

Instructions for accessing APM Online Physiotherapy services on mobile devices such as mobile phone or tablet

You will need Microsoft Teams App on your phone or tablet to connect with your Physiotherapist.

If you do not have this on your phone, the link sent in your confirmation and reminder email will enable you to use Microsoft Teams on your phone. You will not need to sign up or log in.

1 Open the email on your phone

2 Click Join Microsoft Teams Meeting at the bottom of the email

Microsoft Teams meeting

Join on your computer or mobile app

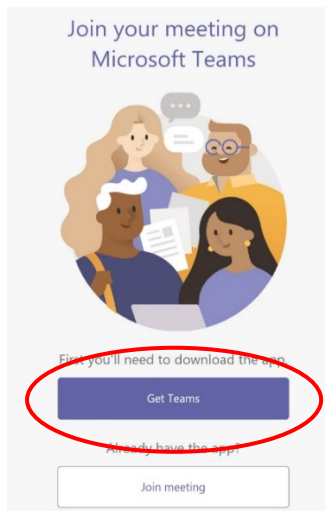
[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

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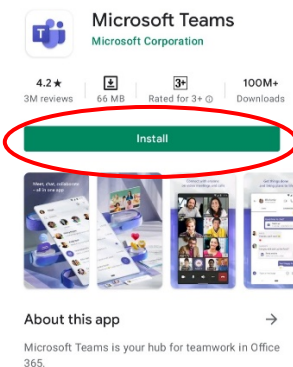
Join Teams Meeting
en-NZ
https://teams.microsoft.com/l/meetup-
join/19%3ameeting-
MjhkMDgyZWYtNDE1MC00ZGY1LWE0Zj
QtMTg0MmVlMGUzMzVm%40thread.v2/0?
context=%7b%22id%22%3a%22fa7adf0d-de2d-
4570-8f5f-4bca4772988f%22%2c%22oid%22%
3a%22b5ae282d-d494-4549-98a3-
395b36b5e2e4%22%7d
  
```

3 Select Get Teams on Android (or Apple) and click the 'Get It' link



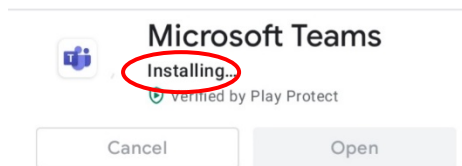
This will open your App store (e.g., Google Play or Apple Store)

4 select INSTALL to install Microsoft Teams on your mobile device. This will start the installation.

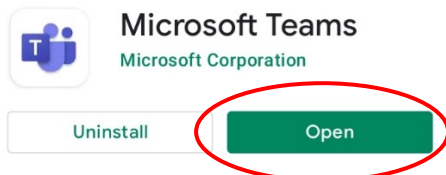


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5 Wait while installation occurs

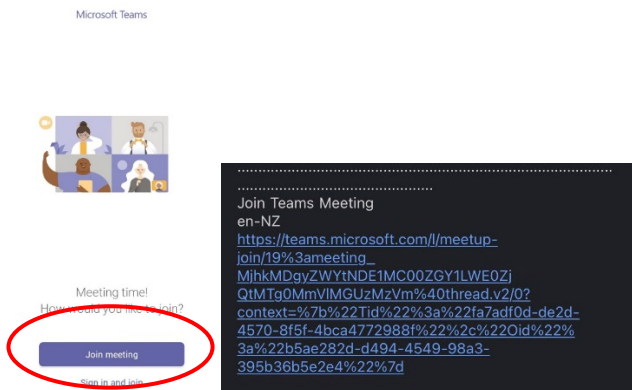


6 Once installed, select **OPEN** to open Microsoft teams on your mobile device

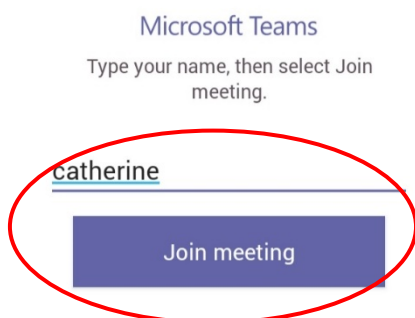


7 Once Microsoft Teams opens you can close the App store and **return to the email** sent to you by your consultant. You do not need to Sign In.

8 Open the email sent by your consultant and select **Join Meeting**

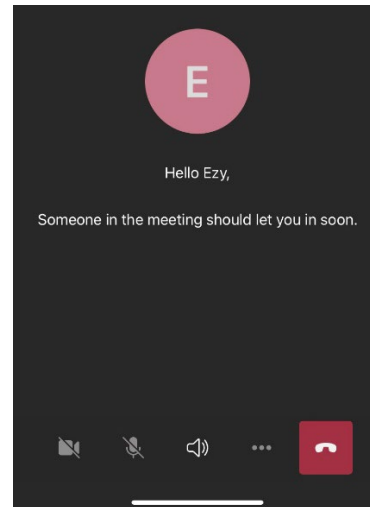


9 Type your name then select **Join Meeting**

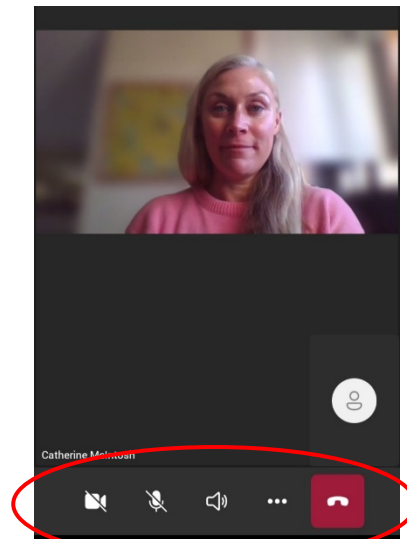


10 You will be prompted to allow Teams to access your **audio and video** so that your consultant can see and hear you to provide your care.

11 You will see a message saying "someone in the meeting should let you in soon"



12 You can control your video and audio with the controls at the bottom of the Teams screen



13 Your consultant can now work with you via video call, to provide the care you require

14 Once Microsoft Teams is installed, you will be able to connect with your consultant by simply selecting **Join Meeting** from the emails sent from your consultant

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

[Learn More | Meeting options](#)