

# Joining a Zoom Meeting

iCON Digital Health Literacy, 2021



# Acknowledgements

This digital health literacy curriculum was developed by The University of British Columbia's interCultural Online health Network (iCON).

iCON is supported by the B.C. Ministry of Health's *Patients as Partners* initiative.

iCON has been working with multicultural communities for over 10 years.

iCON helps people with chronic disease self-management.

iCON also helps people develop digital literacy in order to access, assess, and use health resources online.

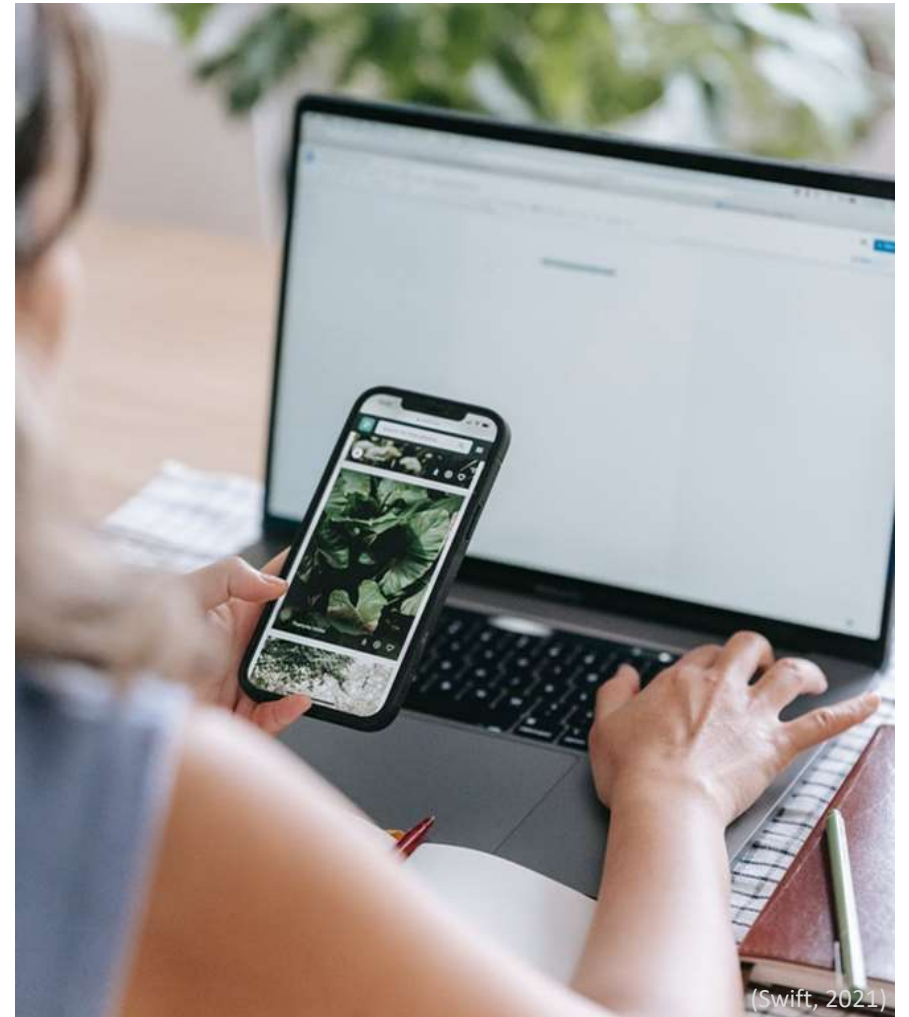


THE UNIVERSITY OF BRITISH COLUMBIA  
Department of Emergency Medicine  
Faculty of Medicine

Thank you to the BC Ministry of Health Patients as Partners Initiative for their support.

# Webinar outline:

- What is Zoom? How can it support your health management?
- Installing Zoom
- Joining and Leaving a Meeting
- Joining a Meeting Without Installing Zoom
- Summary



# What is Zoom ?

## How can it support your health management?



**What is Zoom ?**

Installing Zoom

Joining and Leaving

Join Without Installing

Summary

# What is Zoom ?

Zoom Meetings (usually just called **Zoom**) is a web-based communications program developed by Zoom Video Communications Inc.

Zoom is one of several commonly used software programs for video meetings.



# What is Zoom ?

- Free video meetings on your computer and phone



# What is Zoom ?

- Free video meetings on your computer and phone
- Schedule your own call for free using the free Zoom plan



# What is Zoom ?

- Free video meetings on your computer and phone
- Schedule your own call for free using the free Zoom plan
- Doctor appointments from home





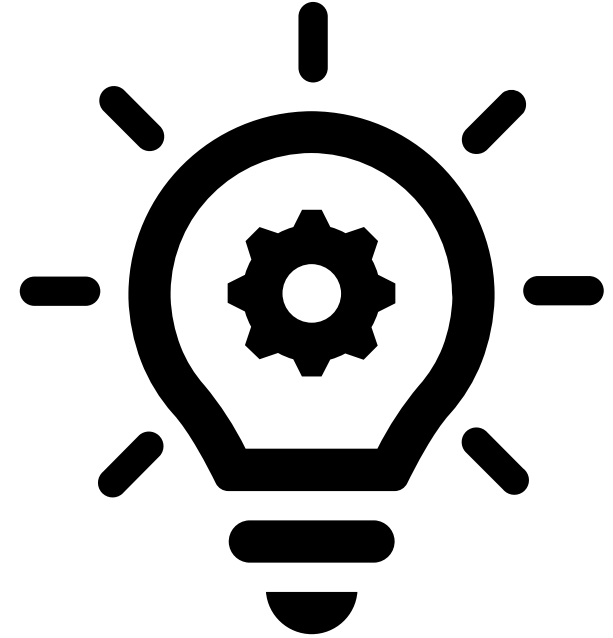
# What is Zoom ?

- Free video meetings on your computer and phone
- Schedule your own call for free using the free Zoom plan
- Doctor appointments from home
- Stay in contact with people while staying safe



# What is Zoom ?

Note: in today's digital world, it is important to remember basic internet security tips, such as not sharing your password with anyone!



# How can you use Zoom to support your health management?

- Accessing health webinars
- Doctor appointments from home, especially for quick requests like:
  - Renewing a prescription
  - A regular check-in about your chronic health conditions
  - Getting a referral to a specialist
- Accessing virtual care visits. Ask your health care provider if a virtual care visit is appropriate for the meeting
- Support groups for your chronic condition

# How to Install Zoom



What is Zoom ?

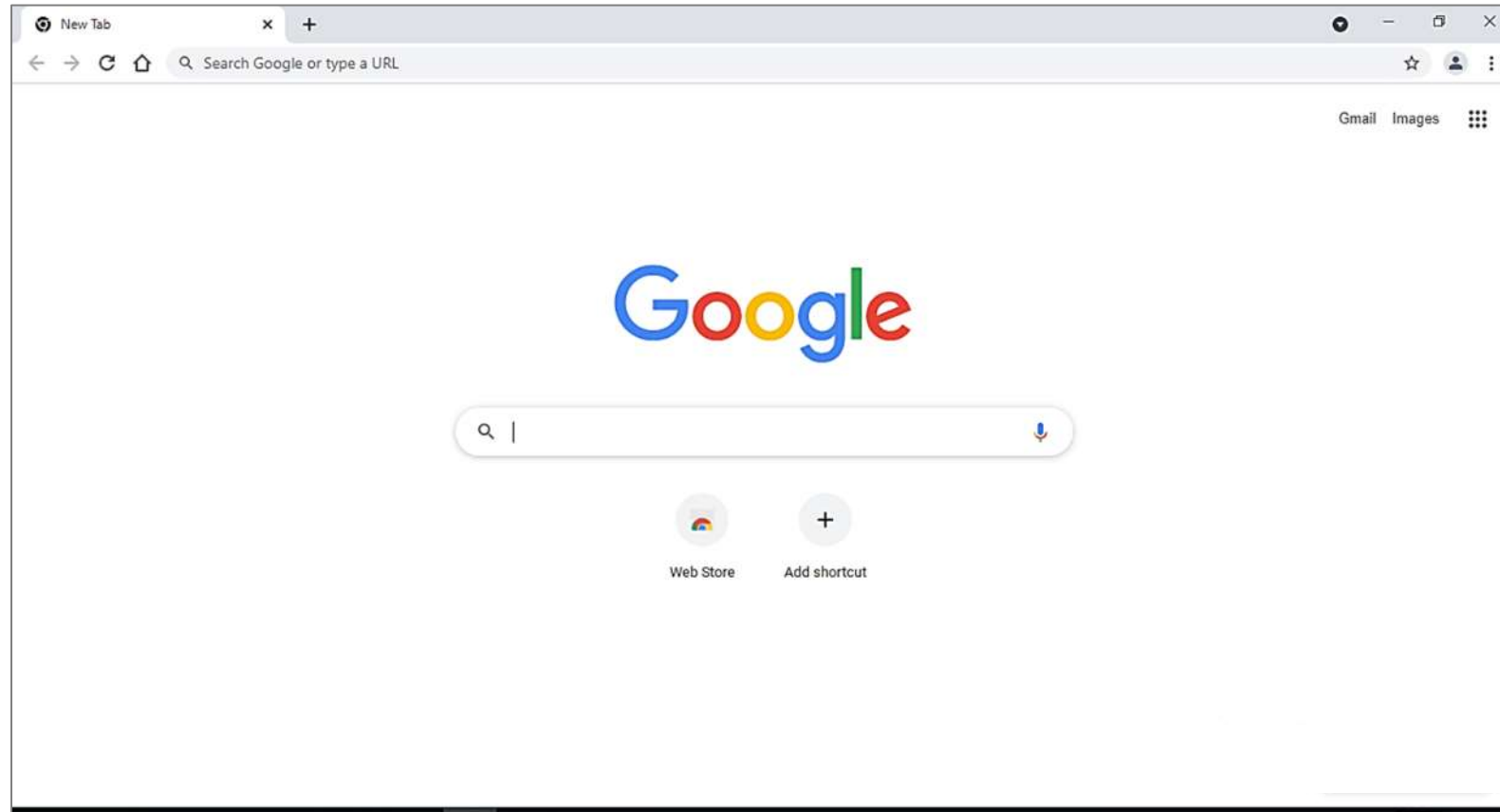
**Installing Zoom**

Joining and Leaving

Join Without Installing

Summary

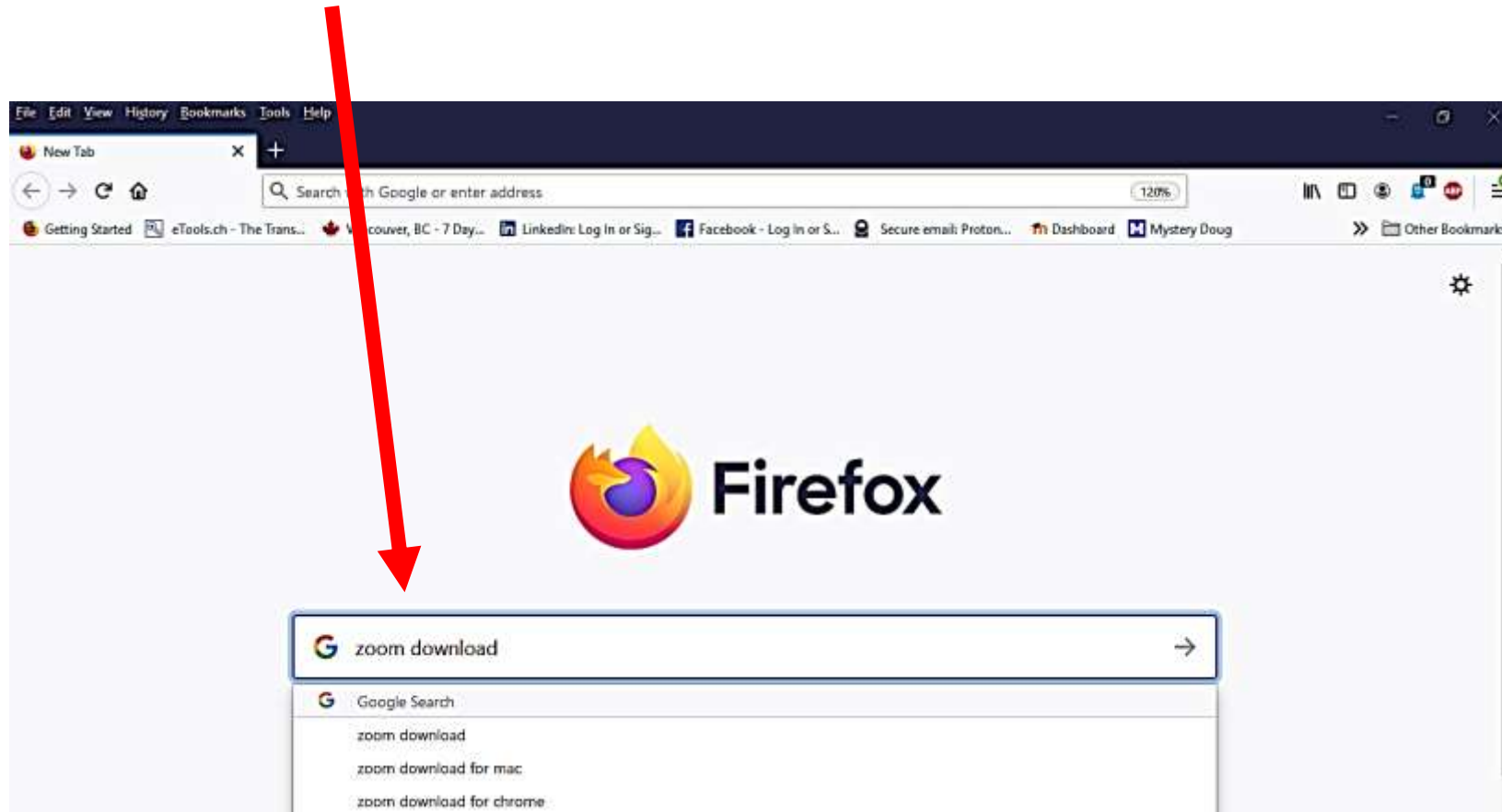
# 1. Go to the internet using your browser.



