

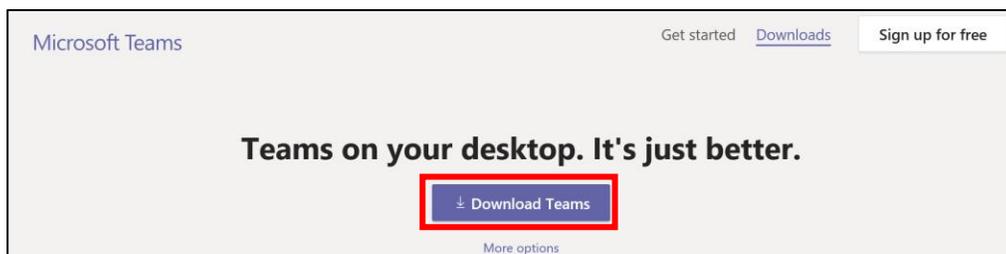
Step 1: Download Microsoft Teams

If you have Chrome, Microsoft Edge, or Chromium Edge downloaded on your computer proceed to **Step 2.**

- A. Open your internet browser on your computer and type the following web address into the URL.



- B. Scroll down the page and click **Download Teams**.



- C. When prompted, select the option to **Run** to start the download.
Note: The option may appear slightly different depending on the web browser being used.



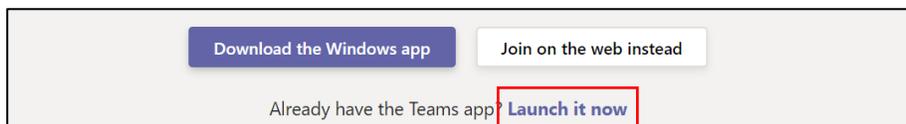
Step 2: Appointment Time

Note: You will be sent an email with a link to join the Microsoft Teams meeting.

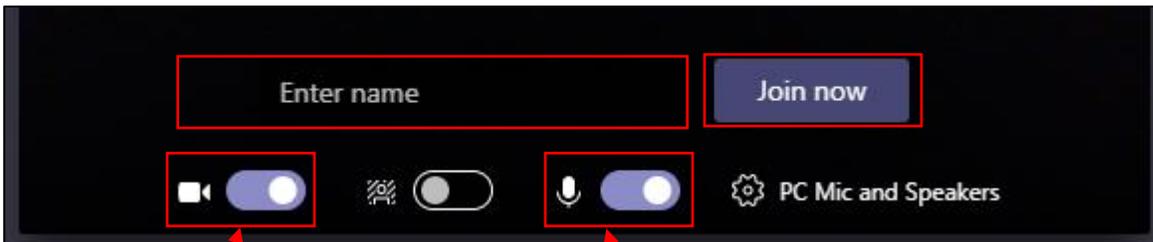
1. Open the email you received from the Humber River Hospital Clinic and click on **Join Microsoft Teams Meeting**.



2. Click on **Launch it now**.



- The **Microsoft Teams** application opens.
- Type **Name** and click **Join now**.



Ensure your **video** and **mic** are set to the **ON** position.

- The organizer will allow you into the meeting. You will see the following message display.

Someone in the meeting should let you in soon

- Once the organizer has “admitted” you, the meeting will begin.