



To participate in a video session you will need:

- A computer, tablet or smart phone that has a webcam, microphone, and speakers. Most modern devices have all three of these.
- A video conferencing app installed on the device you will use for the session. These instructions will walk you through that installation.

To download the video conferencing app:

- The video conferencing app is called **Vsee**. Click this link <http://my.vsee.com/download> and follow the instructions to install **Vsee** on your device.

To RSVP to a session invitation:

- You will receive an email invitation for your designated session date and time.
- Open the email and under "Will you attend?" click "**Yes**".
- Healing Choices will be notified of your RSVP.
- At the designated time, go back to the invitation email and follow the instructions below.

To join your video session:

- Find your email invitation to the session from "Secure Video Support " with the subject line "**Videoconference Now with MJ Mueller.**"
- Open the email and click the blue button link that says "**Join Session.**"
- At this point a window will open that says "Download and Install VSee." You have already installed Vsee in the steps above, so at this window click the middle option, "**Vsee is already installed.**"
- At the next window, click the blue-colored button "Enter Waiting Room."
- At the next window, click "**Allow.**" At this point VSee will open, and you will be placed into the video session.
- Make sure your speakers are turned up. If you are experiencing echo or bad audio, try using headphones or earbuds if you have them.