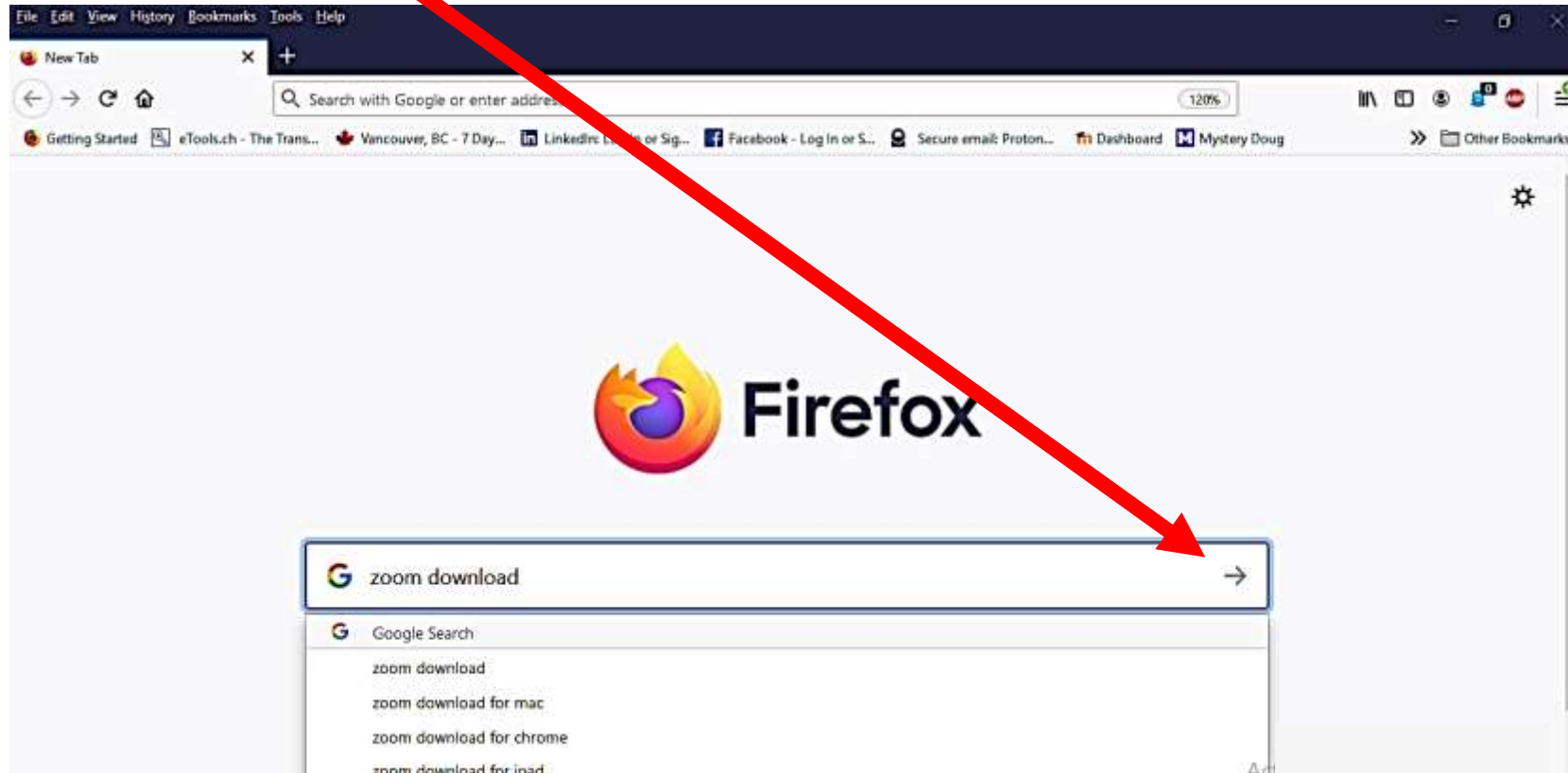
You can use different internet browsers. Here are some common examples:



## 2. Type “Zoom download” in the search bar.

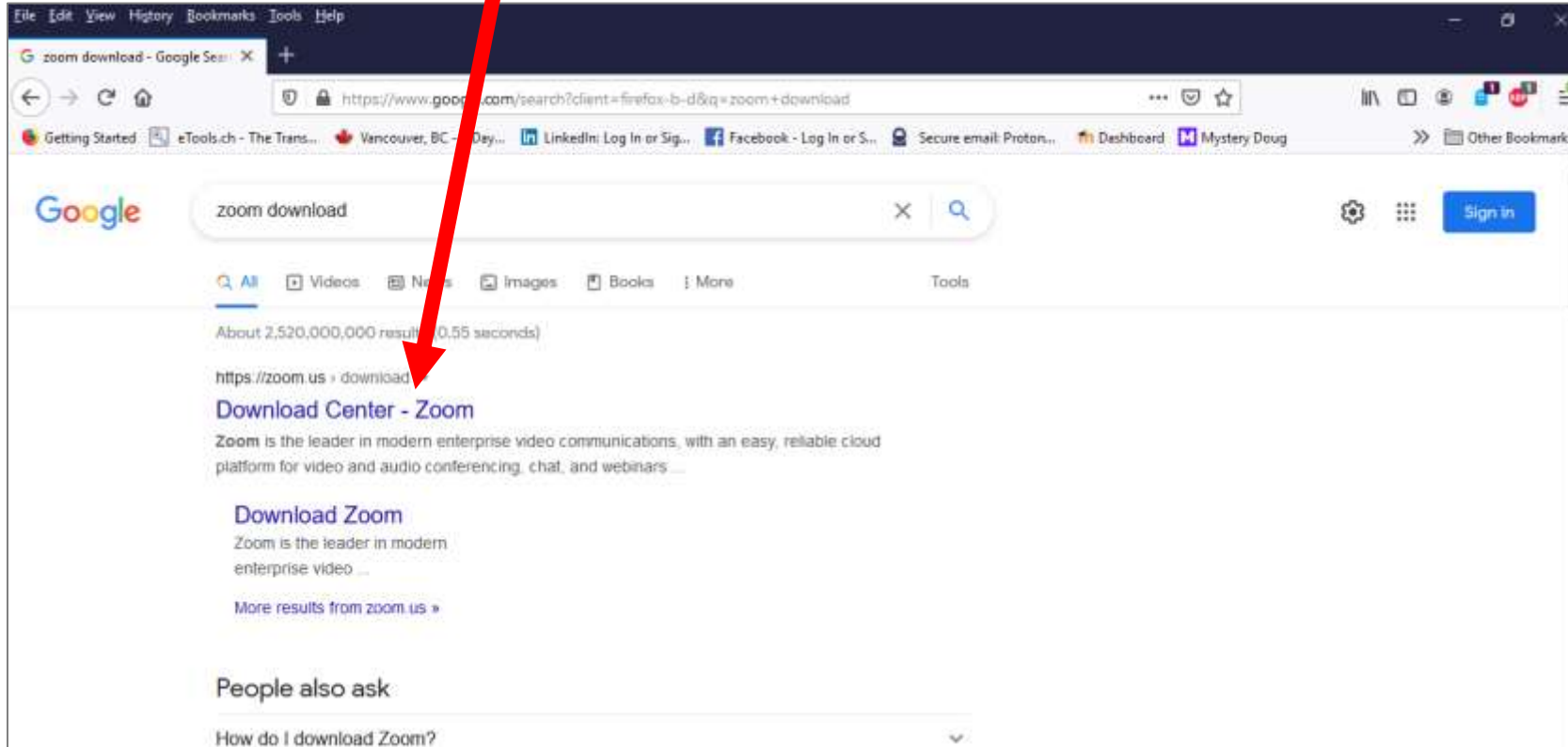


3. Click “Enter” or the search icon. 🔍

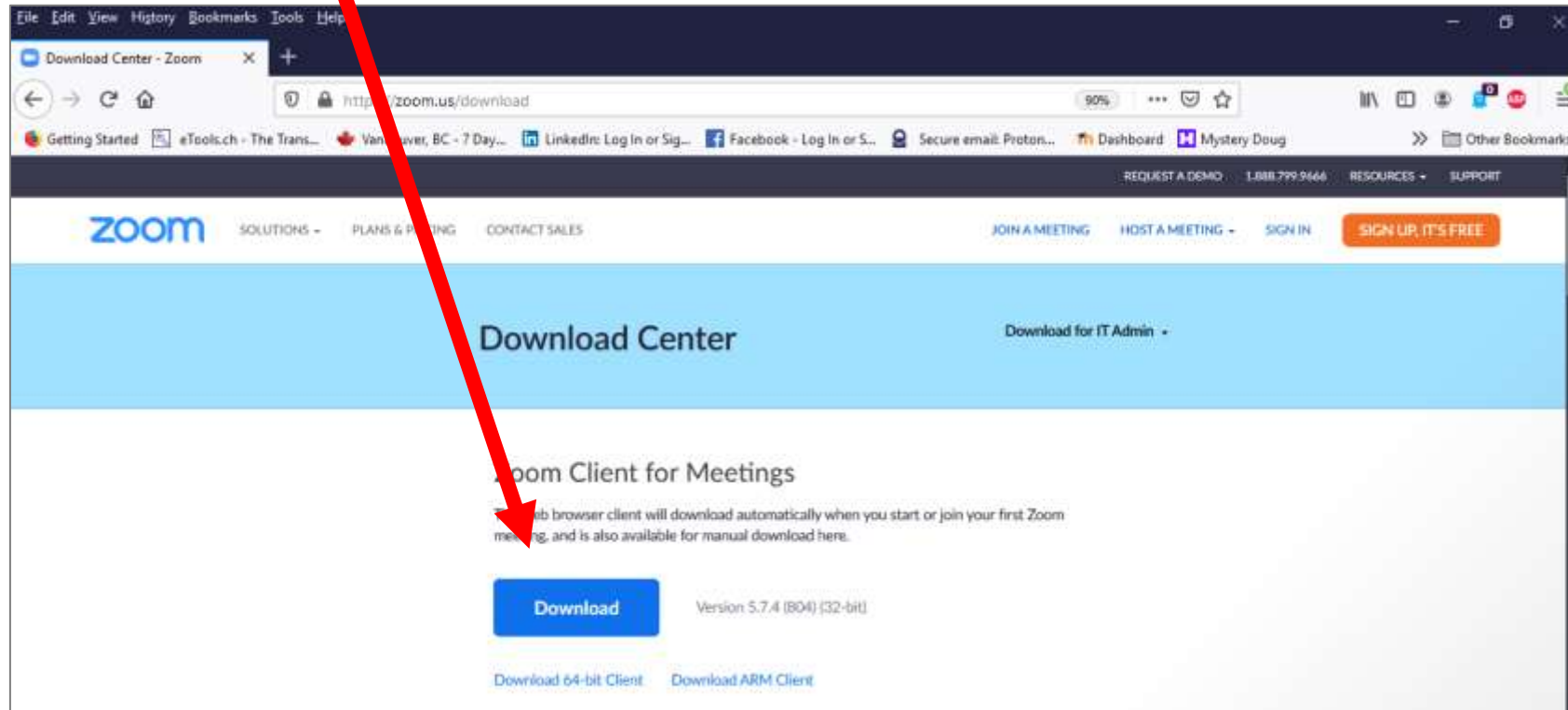




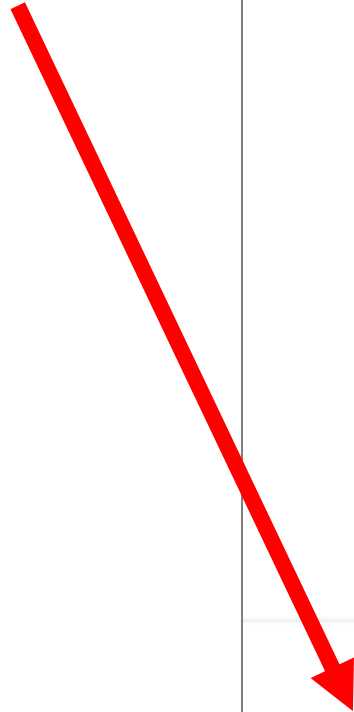
## 4. Click “Download Centre – Zoom”.



