

PC/MAC Zoom Instructions

To get ready for your session, make sure to follow these steps at least 1 day before your appointment.

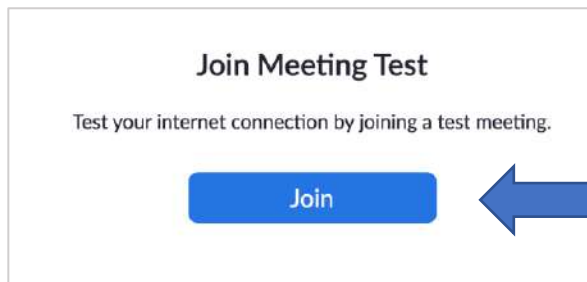
1. Download Zoom

If Zoom is not already installed on your computer, it will start to download automatically.

Once complete, find and open the downloaded file to begin installing. Follow on-screen instructions during the installation.

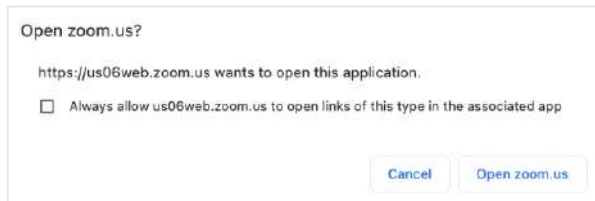
2. Test Your Connection (Optional Step):

visit www.Zoom.us/test



When the Meeting Test page opens, click the blue "Join" button to open the Zoom app.

A pop up will appear asking if you would like to Open Zoom?



Click the "Open Zoom" link.

Follow the prompts on the screen to test your video and audio.

3. Joining Your Personal Session:

Be ready to start your session at least 5 minutes before your scheduled appointment.

Click here to join your session:

<https://zoom.us/j/2163877854?pwd=NHlrTHBxQ0dlMUtKcmNuaFUzdDBrQT09>

If prompted:

Enter your Meeting ID: 216 387 7854

Enter Passcode: [Hypnosis37](#)

4. Waiting Room:

You will automatically be placed in a waiting room.

When your therapist admits you, turn on your video and audio if it is not already on.

5. Having issues logging in or downloading Zoom?

Join from your browser – No download necessary

Click here to join: <https://zoom.us/jc/2163877854/start>

If prompted:

Enter Your Meeting ID: 216 387 7854

Enter Passcode: [Hypnosis37](#)

Still have an issue - contact us at office@uaehypnosis.com