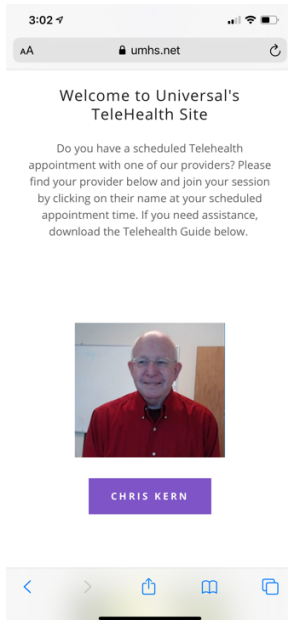


Instructions to Join a Live Telehealth Session with your UNIVERSAL MENTAL HEALTH SERVICES Provider

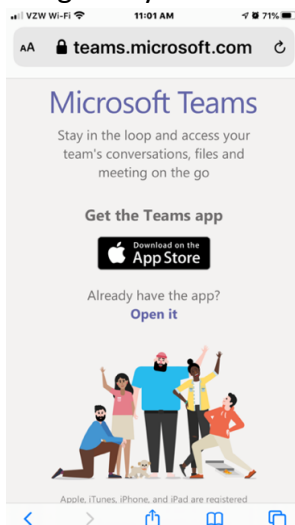
Join from a Mobile Device

To begin a session from a mobile device, go to: www.umhs.net/th

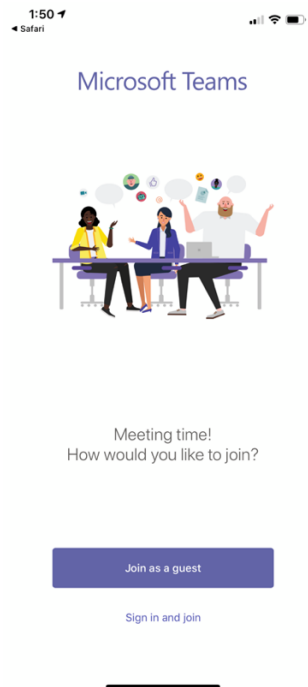


Once on the site, click the purple box with your provider's name under their photo at your scheduled appointment time.

If you already have teams downloaded, your session should begin. If not, please find the download link and click it. The link will be an icon that takes you to the Apple App Store or the Google Play Store. The app is free to download and use.



Once the app is downloaded, you should have the option to “Join as a Guest” as shown:



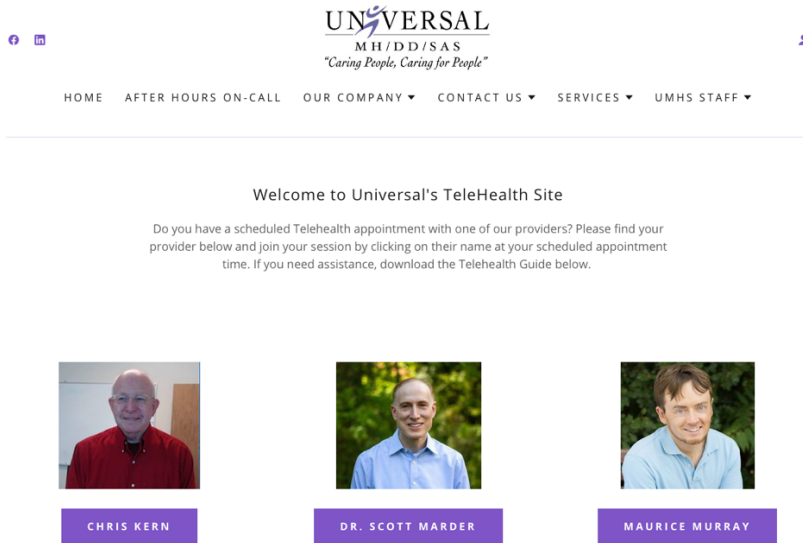
Once you click “Join as a Guest”, enter your name and click “Join Meeting”. Your session with your provider should start immediately. Once the session is started, you may have to click on your name, and click the icon that looks like a camera to share video with your provider.

Join from a Laptop or Desktop Device

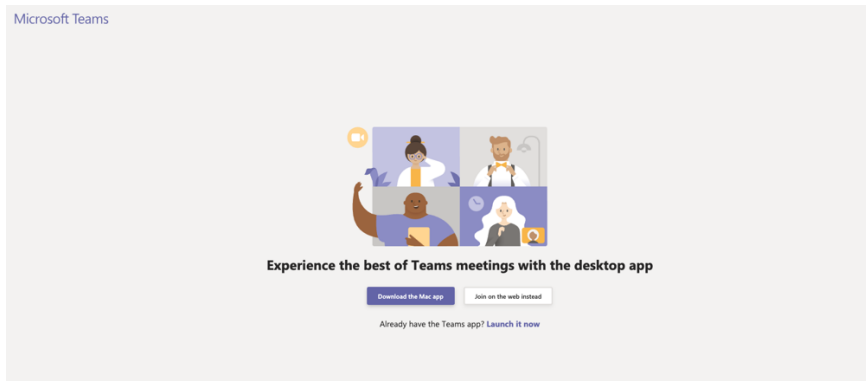
To begin a session from a desktop or laptop device, go to: www.umhs.net/th

Once on the site, click the purple box with your provider's name under their photo at your scheduled appointment time.

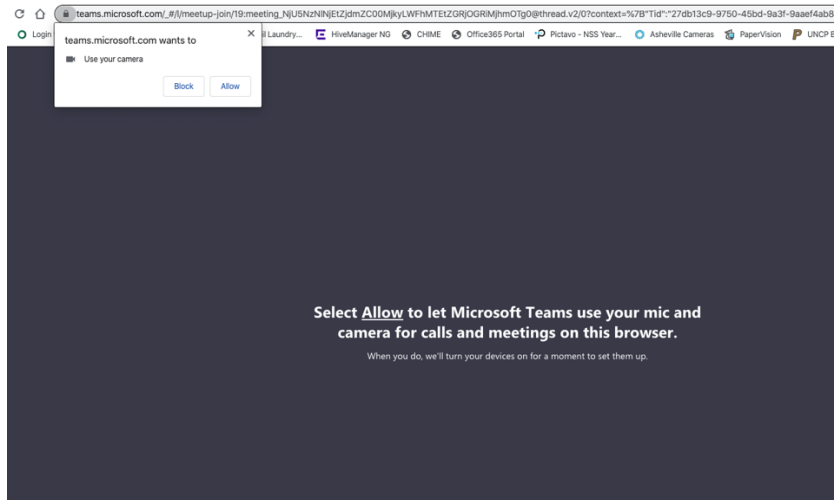
The website looks like the following:



Once you click on join, click on "Join on the web instead" as shown below:



If you're prompted to allow your camera or microphone, please click "allow":



Your Camera should appear. Click on “Join” to join your telehealth session. Your session with your provider should start immediately.