## 5. Click “Download”.

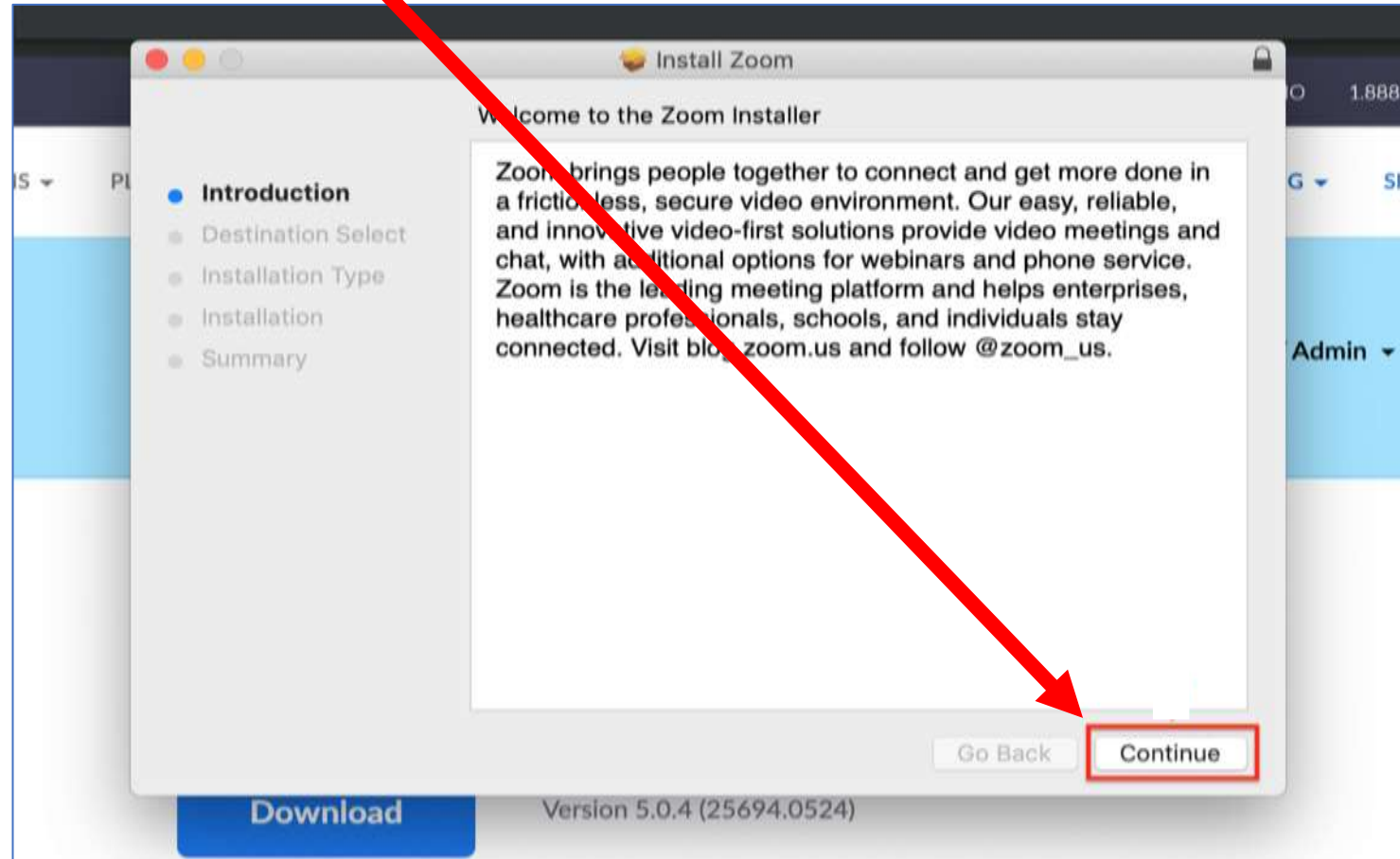


## 6. Click “Zoom”.

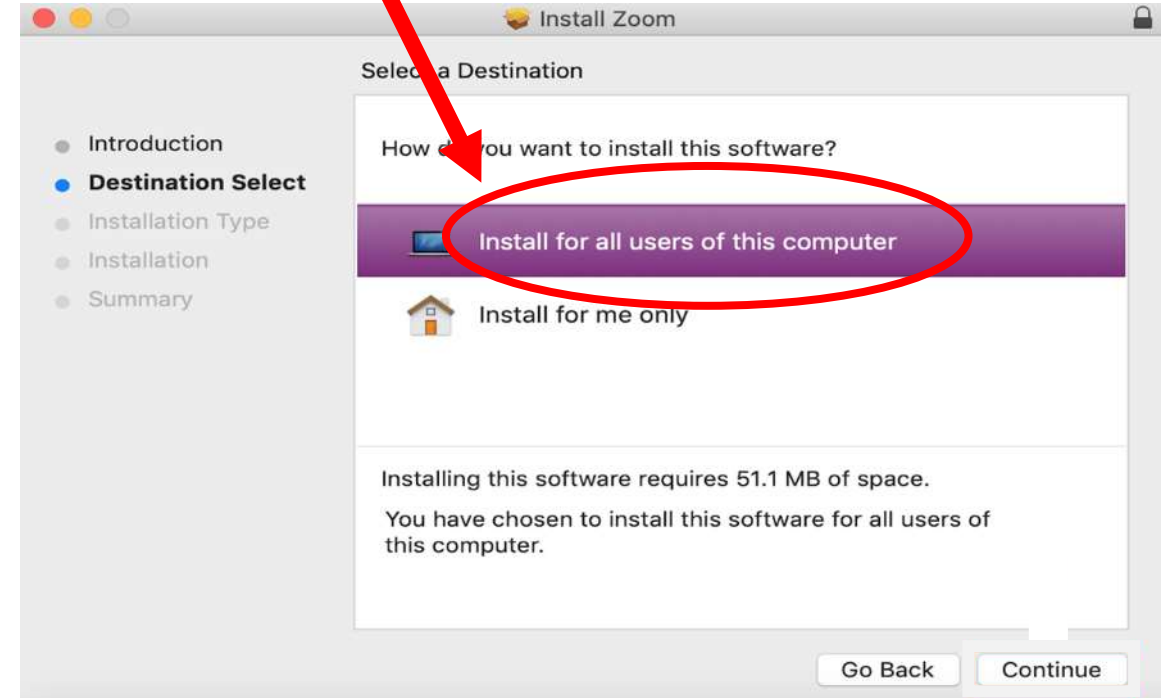
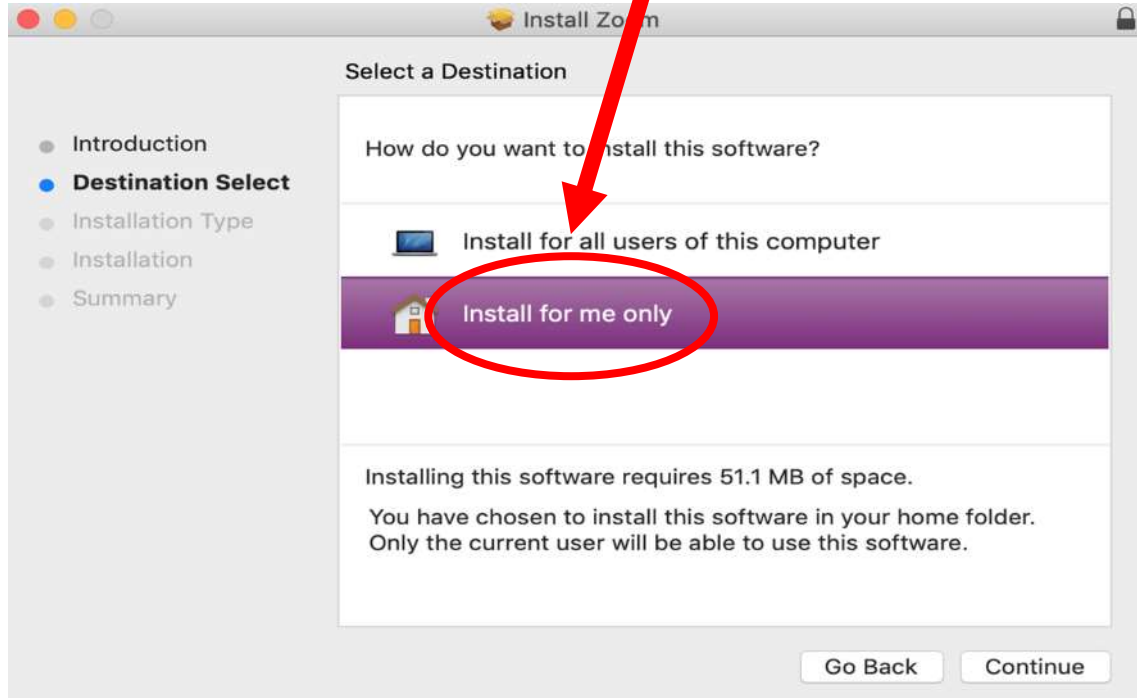


A screenshot of the Zoom Client for Mac download page. The page features the text 'Zoom Client for Mac' and 'The web browser client will do meeting, and is also available f'. A prominent blue button labeled 'Download' is visible. At the bottom, a dark grey download bar contains a file named 'Zoom (1).pkg' with a yellow icon and an upward-pointing arrow. A red box highlights the 'Zoom (1).pkg' file in the download bar.

