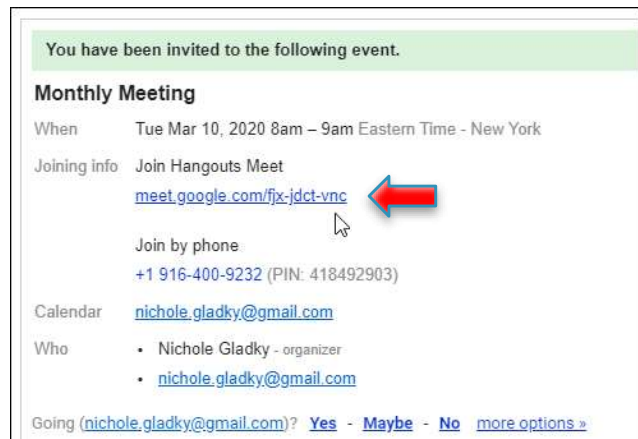# How to Connect

1. Before your appointment determine the device you will utilize for the Telehealth session. Appropriate devices for Telehealth are:

   - Laptop or desktop with camera and microphone (Apple or Windows)
   - Tablet (Apple or Android)
   - Smart Phone (Apple or Android)

2. If you are using a **tablet** or **phone**, download the "Google Hangouts Meet" app by Google on the App or Android Store.

3. Before your appointment, you will receive an email with a link to the Telehealth session from your therapist.

4. When it's time for your appointment
   a. Go to your email on the applicable device (Laptop, Desktop, Tablet, or Phone) and open the Telehealth appointment email.
   b. Click on the Join Hangouts Meet link inside the telehealth appointment email.

You have been invited to the following event.

Monthly Meeting

When	Tue Mar 10, 2020 8am – 9am Eastern Time - New York
Joining info	Join Hangouts Meet
	meet.google.com/fjx-jdct-vnc
	Join by phone
	+1 916-400-9232 (PIN: 418492903)
Calendar	nichole.gladky@gmail.com
Who	• Nichole Gladky - organizer
	• nichole.gladky@gmail.com

Going (nichole.gladky@gmail.com)? **Yes** - **Maybe** - **No** more options »

Note: If you're accessing Google Meet from a web browser you will want to change your screen layout so that you can see both the therapist's screen (if they are sharing) and their camera. To do so, click on the 3 vertical dots in the lower right corner and choose "Change layout."