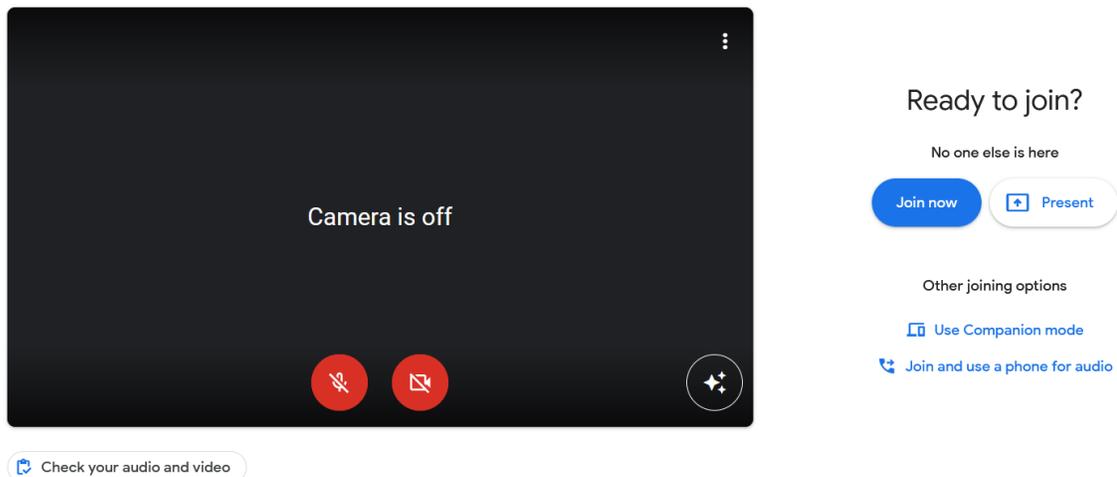# SONDER

Behavioral Health & Wellness

Telehealth Instruction Guide: Google Meet

<u>Using a Computer:</u>

NOTE: You do not need a Google Account to participate in Meet video meetings if you are using a computer.

1 <mark>At the time of your scheduled appointment</mark>, open your email inbox with the email you provided for telehealth appointments.

2 Find an email from your provider with the subject line "Happening now: [Your Provider] is inviting you to a video meeting".

3 Open the email and simply click "Join Call".

4 You will be directed to the below screen. Click "Join now" and <mark>ensure both your microphone and camera are turned on.</mark>

Using a Device (e.g., Smartphone, Tablet):

NOTE: To use the Google Meet application on your device, *you will need to log into a Gmail account*. If you are not signed into a Google or Gmail account, you will not be able to join using your mobile device.

1 Download and install Google Meet from your device's app store by searching "Google Meet".

2 ==At the time of your scheduled appointment==, open your email inbox with the email you provided for telehealth appointments.

3 Find an email from your provider with the subject line "Happening now: [Your Provider] is inviting you to a video meeting".

4 Open the email and simply click "Join Call".

5 You will likely then be prompted to sign into your Gmail account. Please sign in and continue.

6 If you are prompted to select how to open the link, click to open it in the Meet app, not a browser.

7 You will be directed to the below screen. Click "Join" and ==ensure both your microphone and camera are turned on.==