

Zoom is a video conferencing technology that you can use to see and talk to people over the internet. It uses the camera, speaker, and microphone on your computer. It is similar to FaceTime or Skype. Zoom calls an appointment a “meeting.” The Zoom meeting used by your healthcare providers for medical appointments meets all federal confidentiality laws around healthcare (also known as HIPAA). Other Zoom meetings may not meet the same HIPAA laws. As with in-person classes or group meetings, it is expected that all participants will not repeat what is said by others.

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## What you will need:

- A computer that is connected to the internet. The computer can be a laptop or a desktop.

## Optional:

- **A webcam.** This will allow you to be seen by your provider and also has a microphone in it. We strongly recommend this. Most newer laptops have one already installed. If you have one, it is probably a very small circle just above your screen. Desktop computers usually need a separate webcam that is plugged into the computer.
- **Speakers.** These are only needed if you do not have speakers built into your computer or if you want the volume to be louder than the computer will go.
- **Microphone.** This is only needed if you do not have a microphone built into your computer, and you don't have a webcam or headset.
- **Headphones.** These are only needed if you do not have speakers built into your computer. There are many headphones that also have a microphone built into them.
- **Notes:**
  - » To test your audio and video equipment, follow the instructions [here](#).
  - » Once you have tested your equipment and it works, you're ready for your appointment or meeting! Thank you for connecting to your healthcare providers with Zoom.
  - » There is an option to join the appointment by dialing into a conference call phone line, but this isn't the best option because there is sometimes a lag between what the other participants say and when you hear it.
  - » If you are having trouble getting connected for a virtual medical appointment, call your provider's office the day before your appointment to ask about other ways to connect.