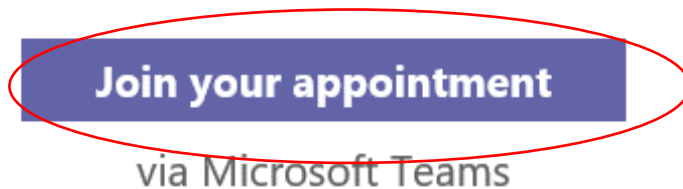


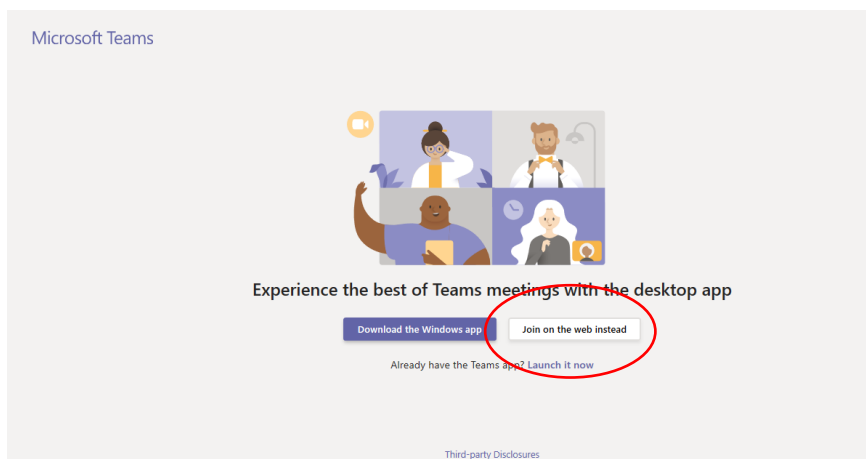
Instructions for accessing APM Physiotherapy services on laptops and desktops

1. Included in your booking confirmation email (and reminder email) is a link to **Join your appointment**. Click on the link Join Microsoft Teams Meeting