## 7. Click “Continue”.



# 8. Choose “me only” OR “all users of this computer”.

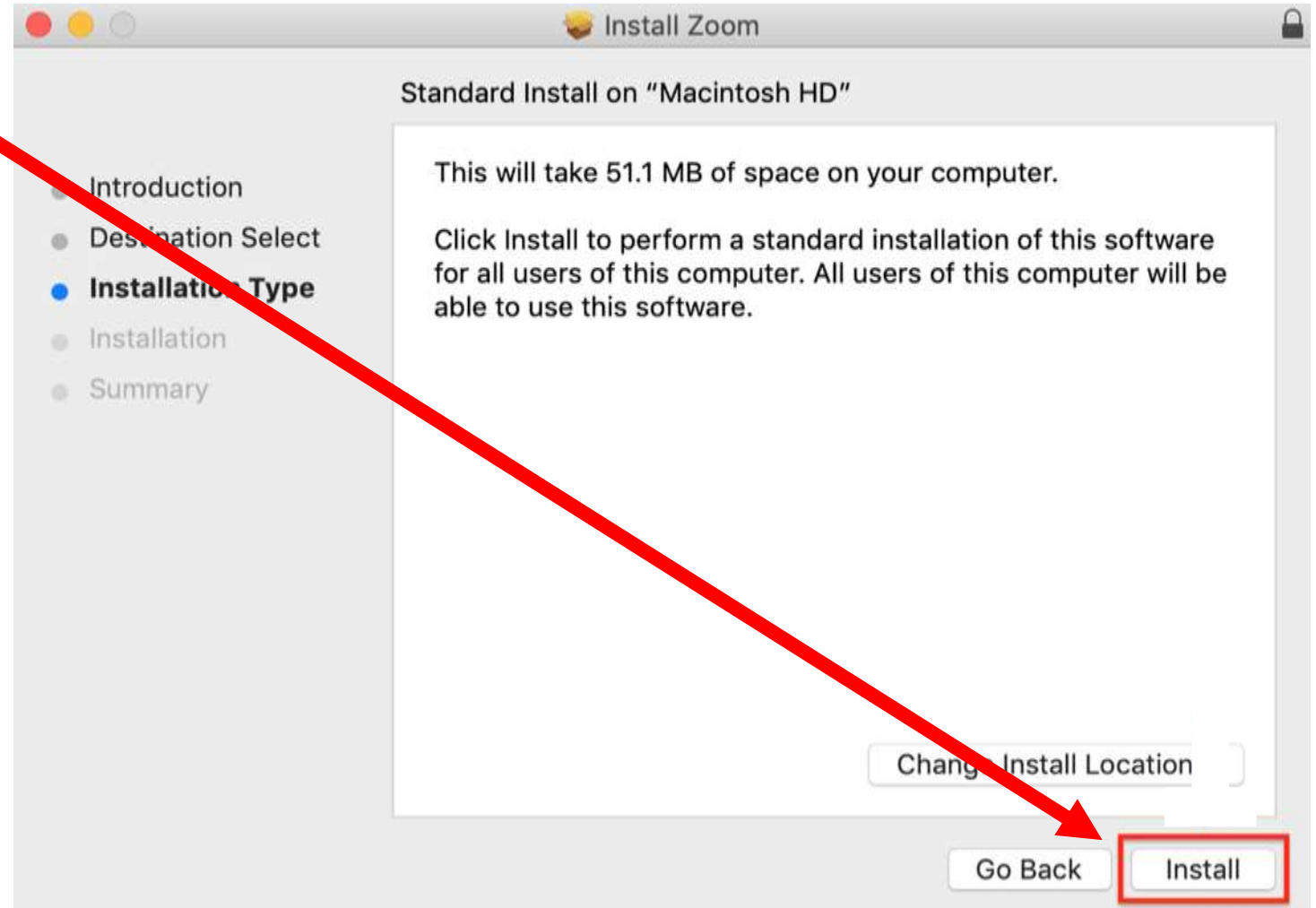


# 9. Click “Continue”.

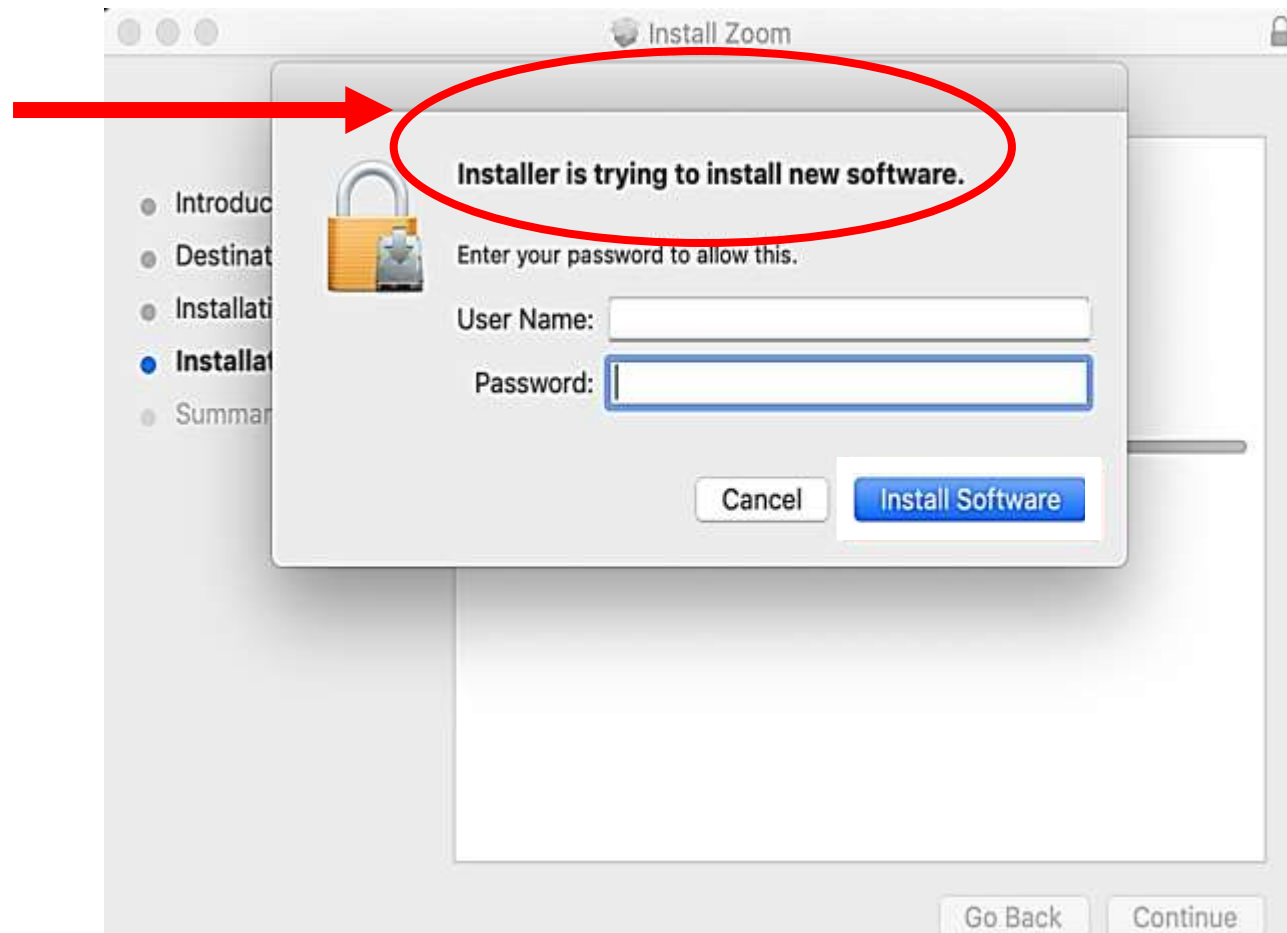


OR

## 10. Click “Install”.

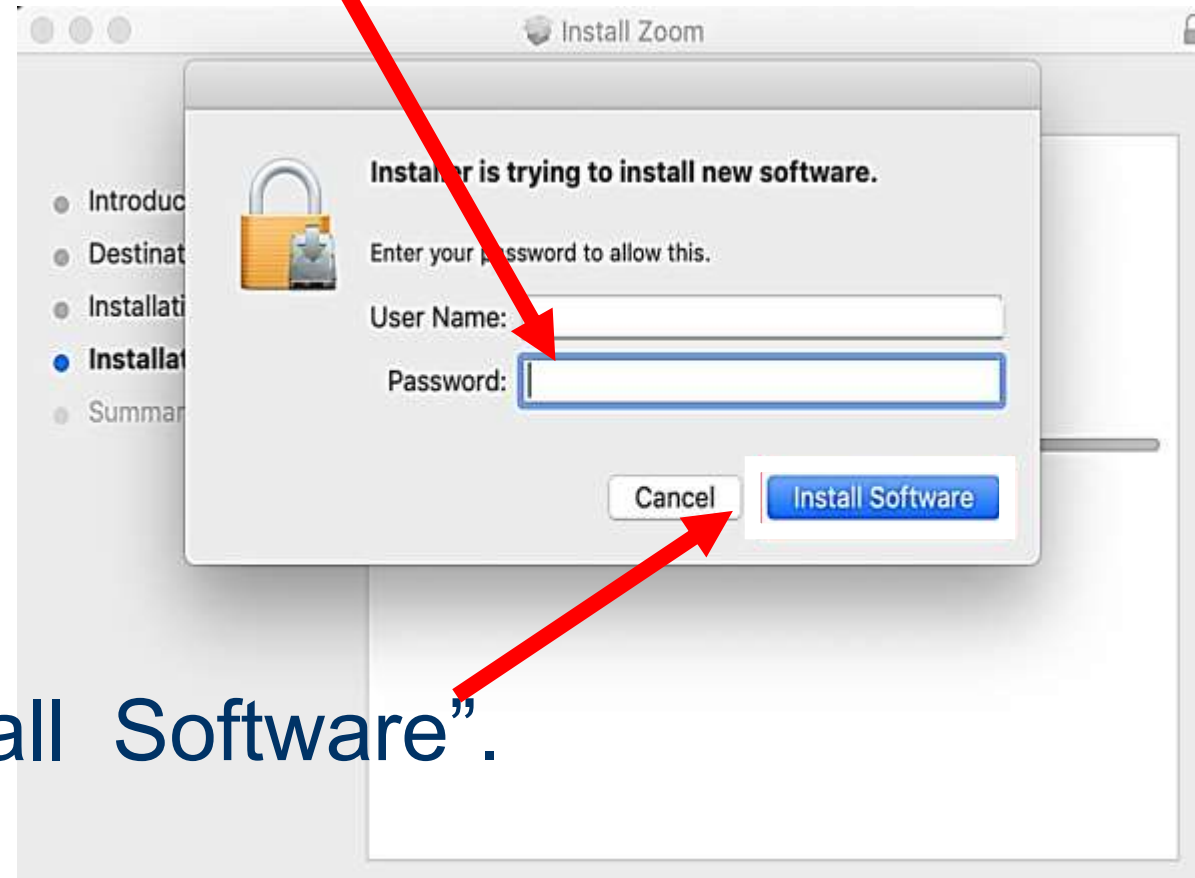


11. Your computer will ask you if this download is okay.



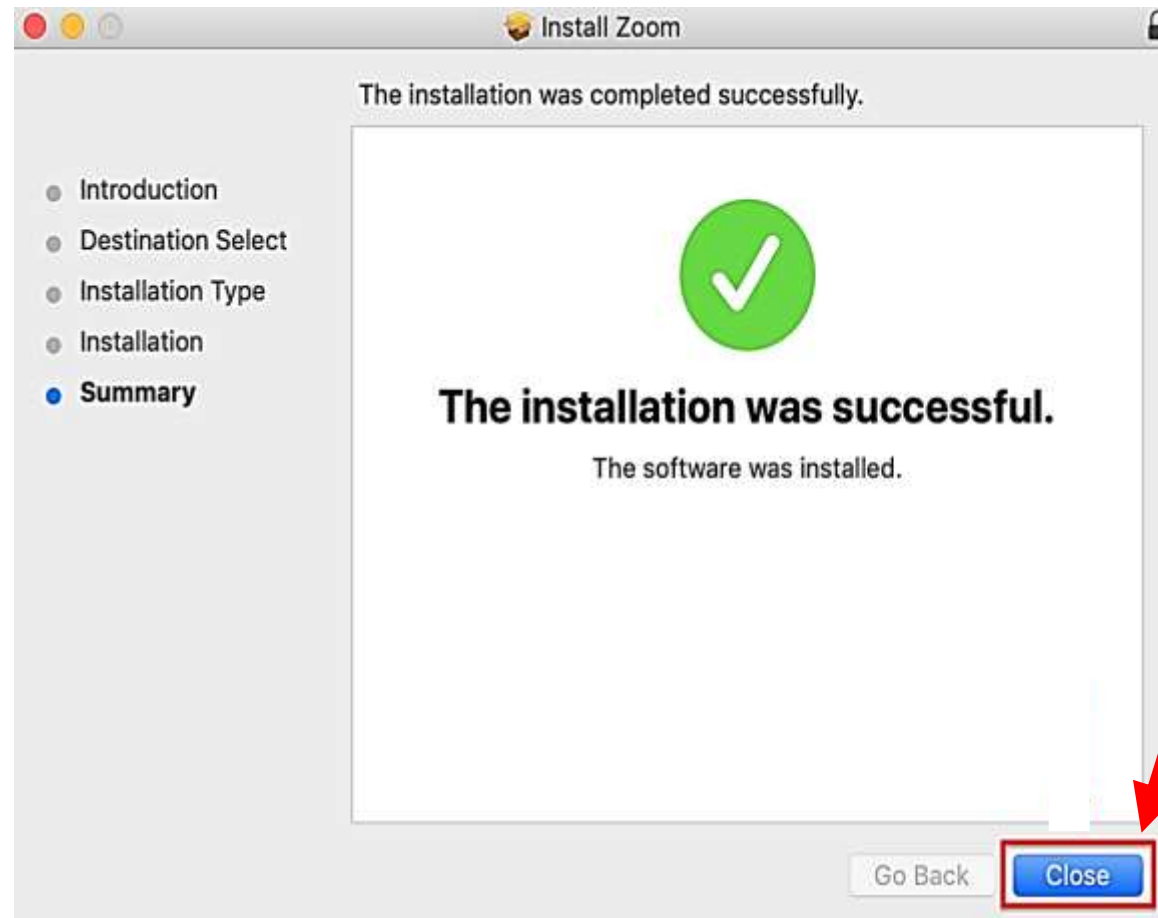


12. Type your computer password, **NOT** your Zoom password.

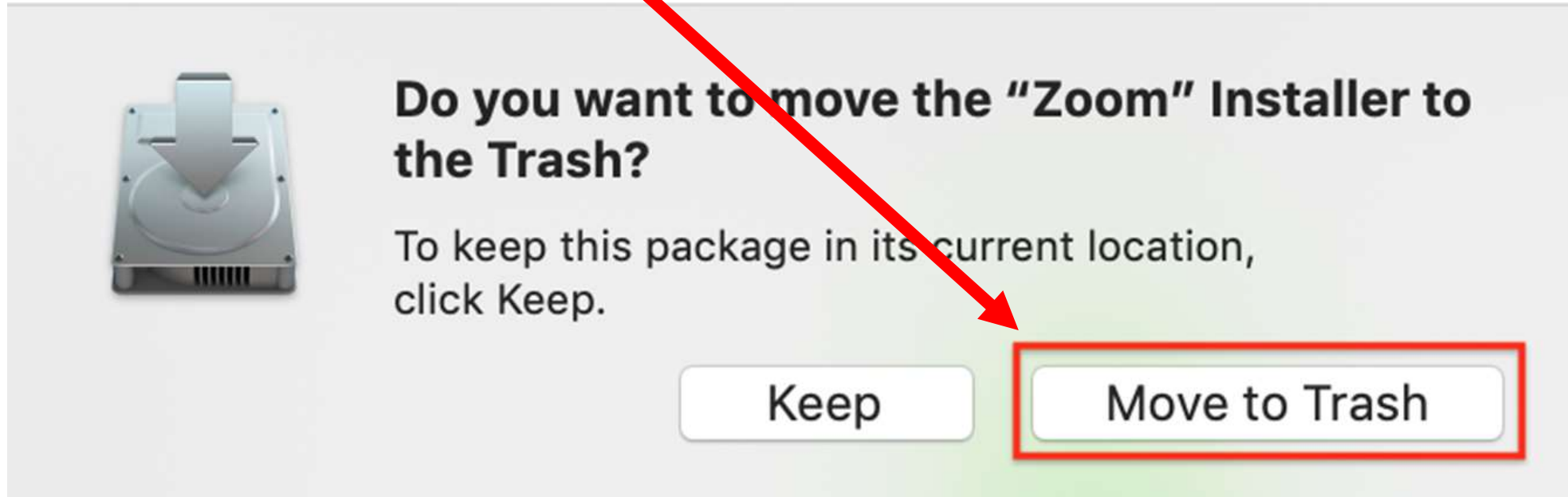


Then click "Install Software".

13. Now Zoom is on your computer. Click “Close”.



14. Click “Move to Trash”. This will not delete Zoom.



# How to Install Zoom: Summary

What is Zoom ?


**Installing Zoom**

Joining and Leaving





Join Without Installing

Summary







# How to Install Zoom: Summary

- Use the internet  to go to 









# How to Install Zoom: Summary

- Use the internet  to go to 
- Download  

# How to Install Zoom: Summary

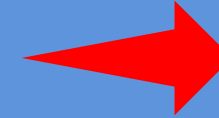
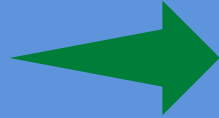
- Use the internet  to go to 
- Download  
- Install  

# How to Install Zoom: Summary

- Use the internet  to go to 
- Download  
- Install  
- After  is installed,  click .

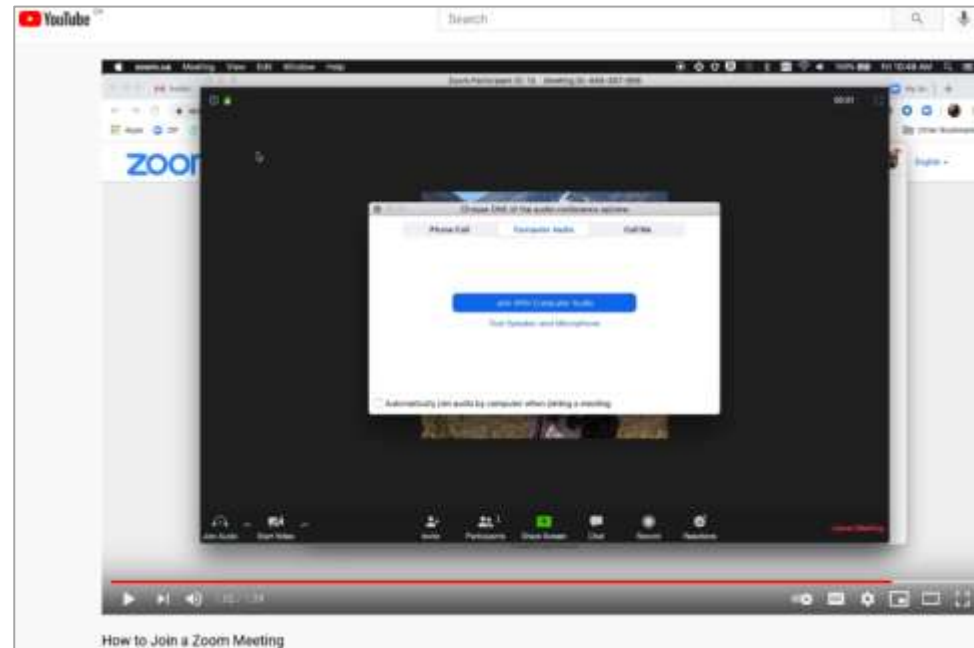


# Joining and Leaving a Meeting



# Video: How to Join a Zoom Meeting

Click this link: <https://www.youtube.com/watch?v=hIkCmbvAHQQ>



What is Zoom ?

Installing Zoom

**Joining and Leaving**

Join Without Installing

Summary

A Zoom link looks like this:

<https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>

What is Zoom ?

Installing Zoom

**Joining and Leaving**

Join Without Installing

Summary

# A Zoom link can come in an e-mail.



From: [Markemailaddress@gmail.com](mailto:Markemailaddress@gmail.com)  
To: [Annaemailaddress@protonmail.com](mailto:Annaemailaddress@protonmail.com)  
Subject: Zoom meeting

---

Hello Anna,  
Join the Zoom meeting.

Open the link.

<https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>

Thank you.

Mark

# A Zoom link can be in a computer document.



Hello| Ms. Smith,

FirtName LastName is inviting you to a scheduled Zoom meeting.

Topic: Doctor appointment

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/6866885879>

Or iPhone one-tap :

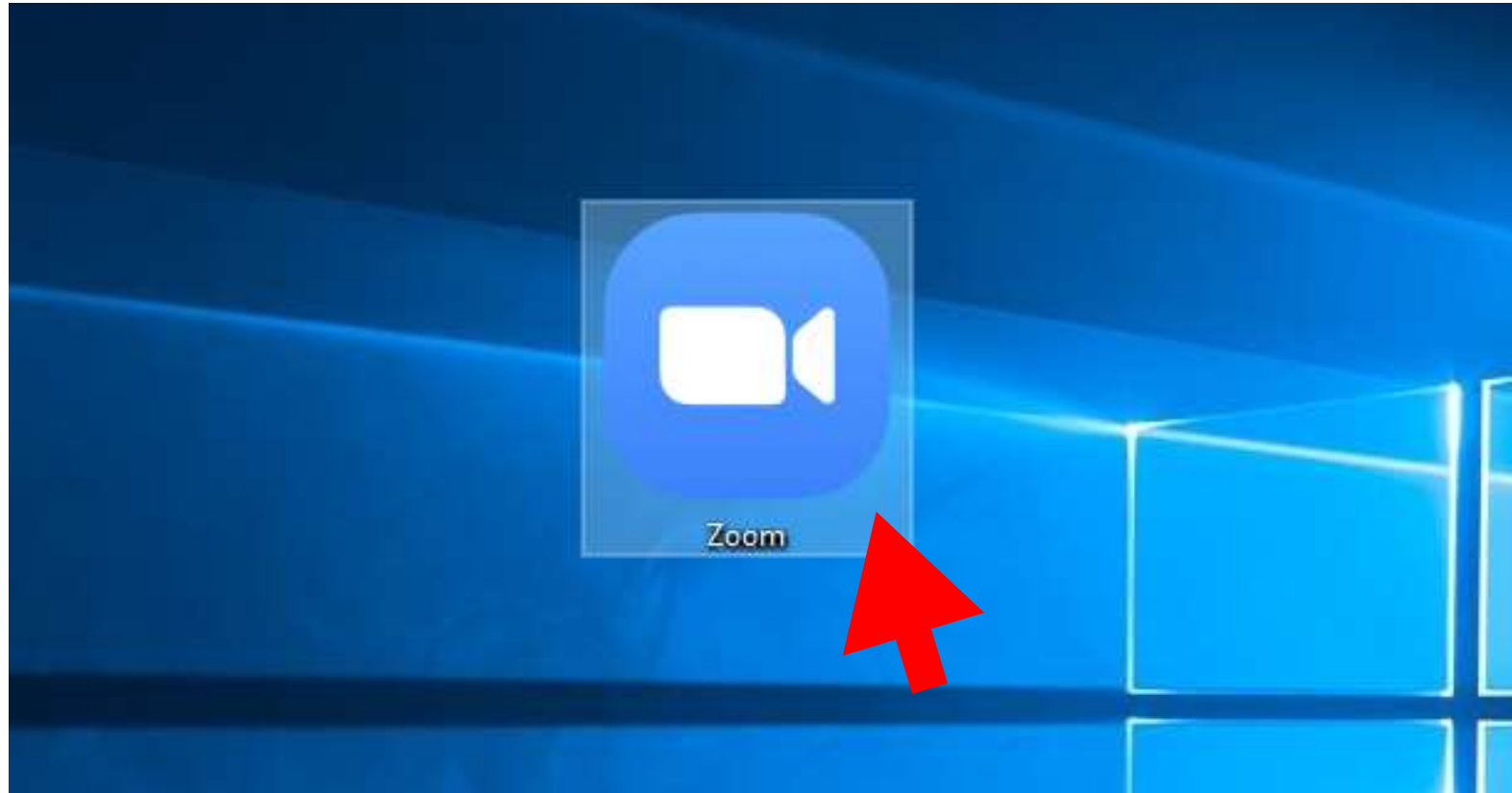
US: +16234006833,,6862345879# or +16424369923,,6822485879#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

