

# How to Use Telehealth with a Computer

**Step 1:** Open your Teams appointment [invitation email](#).

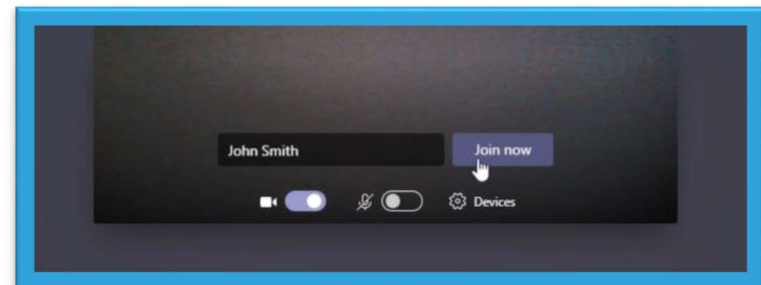
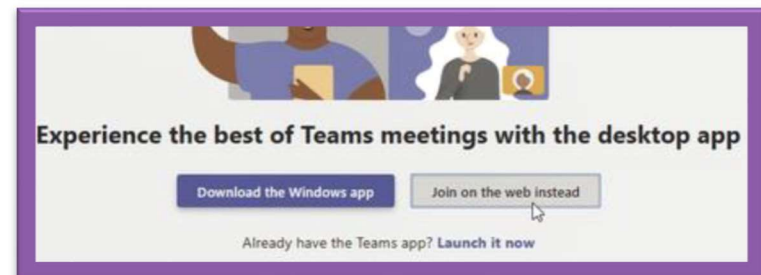
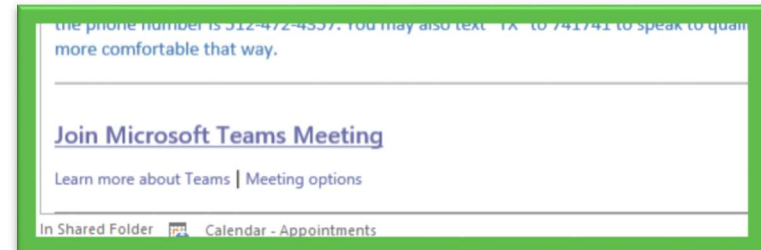
**Step 2:** Select [Join Microsoft Teams Meeting](#).

**Step 3:** Select [Join on the web instead](#).

**Step 4:** Type your [name](#).

**Step 5:** Make sure your [camera and microphone are on](#).

**Step 6:** Select [Join Now](#) and wait for your practitioner to join.



**?** **HAVING TROUBLE?** Please call 512-472-4357. Press 1 for English, then 4.