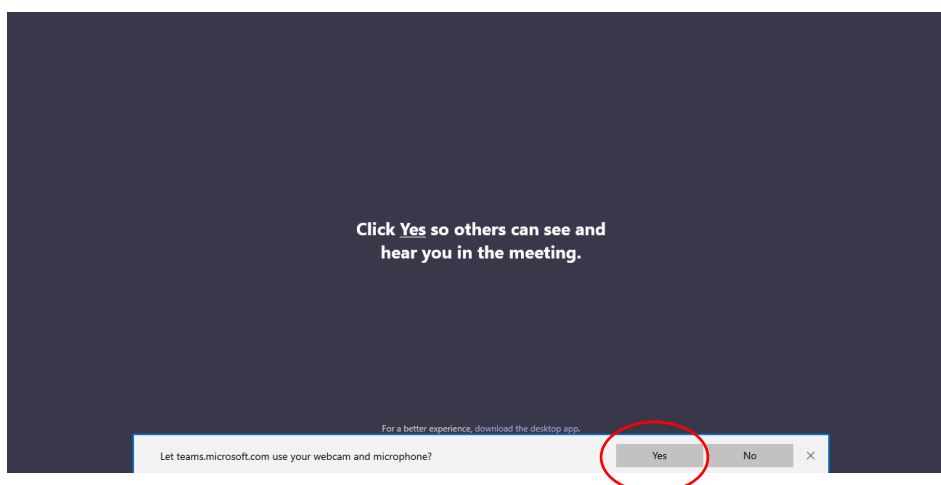


This will open a Microsoft Teams page

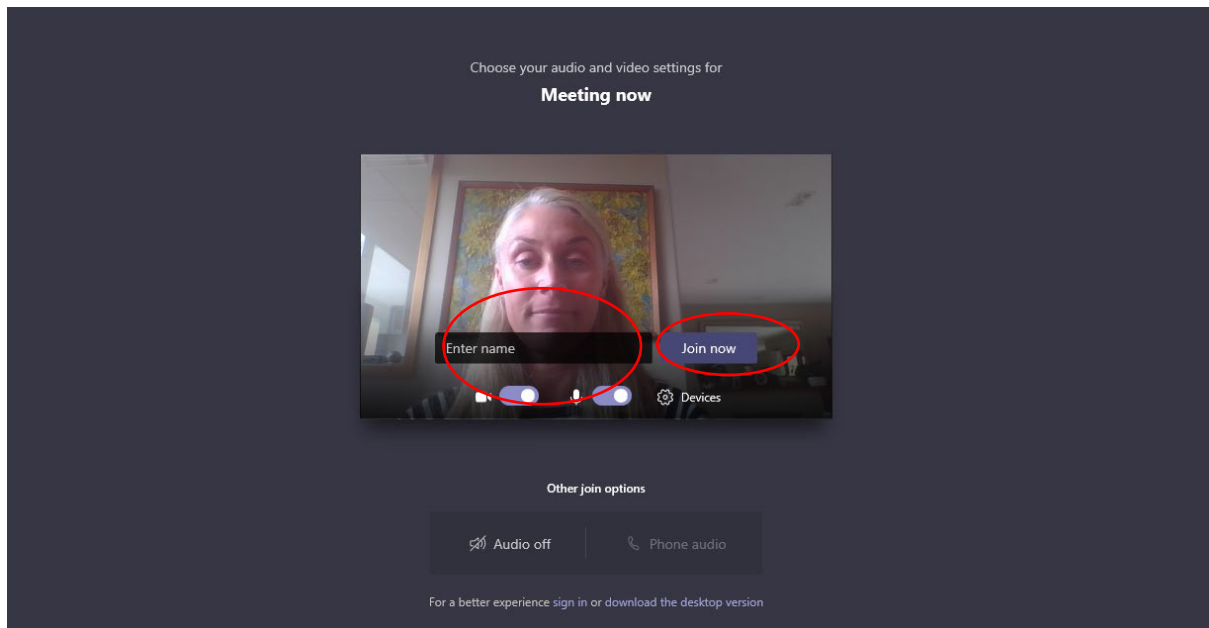
2. Select Join on the web instead



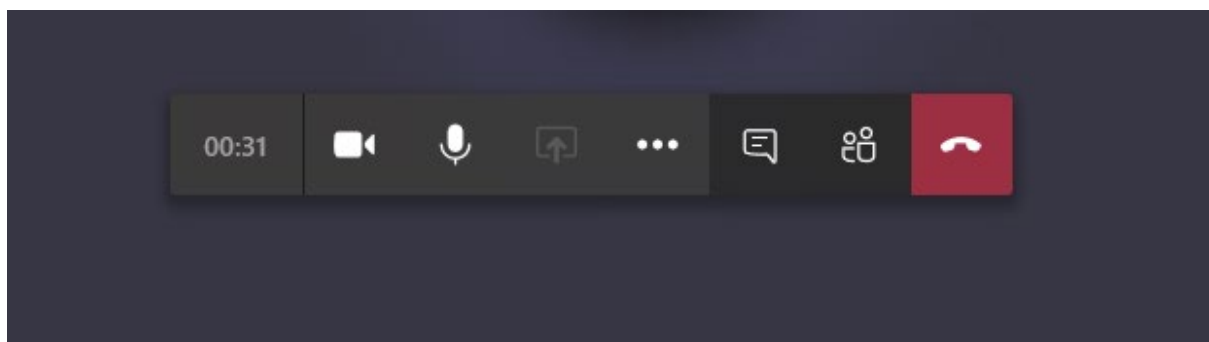
3. Select 'Yes' so that you can hear your consultant



4. Type your name, and select Join Now



5. You will see a message saying "Joining, someone in the meeting should let you in soon"
6. Once in the Teams meeting room, you can control the sound and video with these controls



7. If you have any difficulty connecting, exit and try reconnecting using the invitation link again