



Video Visit Instructions for Patients

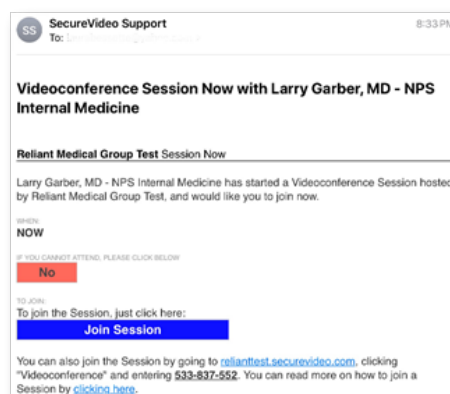
Mac computers

Welcome to medical care from the comfort of your home. We are now able to securely video chat with you, using your own Mac computer with a camera! You will be able to see your healthcare provider and they will be able to see you as you both talk. The instructions below will guide you through the process of preparing your computer for the video visit. Note that most of the steps only have to be done the very first time you have a video visit:

- You will receive a meeting invitation from your healthcare provider via email or by a text message to your phone. **If this is your first video visit with American Health Network/Optum, try entering the video waiting room using the steps below as soon as you receive the invitation in order to make sure that you can figure out how to do it. If you have problems, call back the office that you have an appointment with.**
- Ideally you should be connected to your home's WiFi network access because downloading the app and the actual video visit use a lot of data.

The invitation will look like this:

- Click on the “**Join Session**” button in the email.

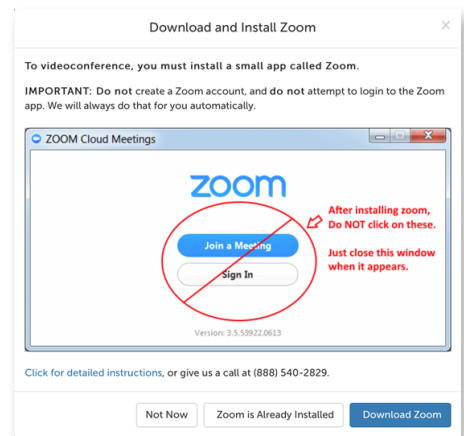


- This takes you to the invitation on the SecureVideo.com website. However, if this is your first time doing a video visit, you may see this notice and you should click “**Got It**”:

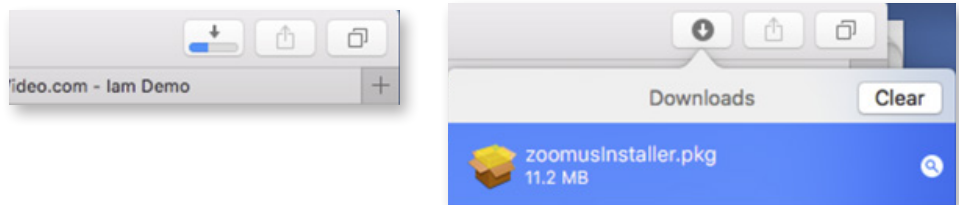
To work properly, this website uses cookies to keep track of non-personally identifying information. By using this website, you are agreeing to our cookie policy. [Learn more](#)

Got it!

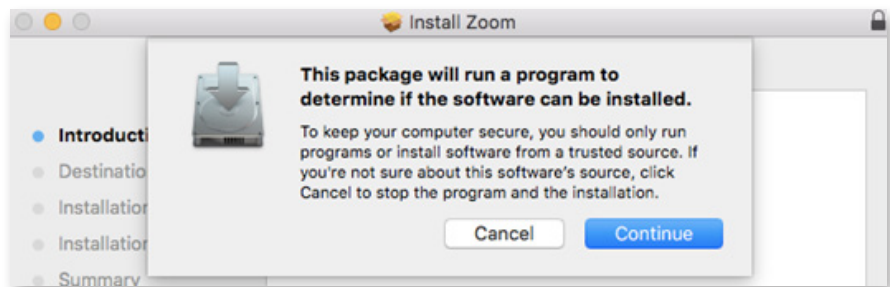
- Similarly, if this is your first time, you will be instructed to download and install Zoom by clicking “**Download Zoom**”: (If this didn’t pop up, scroll a little further down and click “**Install Zoom**”)
- In the future, if this pops-up again, simply click the “**Zoom is Already Installed**” button.



- You may be offered to save “zoomusInstaller.pkg”. Notice where it’s going to be saved (e.g. your desktop) because you will need to find it and double-click on it when it is done downloading. Click “**OK**” or “**Save**”. On some Macs, you will see a download icon with a blue progress bar which turns into a down-arrow when the download is complete. In this case, click on the down arrow and double-click on “zoomusInstaller.pkg”:



- Now you will get a security message; click “**Continue**”:

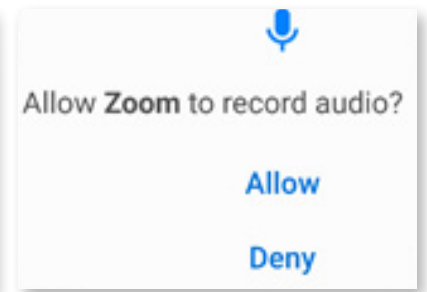
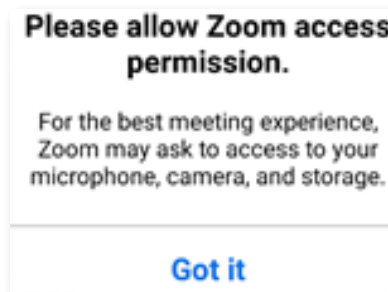


- When the installation is complete you will see this window. **Do NOT** click “**Join a Meeting**” and **do NOT** “**Sign In**”. Simply close this window:

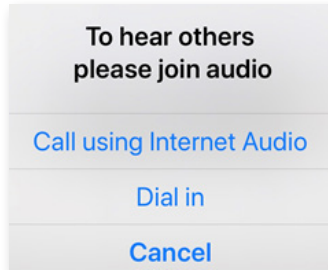


- Go back to your browser and click on the Enter Waiting Room button (or if you can’t find it, go back to your email invitation and click “**Join Session**”). If it says “Safari cannot open the page because the address is invalid” then click OK and click on the “**Install Zoom**” button as shown above.
- If asked “**Open this page in Zoom?**” click “**Open**” or “**Allow**”

- Zoom may ask for a series of permissions. You should always click “**Got It**” or “**Yes**” or “**Allow**” or “**OK**”:



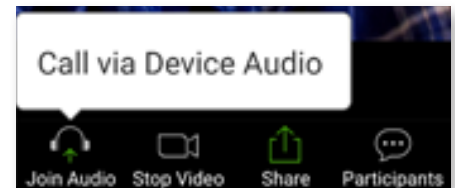
- If you see this, click “**Call Using Internet Audio**”.





- Now **hover over the middle of the screen**. If you see at the top or bottom of the screen icons that say either **Join Audio** or a **red Unmute** microphone, you need to click the icon to be heard.



- When clicking the Join Audio, if you see “**Call via Device Audio**” when it pops-up then you need to click on that.



- Note that if you see this icon,  your phone is connected to a wireless headset. Click on it to use your computer's speaker. 

- At this point, if you don't see your picture on the phone, you should **hover over the middle of the screen**. If you see a red video camera with a slash through it at the top or bottom of the screen, you need to click on the video camera icon and **allow** access so that you can be visible to your healthcare provider:



- If you see yourself, congratulations! You can either wait for your healthcare provider to join you if now is your appointment time, or touch the screen and click “Leave” to come back later. You can come back later by clicking on the link in your invitation again and then clicking “Enter Waiting Room”