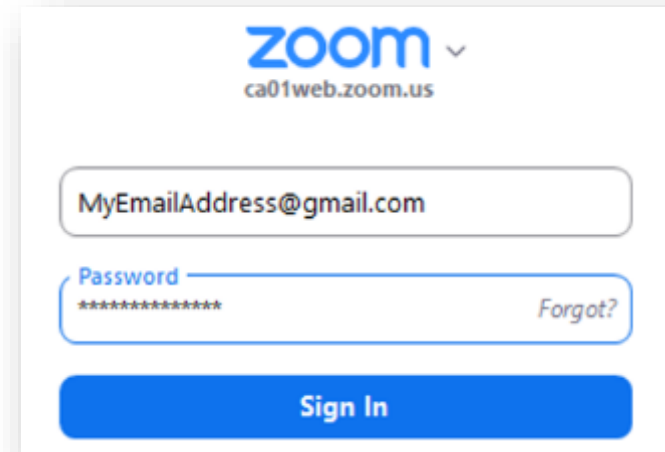
- 開啟並登入 Zoom



The image shows a Zoom login interface. At the top, the Zoom logo is displayed in blue, followed by the URL 'ca01web.zoom.us'. Below the logo is a text input field containing 'MyEmailAddress@gmail.com'. Underneath that is a password input field with the label 'Password' and a 'Forgot?' link. At the bottom of the form is a blue 'Sign In' button.