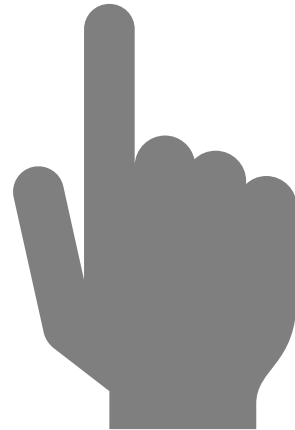
Meeting ID: 684 665 5379

# 1. Open Zoom on your computer.

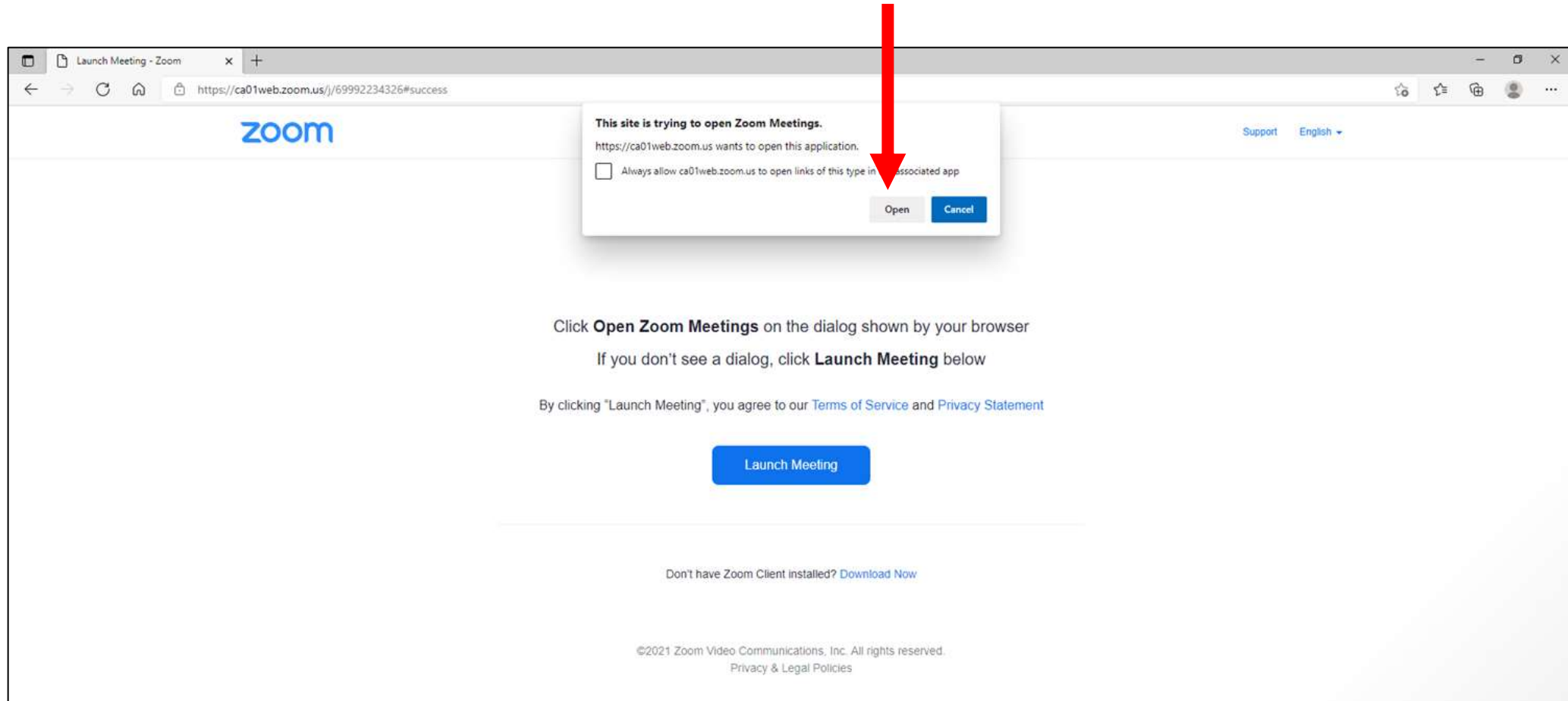


## 2. Open the link.

<https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>

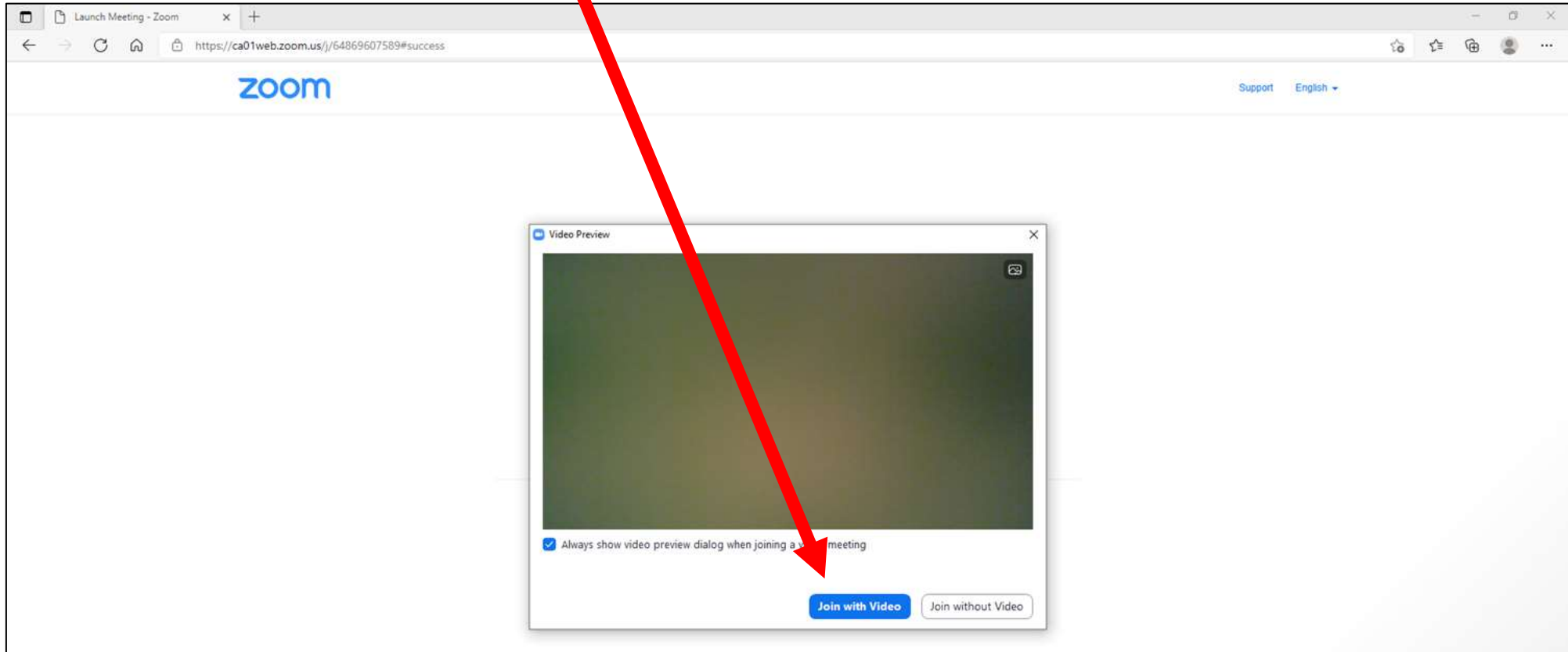


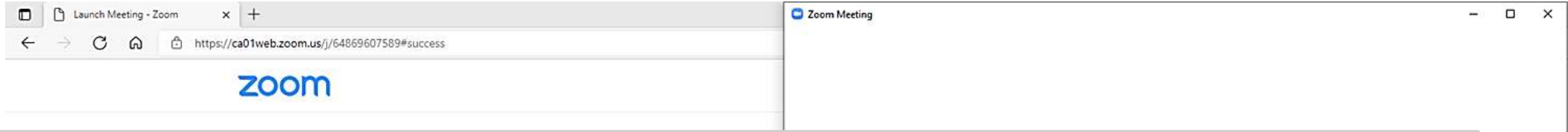
### 3. Zoom will open. Click “Open”.





## 4. Click “Join with Video”.





5. Wait for the host to let you into the meeting.

Click **Open Zoom Meetings** on  
If you don't see a dialog, c  
By clicking "Launch Meeting", you agree to

Launch

Don't have Zoom Client

©2021 Zoom Video Communi

Please wait, the meeting host will let you in soon.

L. Peteherych's Zoom Meeting

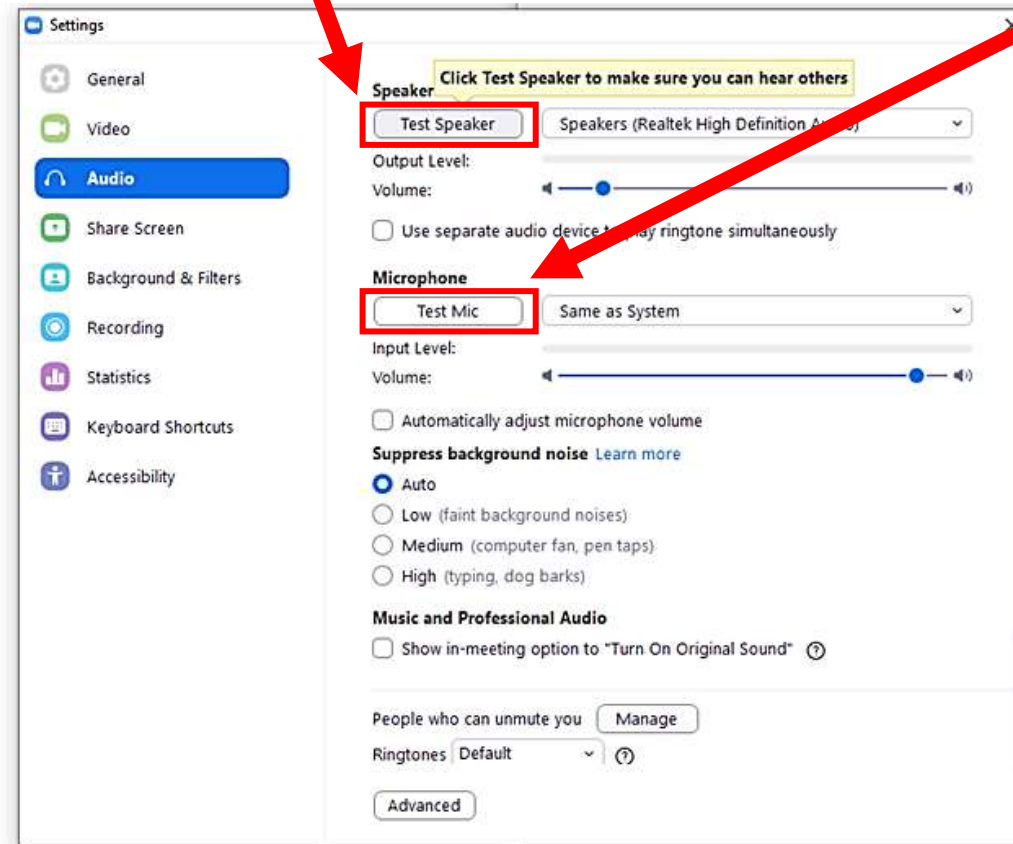
2021-08-05

6. Test your computer audio.

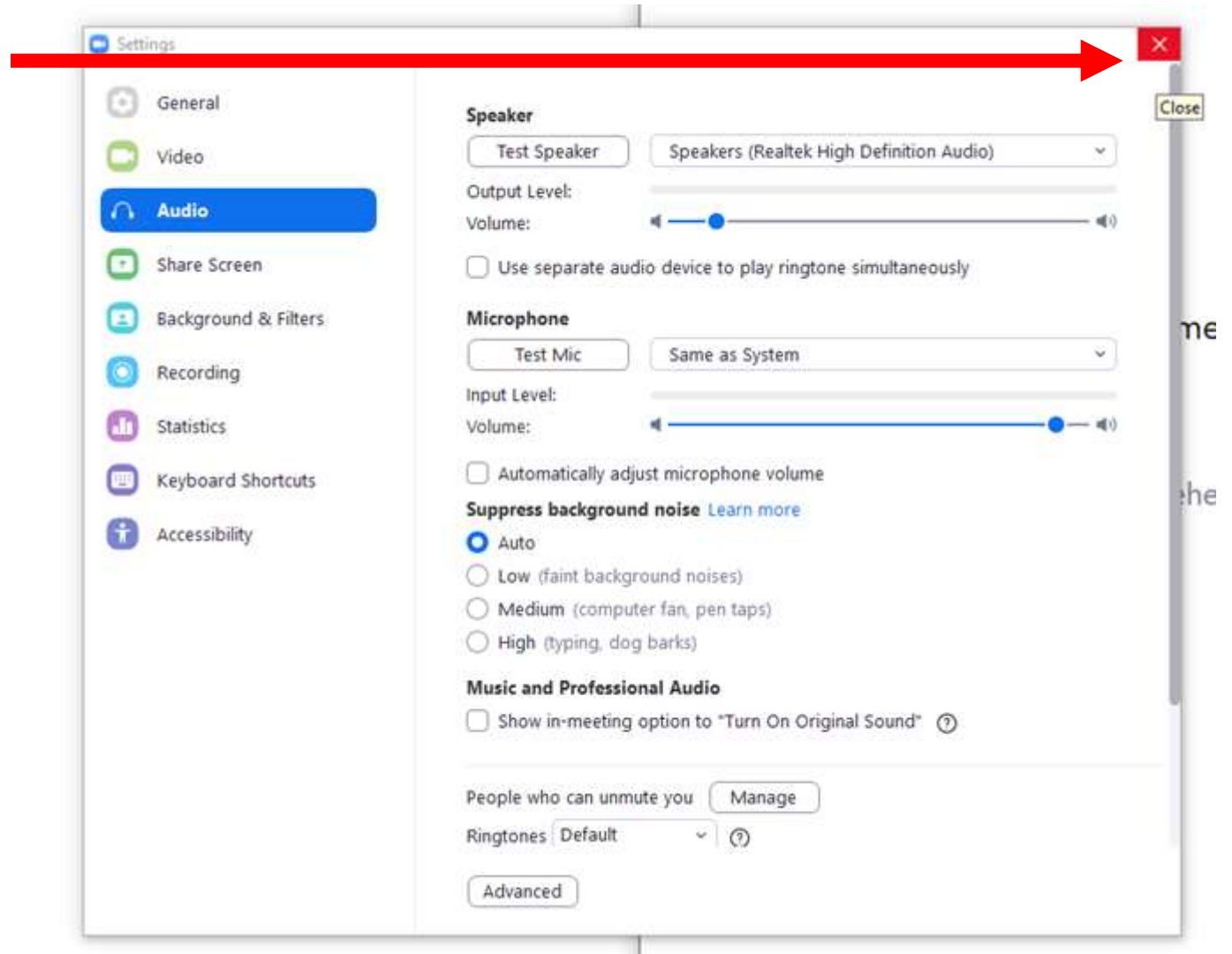
Test Computer Audio

Test your speaker. 

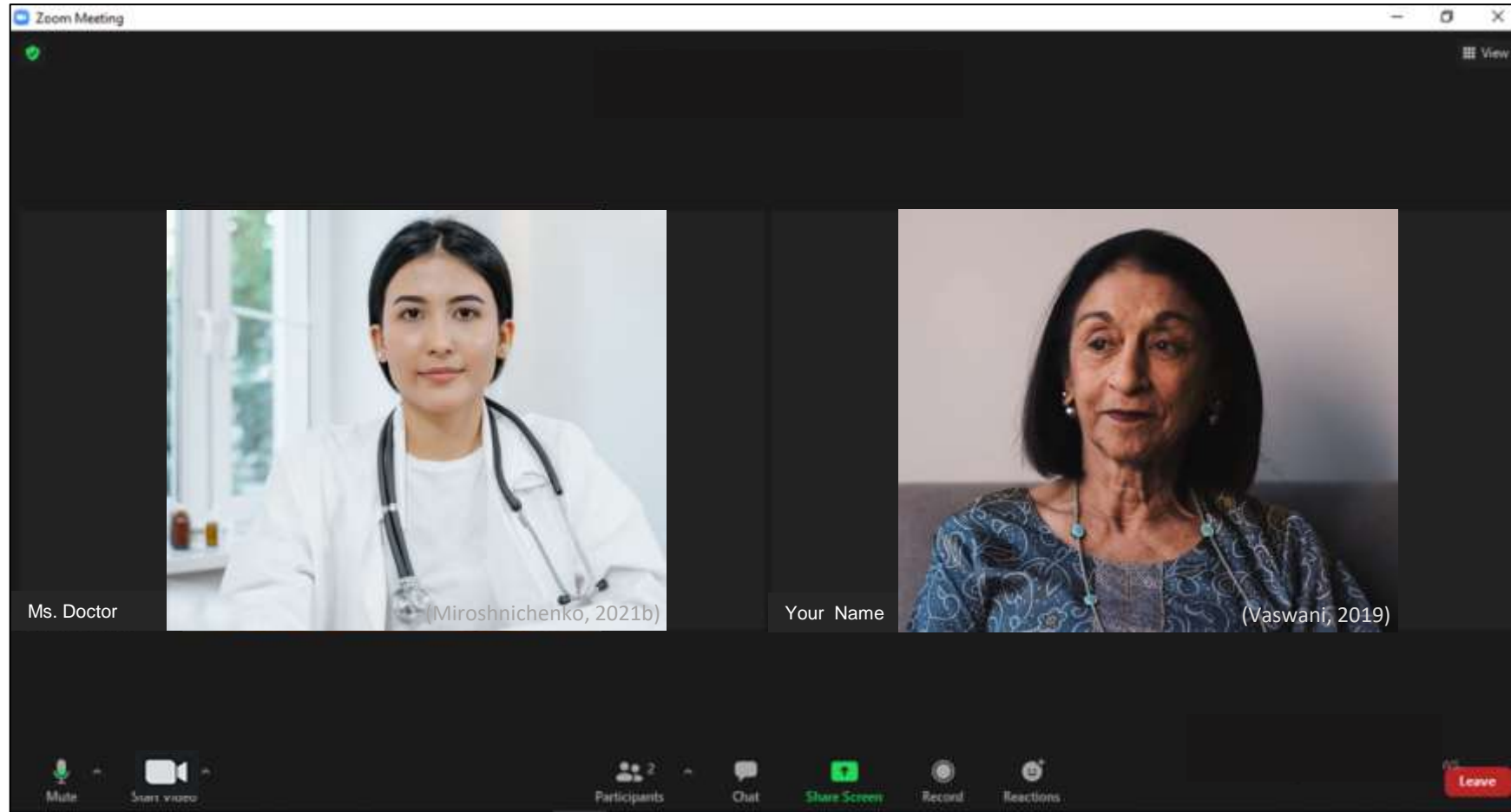
Test your mic. 



