

## TeleRehab

### Instructions to join a meeting:

We will send you an email with an invitation to join the videoconference call.

- If you are using a PC/Mac:
  1. Open the email we sent you and press on the link.
  2. This link will guide you to download a software to join the meeting.
  3. Once the software is downloaded, go back to your email and press on the link again.
- If you are using a phone/tablet:
  1. Download an app called “ZOOM Cloud Meetings”. Make sure you download the correct app.
  2. Open your email from your phone and click on the invitation link.