

## How to Connect to your ThedaCare Behavioral Health Session

You should receive an email or physical letter from ThedaCare with a link to your Session.

Example link:

<https://thedacare1.webex.com/meet/john.smith>

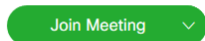
A few minutes prior to your session click the link via email or type the link into a Browser to ensure you can join. The Google Chrome Browser is preferred.

*Depending on your Device, it could look different than the screenshots below but should be close.*

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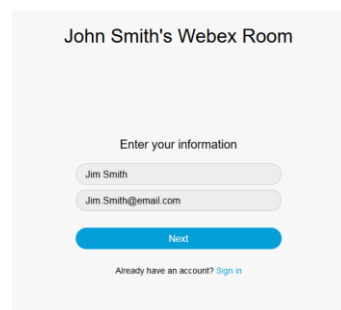
### From an Internet Browser:

Click

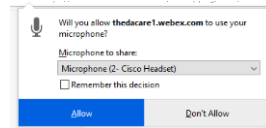


Enter your Name and personal Email address

Click [Next](#)

A screenshot of a registration form titled "John Smith's Webex Room". It asks to "Enter your information" and has two input fields: "Jim Smith" and "Jim Smith@email.com". Below the fields is a blue "Next" button. At the bottom, there is a link: "Already have an account? Sign in".

**Allow** the browser to use your Microphone, Speakers and Webcam.



Once your devices are "Allowed" press **Join meeting**



Make sure that both your MIC and Camera buttons are unmuted (they will appear gray).

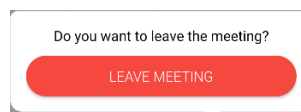


Please wait, your ThedaCare Provider will admit you to the Session.

At the end of your session click



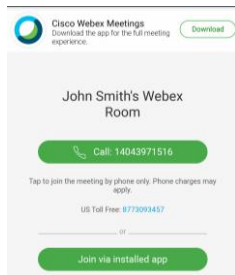
Then click



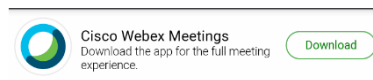
### From a Mobile Device:

*Important note – the Webex app will consume data if you are on a cellular network, use WiFi if available.*

This will look similar to the landing page you will see.



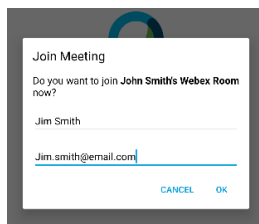
Click **Download** to install the “Cisco Webex Meetings” mobile app



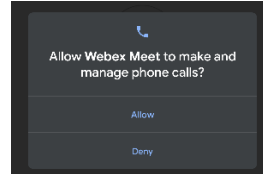
Once installed, click **open**.

*The Webex mobile app should prompt you to login to your session. If it doesn't automatically prompt for your name and email, go back into your email and click the session link again.*

Enter your Name and personal Email address and click **OK**



**Allow** the Webex app to manage your Microphone, Speakers, Camera, etc.



Make sure that both your MIC and Camera buttons are unmuted (they will appear gray).



Click



Please wait, your ThedaCare Provider will admit you to the Session.

At the end of your session click



Then click