## 7. Close the box.



## 8. The host will let you into the meeting.



What is Zoom ?

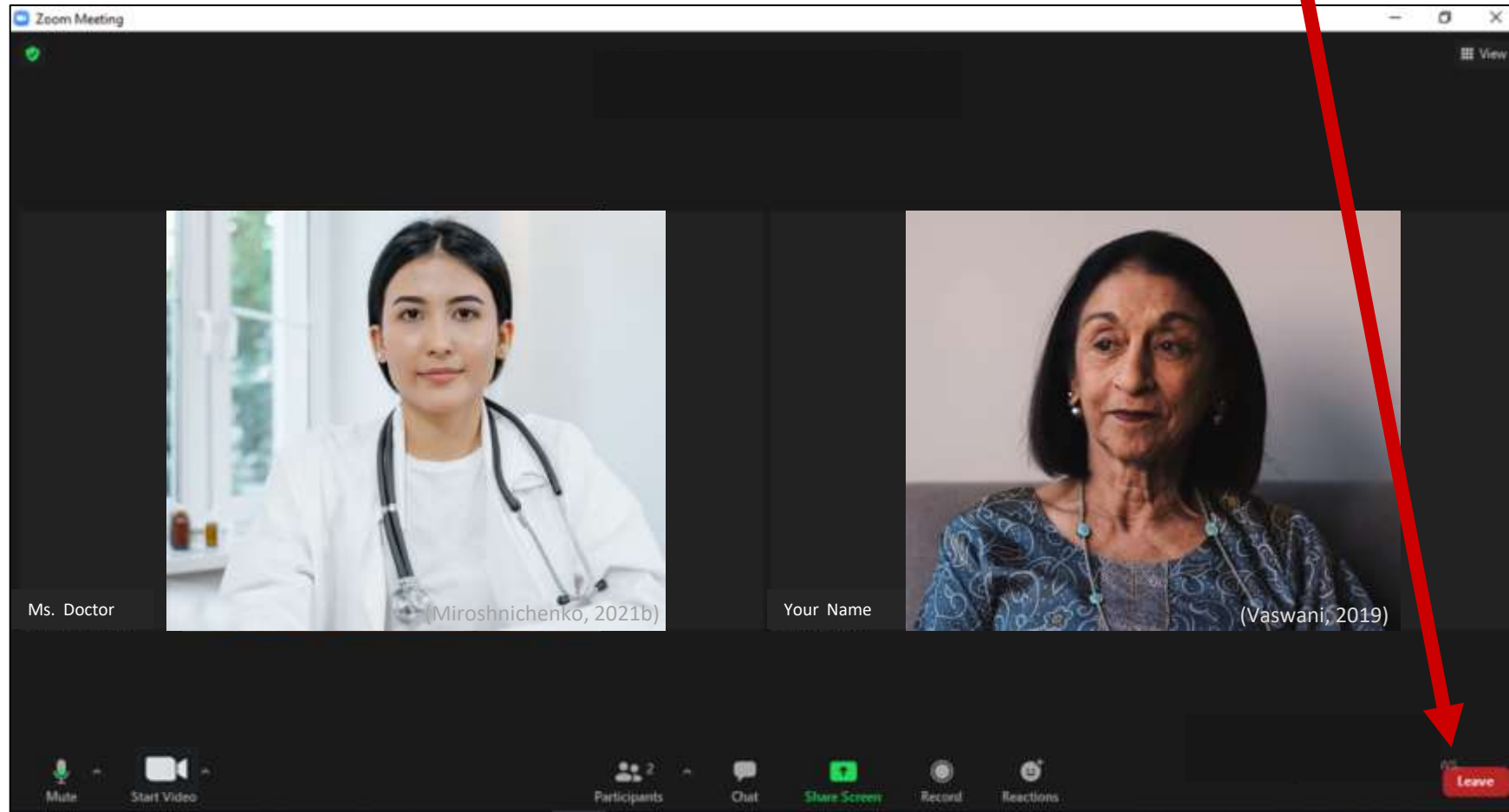
Installing Zoom

**Joining and Leaving**

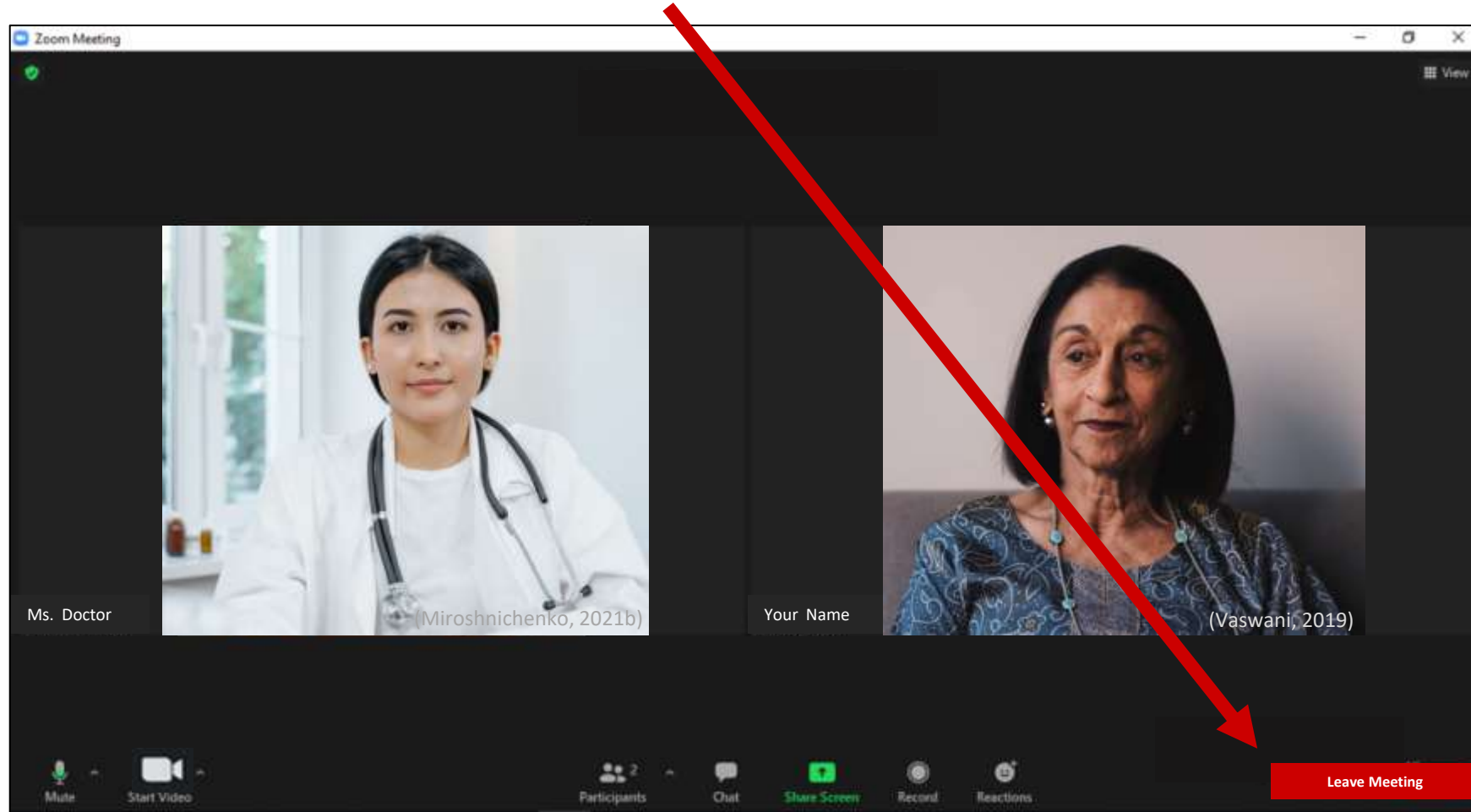
Join Without Installing

Summary

## 9. When the meeting is finished, click **Leave**.



# 10. Next, click **Leave Meeting.**



# Joining a Meeting: Summary

What is Zoom ?

Installing Zoom

**Joining and Leaving**

Join Without Installing

Summary



# Joining a Meeting: Summary

- Open a Zoom link.

<https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>

# Joining a Meeting: Summary

- Open a Zoom link.

<https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>

- Join the meeting.

Join with Video

# Joining a Meeting: Summary

- Open a Zoom link.

<https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>

- Join the meeting.

Join with Video

- Test your speaker and microphone.

Test Computer Audio



# Joining a Meeting: Summary

- Open a Zoom link.

<https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>

- Join the meeting.

Join with Video

- Test your speaker and microphone.

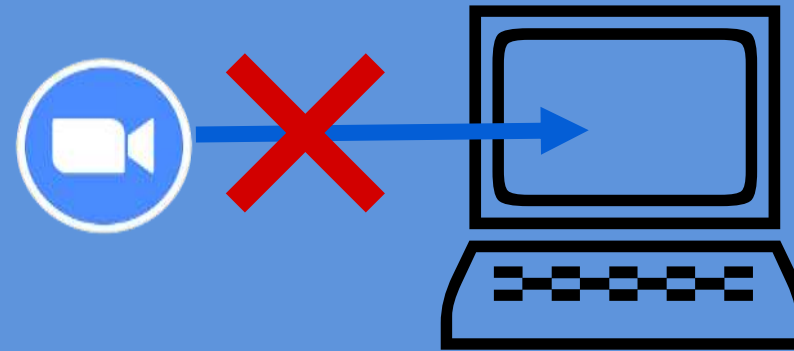
Test Computer Audio



- Leaving the meeting.

Leave Meeting

# How to Join a Meeting Without Installing Zoom



# You can join from your internet browser:



1. Open your email.

2. Click on the Zoom link.



zoom meeting Inbox x

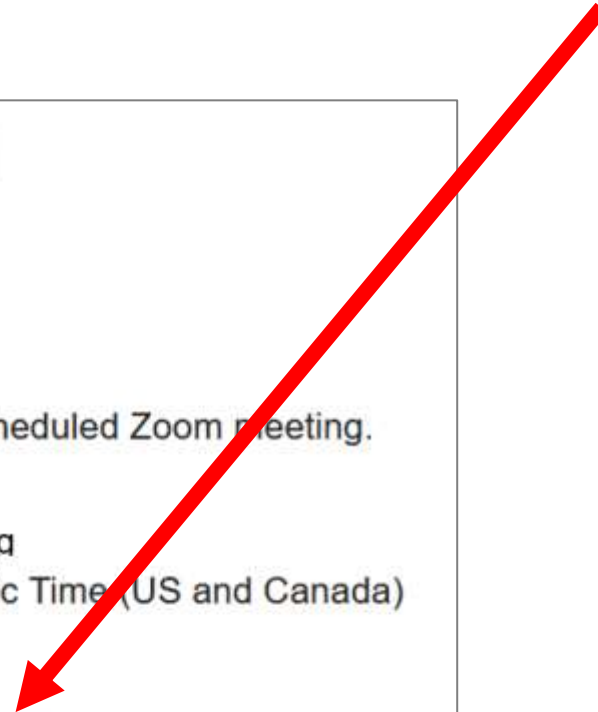
 **Sender Name**  
to Me ▾

Sender Name is inviting you to a scheduled Zoom meeting.

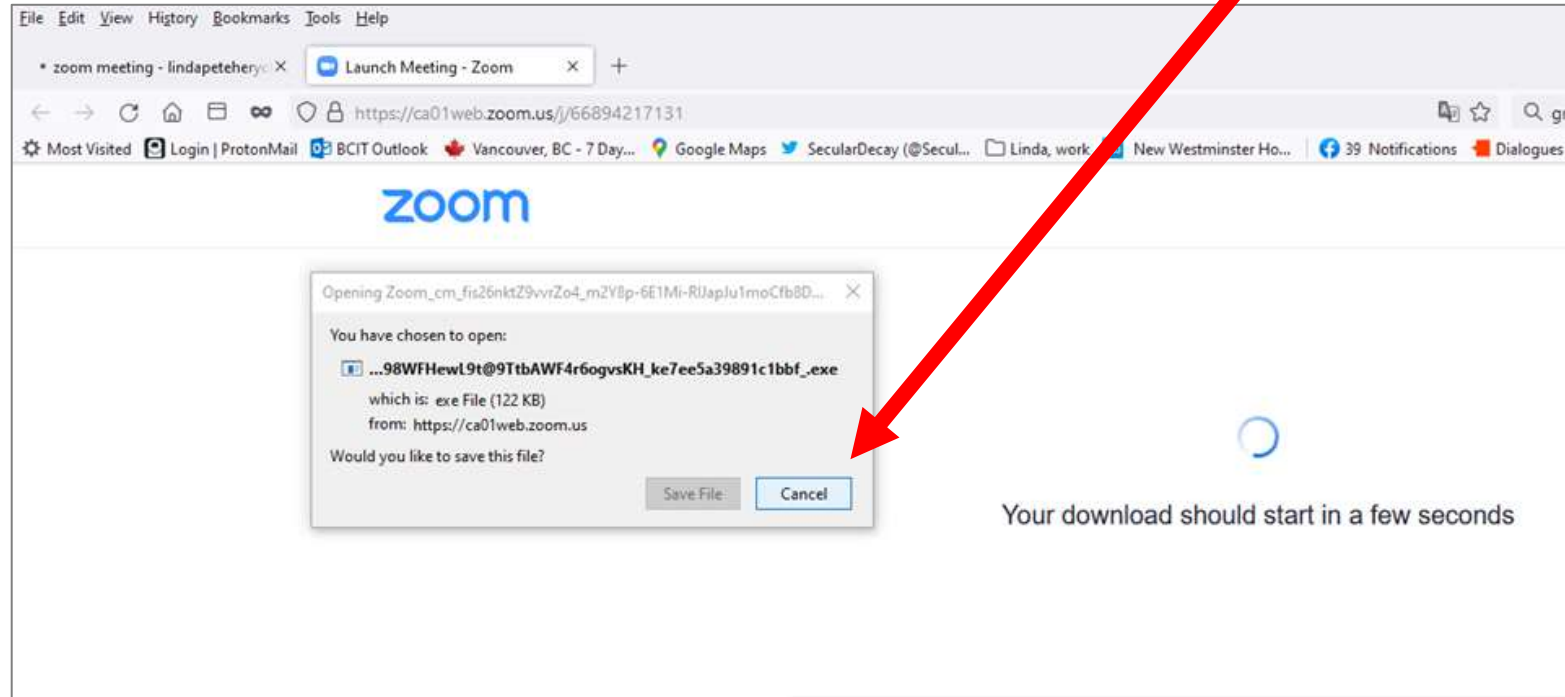
Topic: Sender Name's Zoom Meeting  
Time: Aug 17, 2021 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting  
<https://ca01web.zoom.us/j/62237966984>

