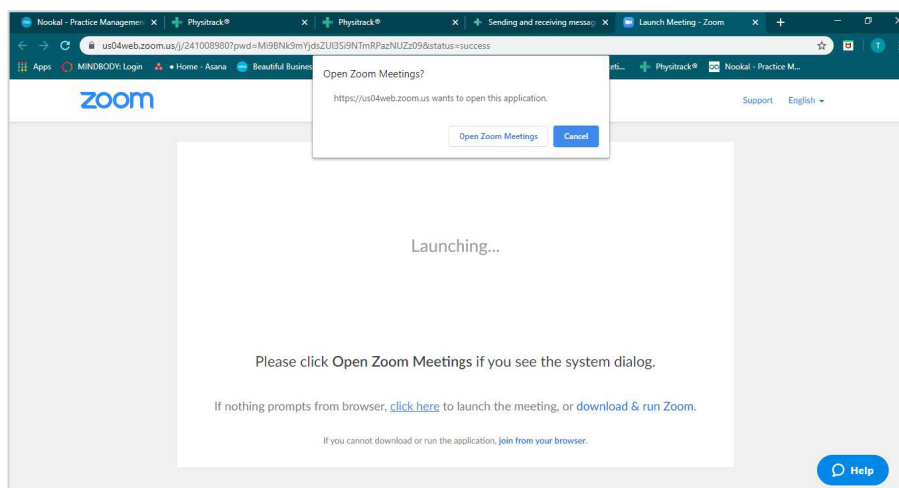


ACCESSING ZOOM FOR YOUR EXERCISE MEDICINE CONSULTATION DESKTOP COMPUTER SET-UP

Before your scheduled appointment, you will receive a confirmation email and text that will have a link to access your private virtual consultation via Zoom.

Please click on the link in this confirmation email/text 10mins before your appointment.

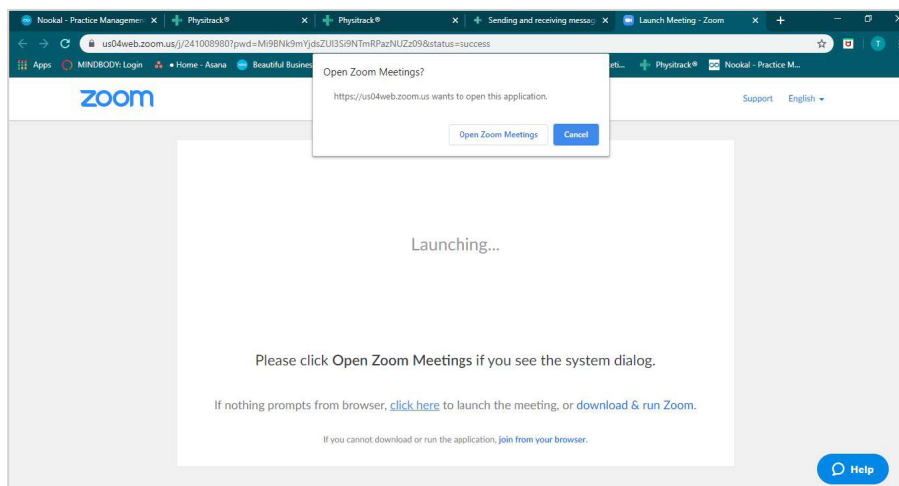
The link will take you directly to the Zoom website and the screen should look like the below;



If the "Open Zoom Meetings?" drop-down does not appear on your screen, please click the blue underlined button that says "Click Here" or "Download & Run Zoom".

1. If you select "Click Here"
 - Clicking this button will bring the "open Zoom meeting?" drop down back up (as per image 1)
 - Please click "open Zoom meeting"
 - Allow up to 1 minute for the screen to load
2. If you click "download & run Zoom"
 - Clicking this button will cause Zoom to begin downloading on to your computer
 - Please check the bottom of your screen or your downloads file to find the file
 - Once download is complete, click on the file and wait up to 1 minute for the screen to load

For both option 1 & 2 above, after one minute the following screen should appear;



Your therapist will join your meeting at your allocated time, and this will start the video conference. If prompted to enter a Meeting ID or Password, please refer to your confirmation mail to find both.

TROUBLESHOOTING

If the appointment time has started, but your screen is still saying “Waiting For Host”, please exit the meeting and retry. This should correct any issues.

Our team will also send you a reminder text message, 10mins prior to your appointment. This will also be a direct line of communication to one of our staff, should you have any difficulties setting up your virtual consultation, please let us know at that time.

Once Zoom has been downloaded onto your computer, joining all future appointments will only require clicking on the link in your confirmation email.

PERSONAL SPACE PREPARATION

- Clear a 2sqm space and have some props ready. For example; mat, foam roller, long TheraBand, small Powerband.
- Set up your laptop or phone slightly off the ground, at least 2m away from you. This set-up will allow your Exercise Physiologist to give guidance and instructions more clearly.
- Always have water at hand.

We look forward to working with you to maintain your health and wellbeing during this challenging time. Happy Moving.