

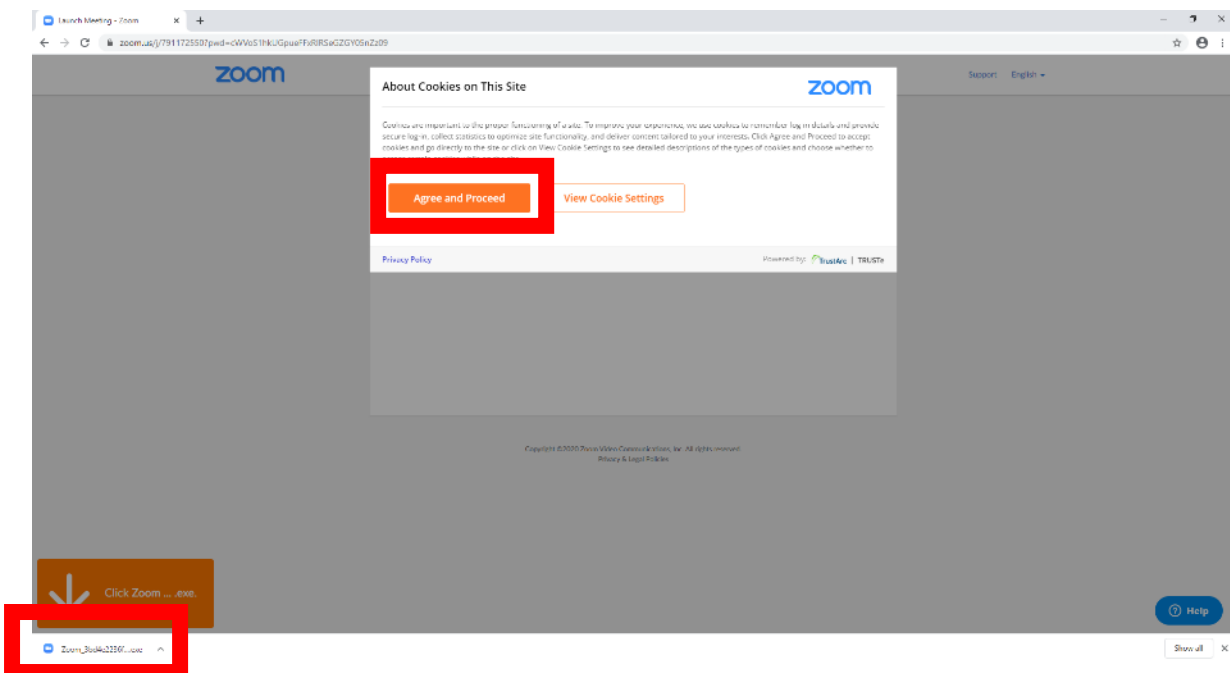
Joining your remote session for the NHS Diabetes Prevention Programme via Zoom

We look forward to welcoming you to your remote NHS Diabetes Prevention Programme session.

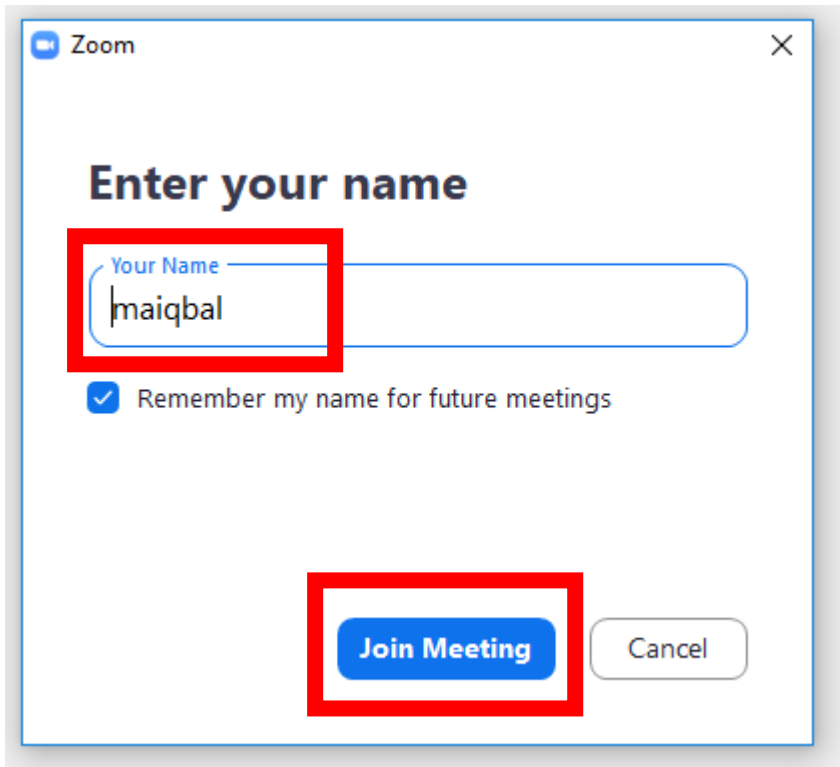
The guidance below will assist you in joining a Zoom session for the first time. Please familiarise yourself with these instructions.