Meeting ID: 622 3796 6984

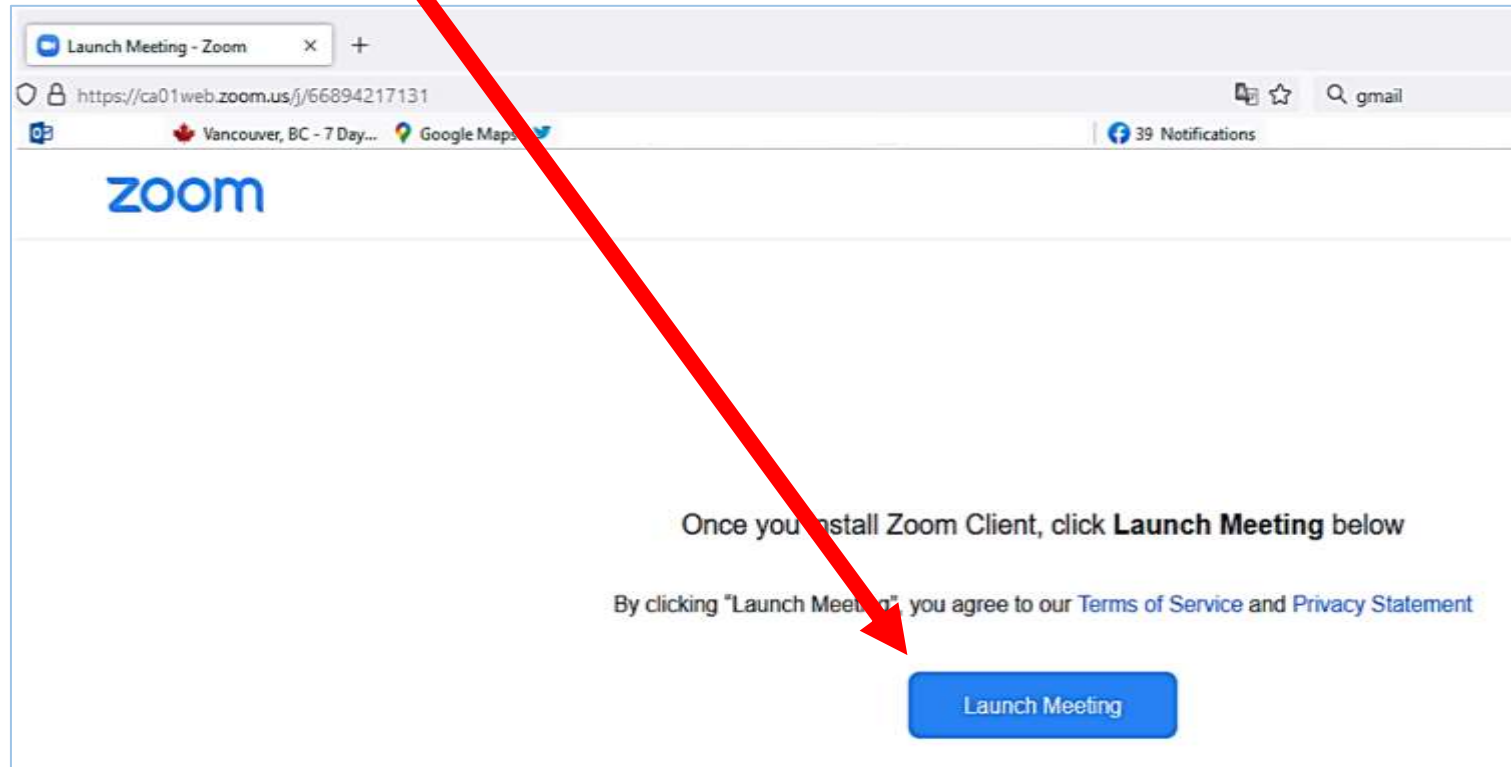


3. Zoom will try to download. Click **Cancel**

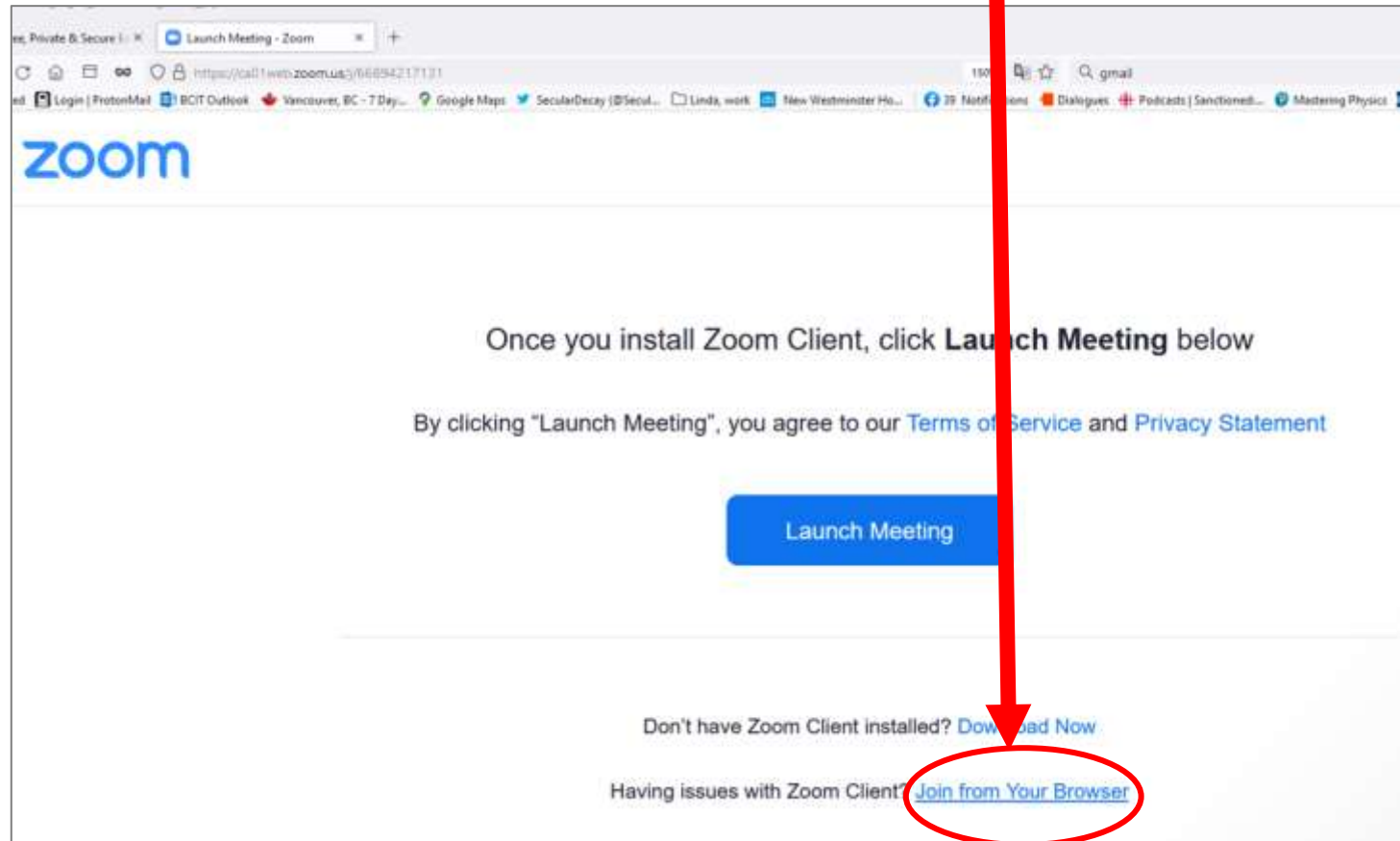


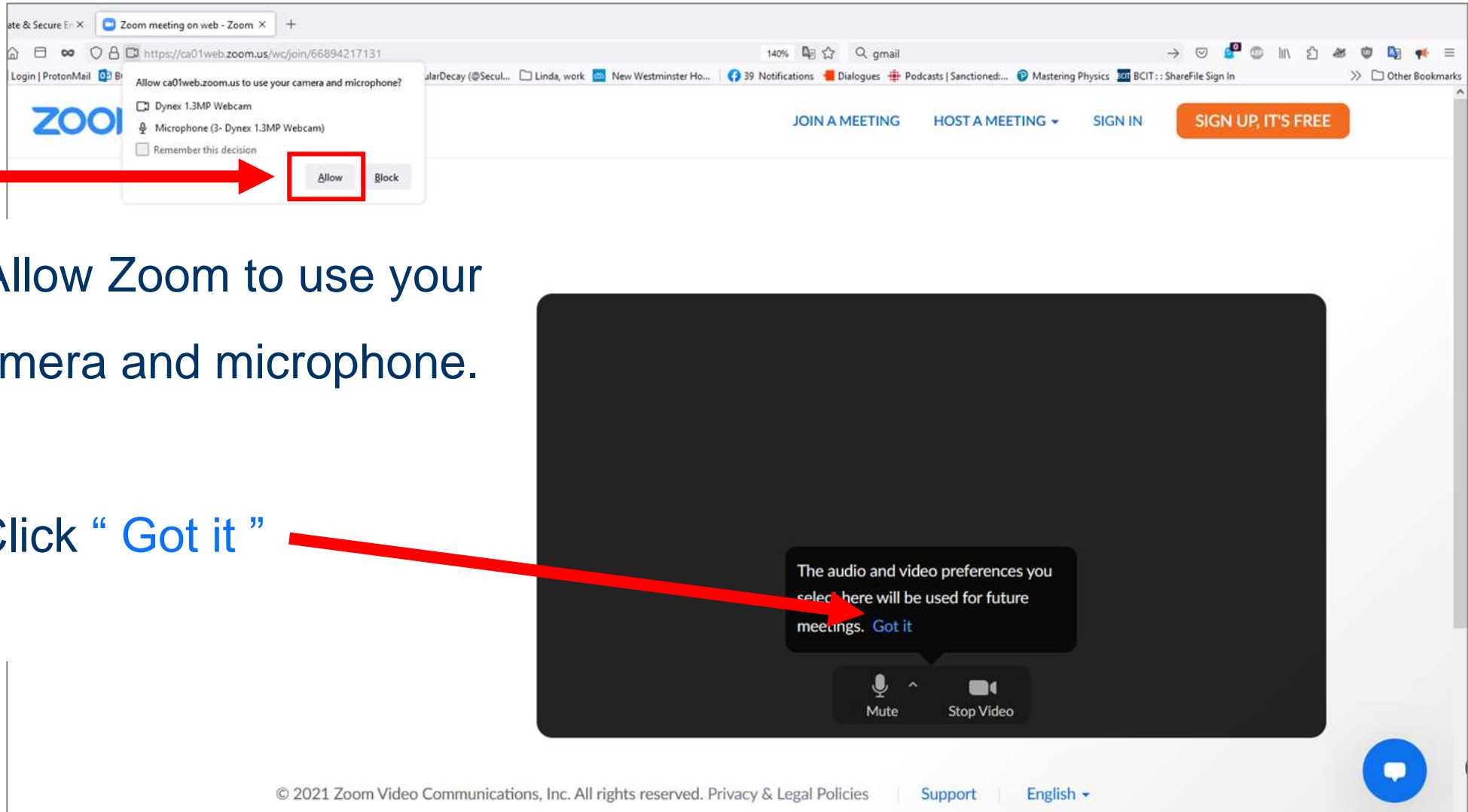


## 4. Click “Launch Meeting”.



## 5. Click [“Join from Your Browser”](#)





6. Allow Zoom to use your camera and microphone.

7. Click "Got it"

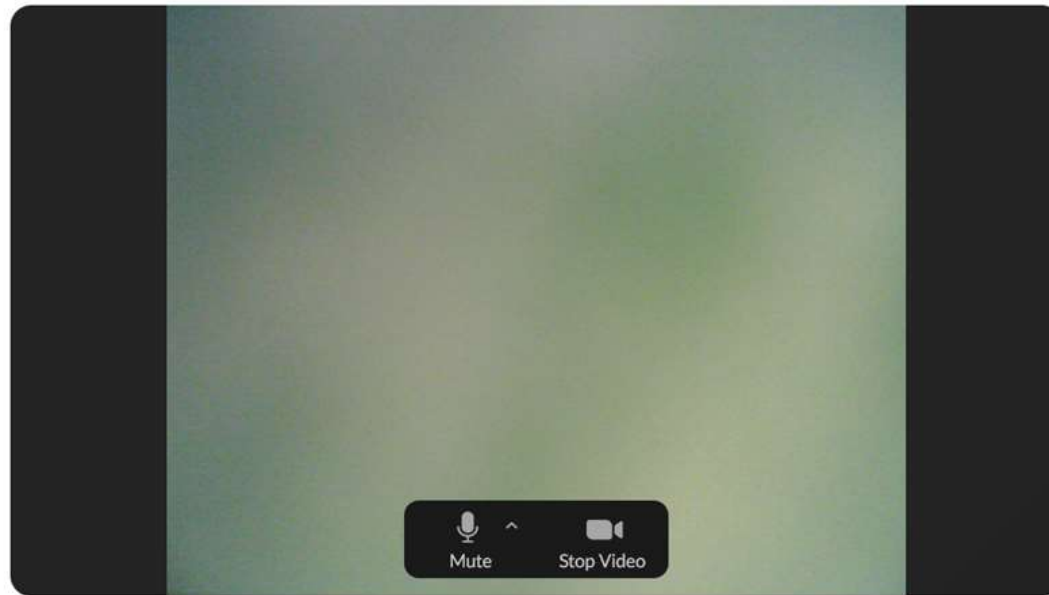


8. Type your name.

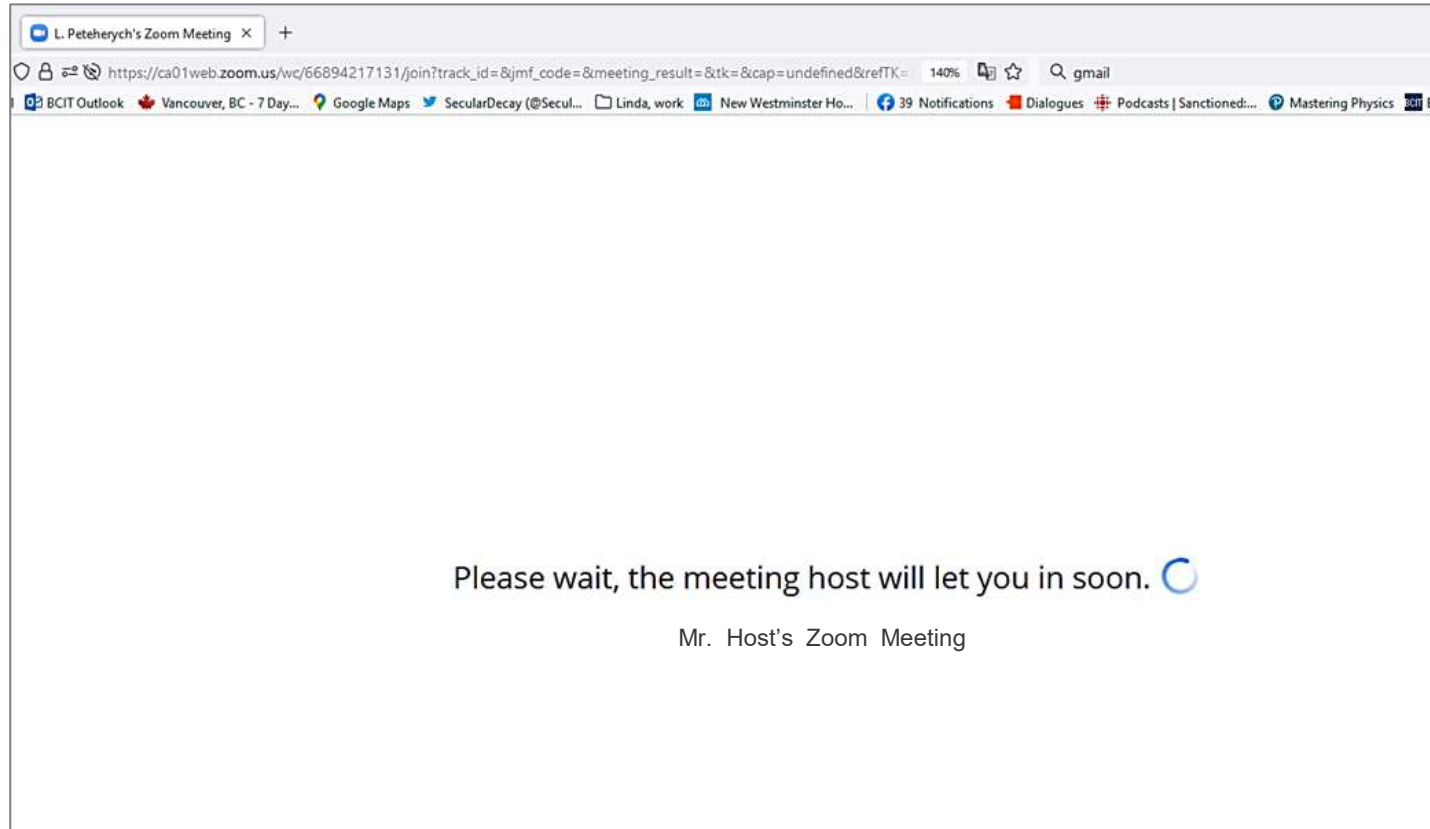
Your Name

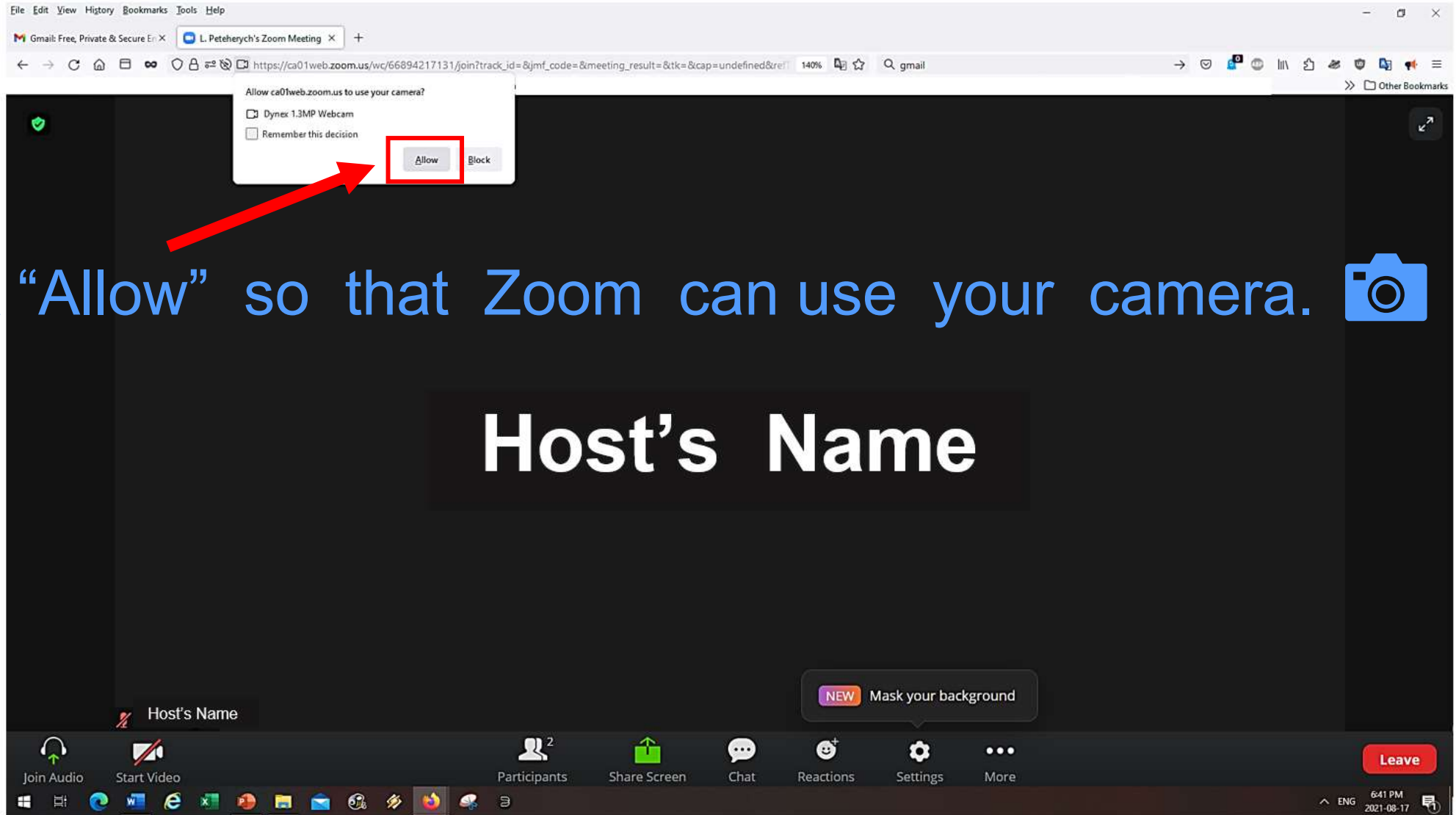
  
  

9. Click "Join".



# 10. Wait for the host to let you into the meeting.





11. Click "Allow" so that Zoom can use your camera.



# Now you are in the meeting.



What is Zoom ?

Installing Zoom

Joining and Leaving

**Join Without Installing**

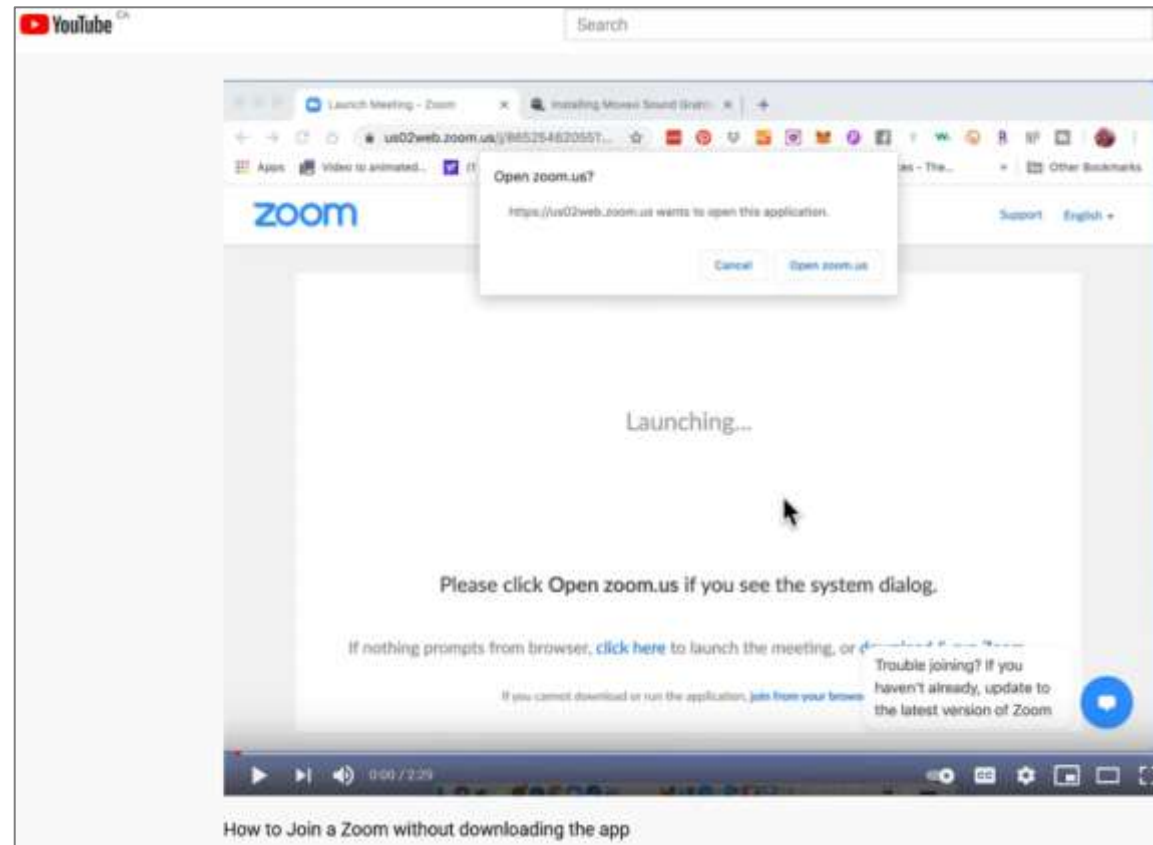
Summary

Click on the link or enter it in your browser to watch this video:

<https://www.youtube.com/watch?v=cNfd6xqT9A0>

The information in this video is mostly the same as the information in this presentation.

Your computer or phone might be a little different also.





# Joining a Meeting: Summary

What is Zoom ?

Installing Zoom

Joining and Leaving

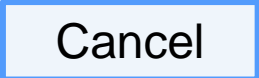
**Join Without Installing**

Summary

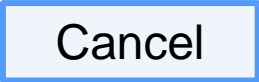

# Joining a Meeting: Summary

- Open a Zoom link. <https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>

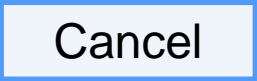




# Joining a Meeting: Summary

- Open a Zoom link. <https://ca01web.zoom.us/j/69967006886?pwd=VUNFaIpXaWxDSzhyQ1VRTIFCS2s2UT09>
- Cancel the download. 

# Joining a Meeting: Summary

- Open a Zoom link. <https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>
- Cancel the download. A rectangular button with a light blue background and a thin blue border, containing the text "Cancel" in black.
- Launch the Meeting A rounded rectangular button with a solid blue background, containing the text "Launch Meeting" in white.

# Joining a Meeting: Summary

- Open a Zoom link. <https://ca01web.zoom.us/j/69967006886?pwd=VUNFaIpXaWxDSzhyQ1VRTIFCS2s2UT09>
- Cancel the download. 
- Launch the Meeting 
- [Join from Your Browser](#)   

# Joining a Meeting: Summary

- Open a Zoom link. <https://ca01web.zoom.us/j/69967006886?pwd=VUNFalpXaWxDSzhyQ1VRTIFCS2s2UT09>

- Cancel the download. 

- Launch the Meeting 

- [Join from Your Browser](#)   