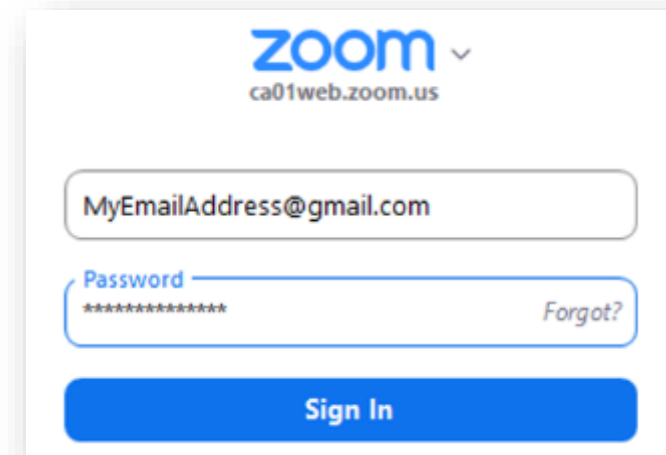
編排以後的會議：摘要

- 開啟並登入 Zoom
- 選擇「排程」建立會議並設定日期和時間

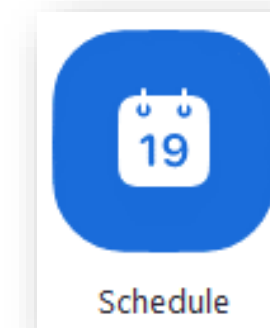


編排以後的會議：摘要

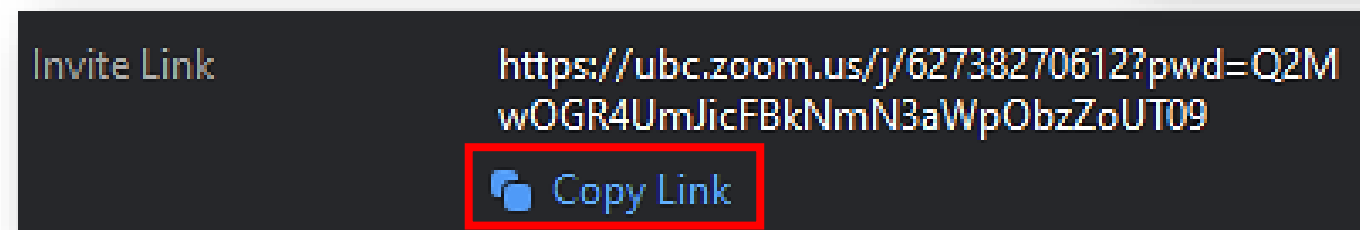
- 開啟並登入 Zoom



- 選擇「排程」建立會議並設定日期和時間

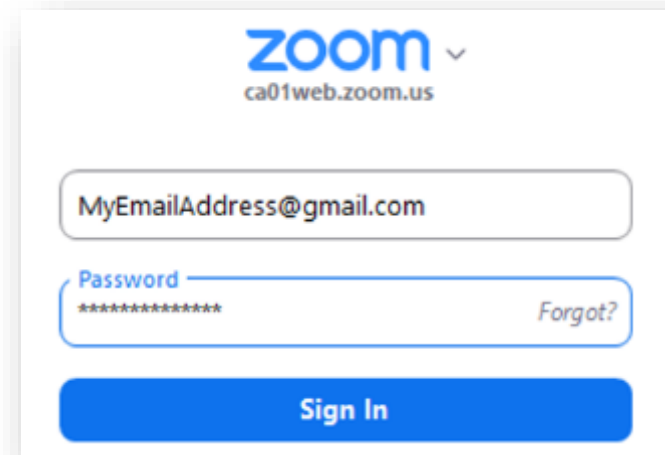


- 複製您的會議連結

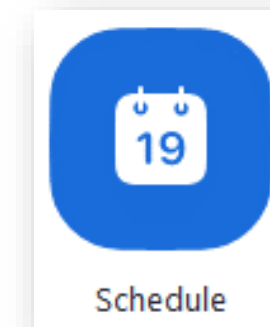


編排以後的會議：摘要

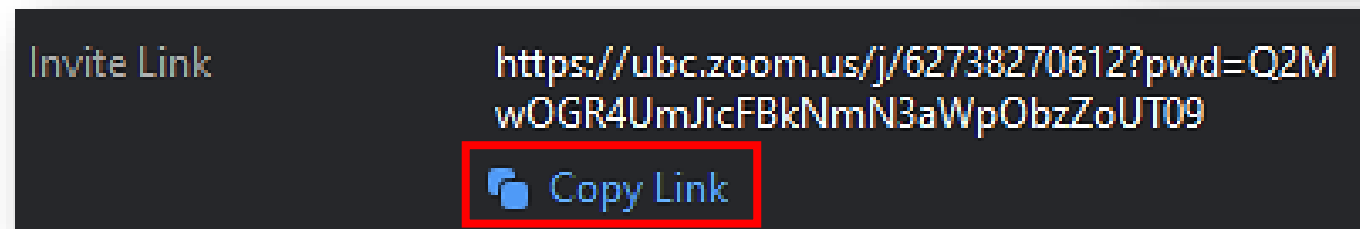
- 開啟並登入 Zoom



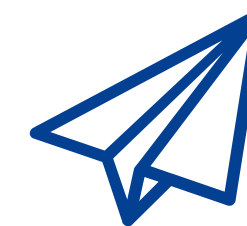
- 選擇「排程」建立會議並設定日期和時間



- 複製您的會議連結



- 通過電子郵件將會議連結發送給其他人



摘要



(Montgomery, 2020)

建立 Zoom 帳戶

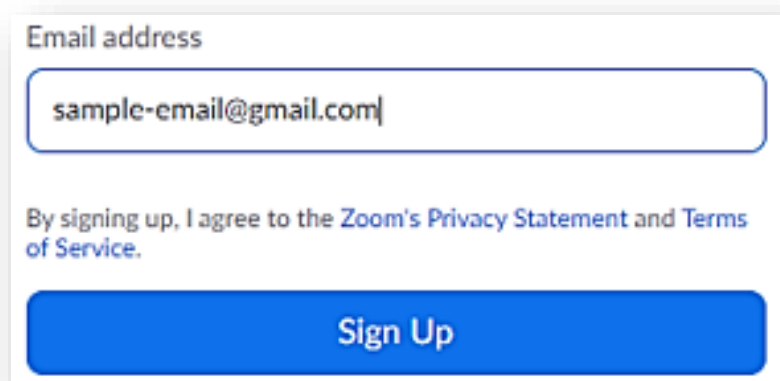
如何即時建立會議

編排以後的會議

摘要

我們學會了：

建立 Zoom 帳戶

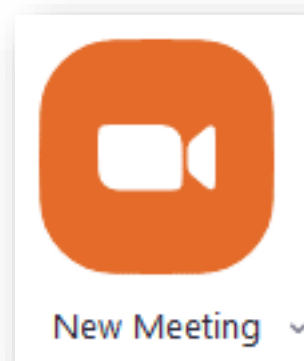


Email address
sample-email@gmail.com

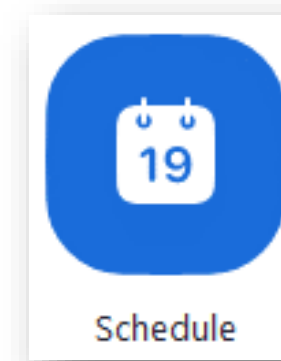
By signing up, I agree to the Zoom's Privacy Statement and Terms of Service.

