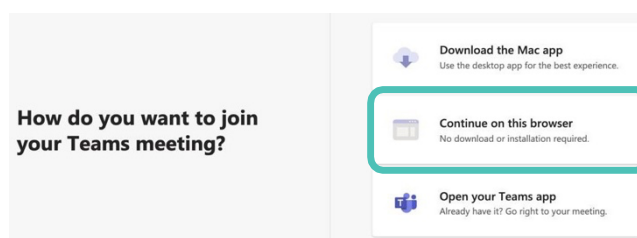


HOW TO JOIN A LIVE EVENT

Using a desktop computer or laptop

1. Visit our website: gethearthealthy.ca/patient-education
2. Click the event you would like to join. A drop-down box will appear. Click "Click here to join".
3. Click "Continue on this browser". If your web browser does not work, you can also choose to download the Teams app. If you are joining on the Teams app, either click "Get the Teams app" or "Open your Teams app".
4. Enter your first name and your patient number (e.g., JANE 64126HWLF), and click "Join now".



HOW TO JOIN A LIVE EVENT

Using a smartphone or tablet

1. Download the Microsoft Teams app from the Apple App Store or Google Play Store. Your Apple or Google username and password will be required. Once the app is downloaded, you do not need to sign up to create an account.
2. Visit our website: gethearthealthy.ca/patient-education
3. Click the event you would like to join. A drop-down box will appear. Click "Click here to join". The Microsoft Teams app will open on your phone/tablet.
5. Enter your first name and your patient number (e.g., JANE 64126HWLF), and click "Join now".



Unsure what your patient number is? Ask your Exercise Therapist!