If you have any issues joining the session, please call us on 0121 435 0987 where one of our team will be please to assist.

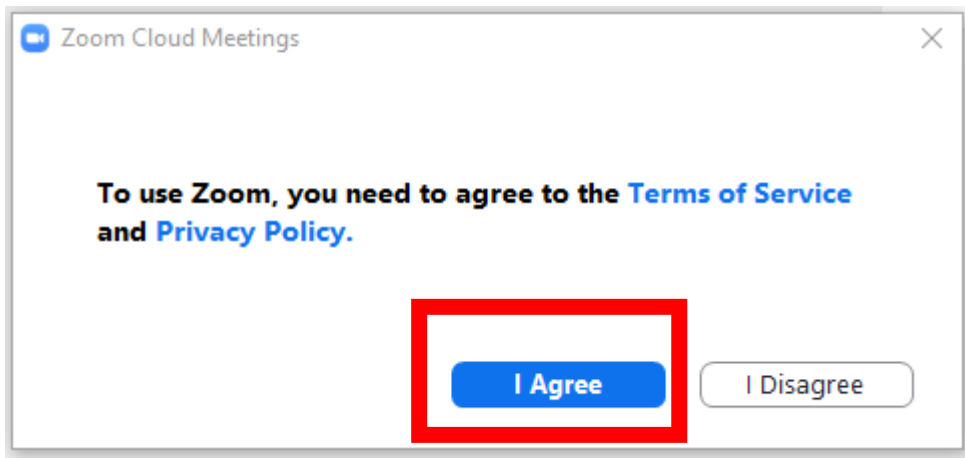
1. 24 hours prior to your session you will receive an email from a team member at Healthier You. You will find a link on this email that will take you through to Zoom and your session. Click on this link.
2. The below screen will appear.
 - a. Click on agree and proceed. (circled in red)
 - b. Click on the pop up in the bottom left. (circled in red)



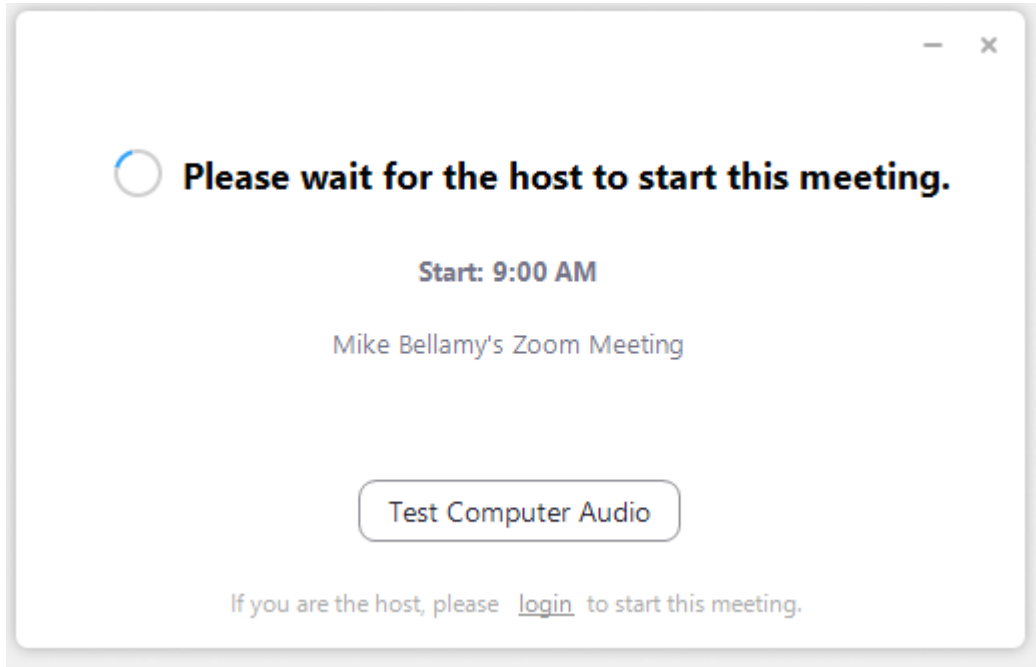
3. A pop up box will appear as below, just enter your name and click join



4. Another dialog box will appear asking you to agree. Click on agree



5. Your zoom meeting should be active now and when your host is ready you will be able to join.



6. Once the meeting has started your Educator will talk you through the features of Zoom and how your remote session will proceed.



For technical support please contact us on **0121 435 0987**
For all other enquires please call 0121 386 6971 or 0800 321 3150.
We are available 8am – 8pm weekdays and 10am – 2pm Saturdays.
For more information please visit www.stopdiabetes.co.uk

