

## Steps to Download BlueJeans and Join Sessions on Your Laptop

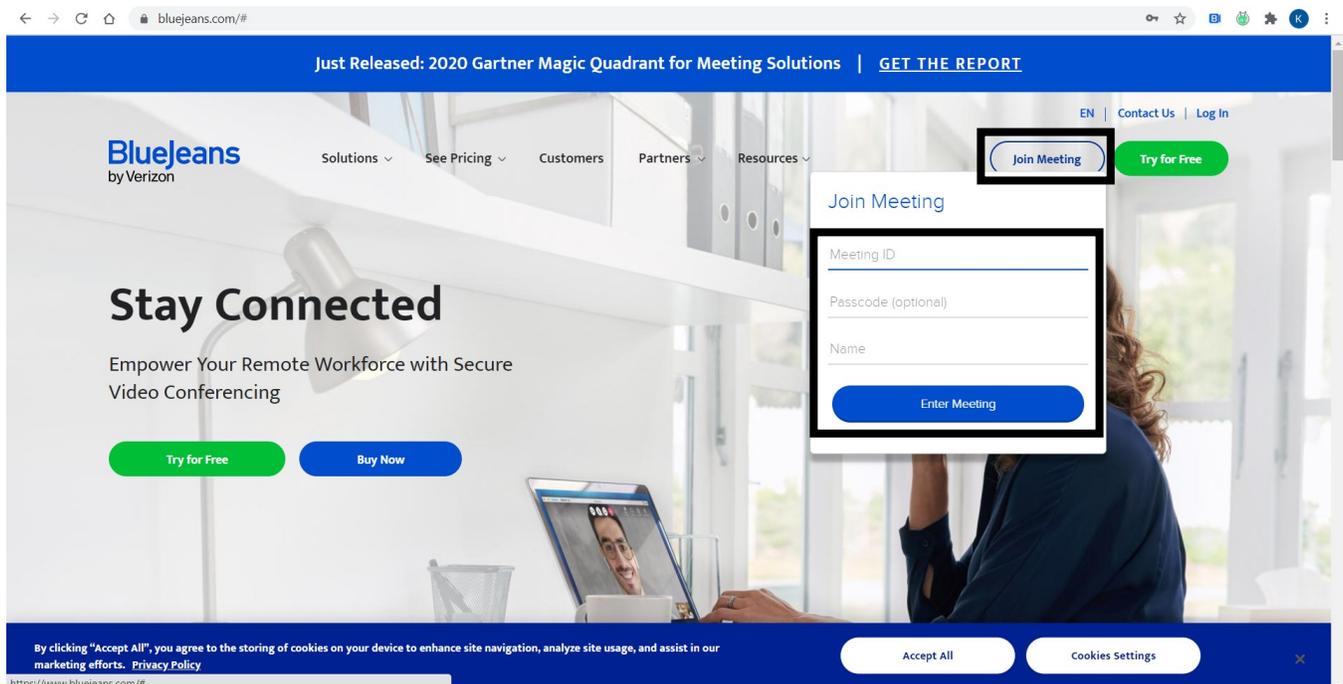
1. Go to your email and click on the BlueJeans link provided by your clinician.

To join the meeting on a computer or mobile phone: <https://bluejeans.com/509546491?src=calendarLink>

