

You Will Need a computer (with a webcam, and microphone), tablet or smartphone.

1 Review Email Invitation

Your email or text invitation contains:



The date and time of your virtual visit



A link to join your Zoom Virtual Visit



A link to join a test meeting.



Digital Health Support
1-844-470-8756

2 Join a Test Meeting

Click the link in your meeting invitation to test your audio and video connection.

Download Zoom if prompted.

Join Meeting Test

Test your internet connection by joining a test meeting.

Join

3 Join the Video Call

1. Click the **Join your Zoom Virtual Visit:**

Join your Zoom Virtual Visit
<https://interiorhealth.zoom.us/j/63103>

2. Click **Join with Computer Audio** or Call Using **Internet Audio.**

Join with Computer Audio

Test Speaker and Microphone

3. You may have to wait until your healthcare provider starts the virtual visit.

Tips for Getting Ready

- Contact your provider if you need to cancel or reschedule your virtual visit
- Ensure your device is fully charged or plugged in
- Connect to secure, password-protected Wi-Fi, or use a wired connection

Need Help?
Digital Health Support

1-844-870-4756 | Monday to Friday, 7 a.m. to 7 p.m. (PT)
[Virtual Care Services for Patients](#)