- Allow Zoom to use your camera and microphone.  

# Summary



(Montgomery, 2020)

What is Zoom ?

Installing Zoom

Joining and Leaving

Join Without Installing

**Summary**

# We learned :

Zoom is for meetings on your computer or cell phone.

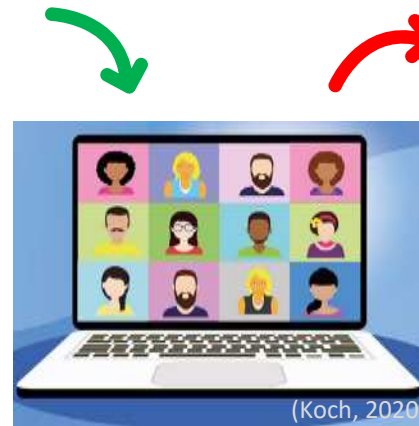


(Erol, 2020)

How to install Zoom on your computer.

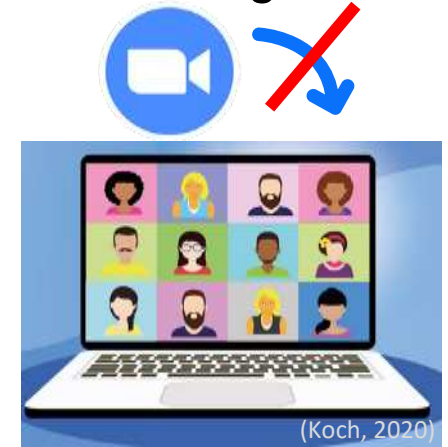


How to join and leave Zoom meetings.



(Koch, 2020)

Joining a meeting without installing Zoom.



(Koch, 2020)



# Questions ?

Zoom is for meetings on your computer or cell phone.

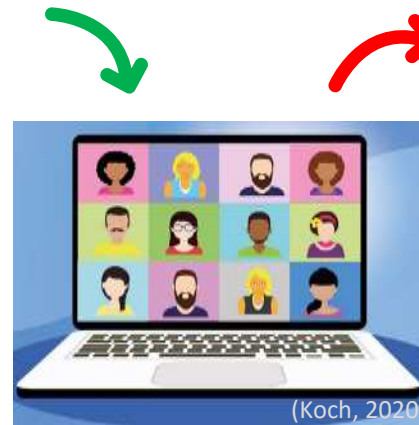


(Erol, 2020)

How to install Zoom on your computer.

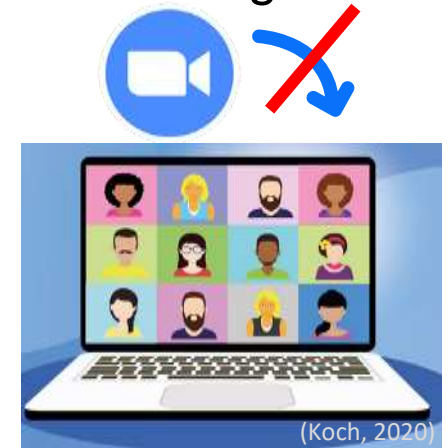


How to join and leave Zoom meetings.



(Koch, 2020)

Joining a meeting without installing Zoom.



(Koch, 2020)

# Examples of Free Resources for Health Management using Zoom

- **iCON chronic disease management Zoom webinars** (<https://iconproject.org/events/>)
  - Visit our website for upcoming events! Past webinar health topics include coping with chronic conditions at home, arthritis and osteoporosis, stroke, cardiovascular disease and diabetes, health eating, and many more!
- **Self Management BC virtual programs** (<https://www.selfmanagementbc.ca/virtualself-managementprograms>)
  - A series of 6 Zoom workshops on self management topics including chronic conditions, chronic pain, diabetes, and cancer
- **Pain BC online pain support and wellness groups** (<https://painbc.ca/about/programs/pain-support-wellness-groups>)
  - Zoom support groups hosted by a peer facilitator that support participants in feeling empowered by being in a community of people with a shared experience and provide information and learning about pain and coping
- **Family Caregivers of BC virtual support groups** (<https://www.familycaregiversbc.ca/family-caregiver-support-groups/>)
  - Zoom support groups that connect people across BC twice a month around a mutual experience of caregiving for a family member or friend

# Sources

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# Sources

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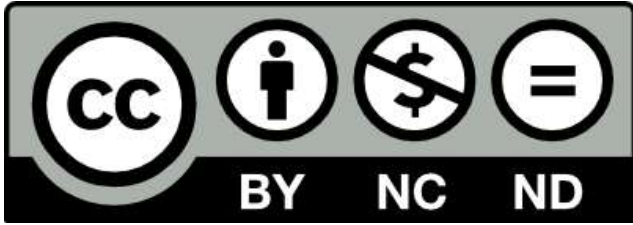
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- Note: screen captures were provided by Peteherych, L on slides 10-24, 32, 34-36, 38-42, 53-61

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