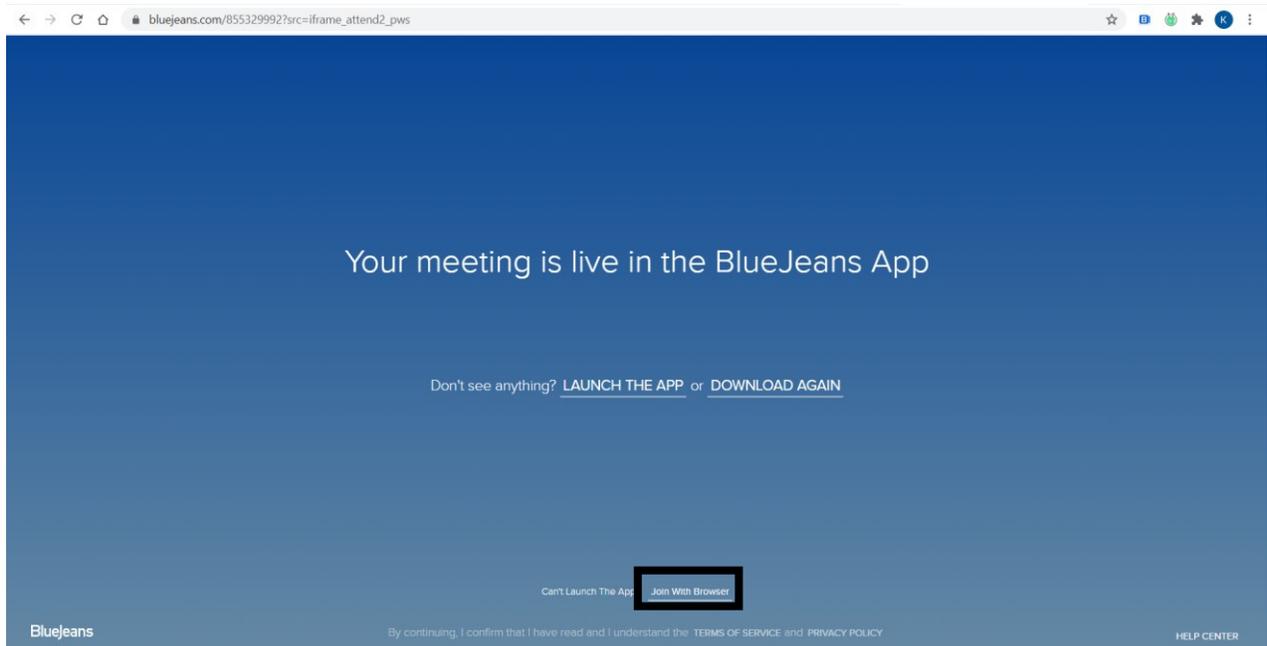
If your email address or phone number is not synced to your phone or tablet, make sure to write down the meeting ID and passcode provided by your clinician.

Example: Meeting ID: 193 113 940  
Participant Passcode: 0621

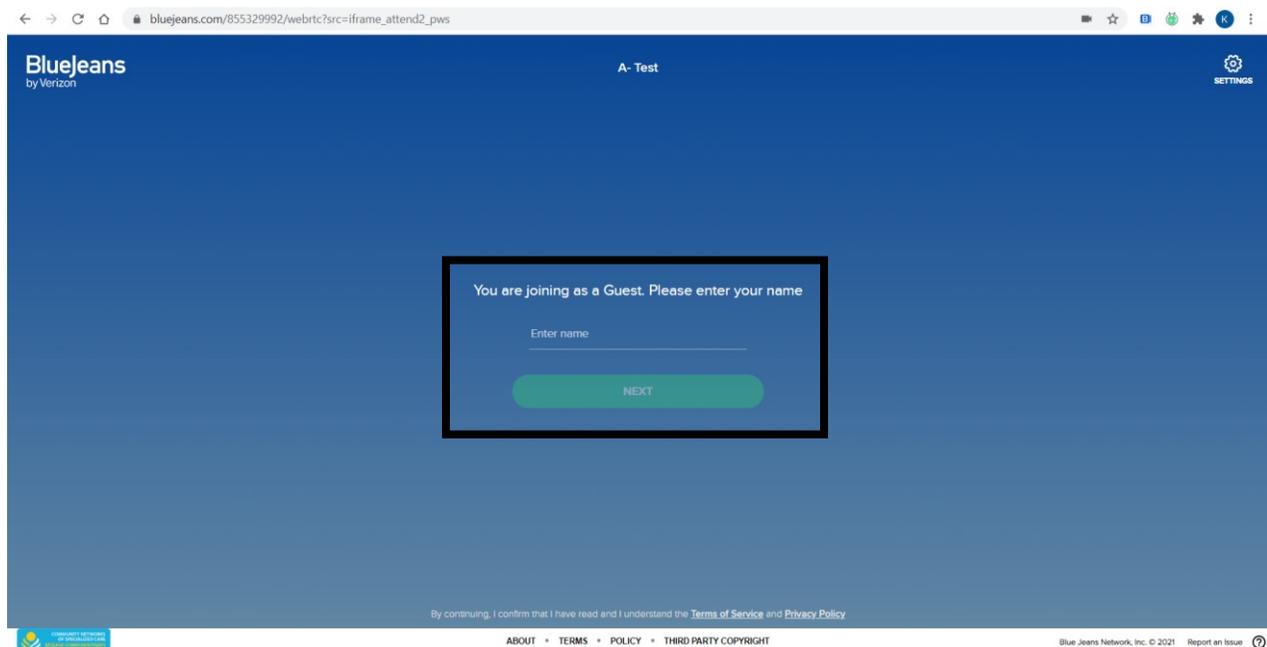
2. Click on the link or go to [www.bluejeans.com](http://www.bluejeans.com) and enter the meeting ID provided by your clinician.



3. Click on 'Join with Browser'.



4. Enter your name and click 'Next'.



5. Within your video session, hover the mouse over the screen to view your settings.



6. If needed, click the camera to mute your camera and click the microphone to mute your audio.



7. Click on the chat feature to further connect with your clinician.

