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How to Join a Session



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5 days ago · Updated

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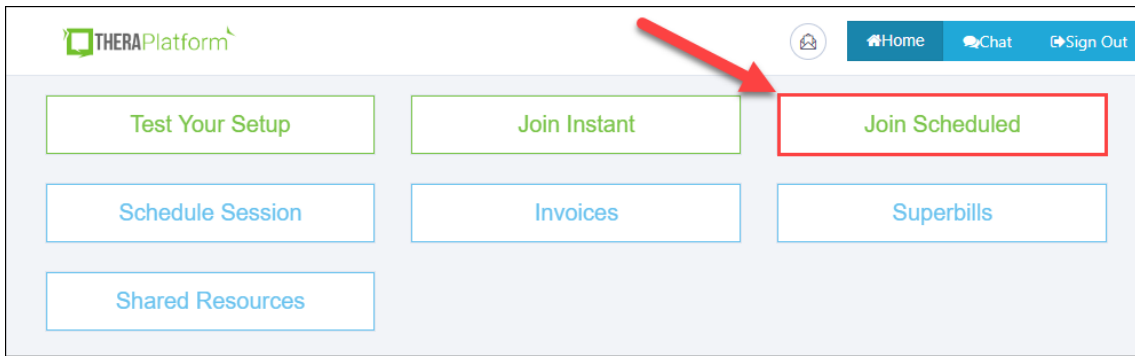
You have 3 ways join in your Therapist/Provider in a meeting.

1. Reminder E-mail Secure Link

- A reminder email is sent 10 minutes prior to the scheduled session.
- Click on the link in the reminder email. This link will automatically direct you to your Therapist/Providers waiting room. You will not need to provide credentials to join the meeting with this option. **Note:** *You will be able to use the link in the email only within 60 minutes of the session.*

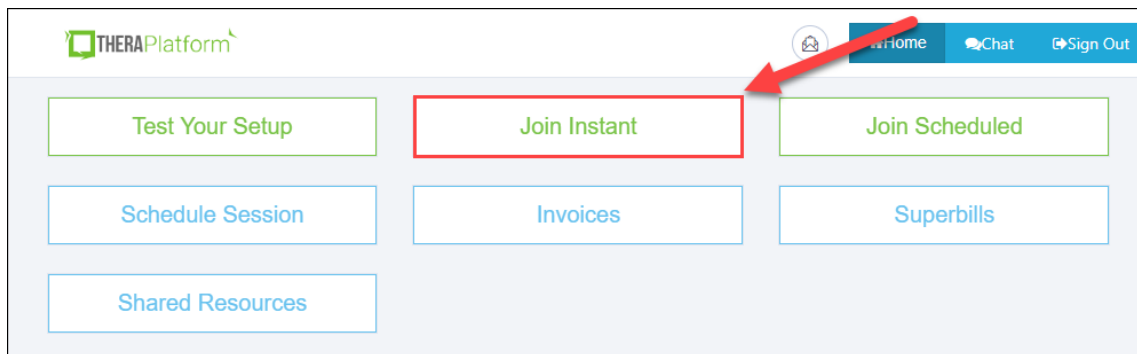
2. Join a Scheduled Session via provider's room URL.

- Login to your Therapist/Providers room URL.
- If you have a scheduled session, click on "**Join Scheduled Sessions**" which will pop up a calendar week view.
- Once in the calendar, click on the scheduled session you want to join. A box will pop up and you will need to click "**Join Session**" to enter your waiting room.



3. Join Instant Session via provider's room URL.

- Login to your Therapist/Providers room URL.
- Click on "**Join Instant**".
- An alert will be sent to your Therapist/Provider, informing them you are in the waiting room.



Note: If you would like to view your past and future scheduled sessions, please click on "**next**" to move to the next day, week or month. This will be based on your current view.

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