

# How to start a video visit



## Schedule a video visit today:

- Call us at 503-623-9289 to request a video appointment.

## Download the video app:

- Download the free video app **Hangouts Meet by Google** - this app requires users to have a Gmail account.
- Set permission for the app to access your Camera and Microphone.

## How to join a video visit:

- Open **Hangouts Meet** app
- Select your appointment
- Click “Join Now”

## What you will need to have a successful video visit:

### From mobile devices (phones or tablet):

- An Apple (iOS) or Android device
- A strong Wi-Fi or LTE connection

### From computers or laptops:

- A computer with a USB-compatible webcam or built-in laptop camera and microphone (headset recommended)
- A high-speed internet connection

Learn more about video visits at: [www.co.polk.or.us/bh/video-appointments](http://www.co.polk.or.us/bh/video-appointments)

For technical support, call 503-623-9289.

