

Join from an Android Mobile Device

- To begin a session from an android mobile device, (**you must use Google Chrome**) go to: www.umhs.net/tb
- Once on the site, click the "Join Now" button underneath "Training with Terry Bedford" at your scheduled appointment time.
- Teams will load in the browser and a pop-up will display and ask for permission to use your camera and/or microphone. **Click Allow**
- Once teams is loaded, type your name in the text box underneath "Microsoft Teams Meeting", then click 'Join now' when you are ready to join the meeting.
- Your session with your provider should start immediately. Once the session is started, you may have to click on your name, and click the icon that looks like a camera to share video with Terry.

Join from an iPhone Mobile Device

- To begin a session from an iPhone mobile device, go to: www.umhs.net/tb
- Once on the site, click the "Join Now" button underneath "Training with Terry Bedford" at your scheduled appointment time.
- If you already have teams downloaded, your session should begin. If not, please click on this download link: <https://apps.apple.com/us/app/microsoft-teams/id1113153706>. The link will take you to the Apple App Store. The app is free to download and use.
- Once the app is downloaded, click the "Join Now" button again and it should open the Teams app. It will ask you if you want to allow microphone and/or camera—**Click Allow**, then enter your name and click "Join now".
- Your session with your provider should start immediately. Once the session is started, you may have to click on your name, and click the icon that looks like a camera to share video with Terry.

Join from a Laptop or Desktop Device

- To begin a session from a desktop or laptop device, go to: www.umhs.net/tb
- Once on the site, click the "Join Now" button underneath "Training with Terry Bedford" at your scheduled appointment time.
- Once you click on join, click on "Join on the web instead".
- If you're prompted to allow your camera or microphone, please **Click Allow**:
- Your Camera should appear. Click on "Join" to join your session. Your session with Terry should start immediately.