Sign Up

即時建立會議



編排以後的會議

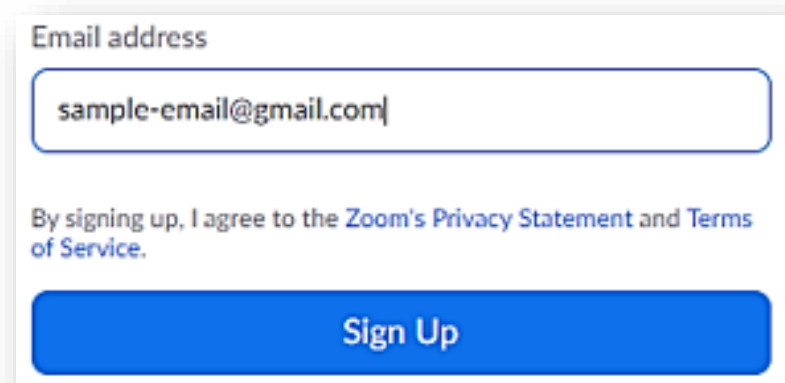


我們學會了：

建立 Zoom 帳戶

即時建立會議

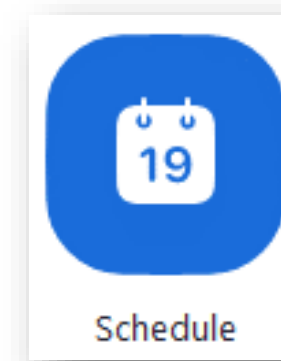
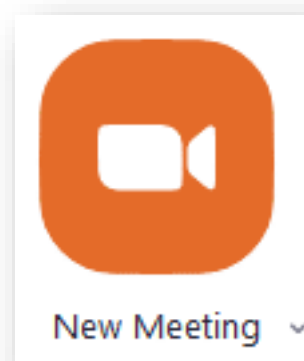
編排以後的會議



Email address
sample-email@gmail.com

By signing up, I agree to the Zoom's Privacy Statement and Terms of Service.

Sign Up



如果您對舉行 Zoom 會議感興趣，這些技能會非常有用。組織會議可能包括與您的照顧者會談或與支援小組的朋友進行群組通話。

問題？

以下是使用 Zoom 進行健康管理的免費資源的例子：

- **「安康」健康網絡慢性病管理 Zoom 網絡研討會** (<https://iconproject.org/events/>)
 - 參觀我們的網站，了解即將舉行的活動！過去的網絡研討會健康主題包括在家中應對慢性疾病、關節炎和骨質疏鬆症、中風、心血管疾病和糖尿病、健康飲食等等！
- **卑詩自我管理協會 (Self Management BC) 的網上項目**
(<https://www.selfmanagementbc.ca/virtualself-managementprograms>)
 - 一系列關於自我管理主題的6個 Zoom 研討會，包括慢性病、慢性疼痛、糖尿病和癌症
- **卑詩疼痛協會 (Pain BC) 網上疼痛支緩和Health小組** (<https://painbc.ca/about/programs/pain-support-wellness-groups>)
 - Zoom 支援小組由一位有類似經歷的「同路人」主持，該主持人會向參加者提供關於疼痛的訊息以及應對疼痛的技巧；參加者置身於有共同經歷的群體當中，從而感覺更有信心與能力面對挑戰。
- **卑詩照顧者協會 (Family Caregivers of BC) 網上支援小組**
(<https://www.familycaregiversbc.ca/family-caregiver-support-groups/>)
 - 每月進行兩次的 Zoom 支援小組，將卑詩省的人們就照顧家人或朋友的共同經歷聯繫起來

資料來源

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圖像來源清單

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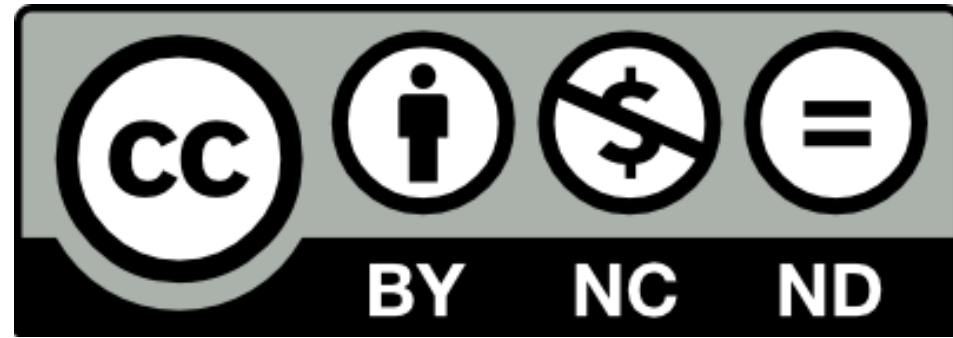
- Note: screen captures were provided by Peteherych, L on slides 4-5, 27-33.
- Note: screen captures were provided by iCON on slides 6-26, 34-43, 45.

再次感謝：



THE UNIVERSITY OF BRITISH COLUMBIA
Department of Emergency Medicine
Faculty of Medicine

感謝卑詩省衛生廳「患者為伴」計劃的支持！



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