

Getting Set Up for Virtual Care

Downloading the Application on a Computer

Virtual Mental Health @ CAMH



1

In any browser, search for **Download Cisco Webex Meetings** in the address bar. This should take you to a Google, Bing, or Yahoo page. There, click the link that looks like this:

 [www.webex.com > downloads](#)

[Cisco Webex | Download](#)

Install **Cisco Webex Meetings** or **Cisco Webex Teams** on any device of your choice. Get step-by-step instructions for scheduling your own Webex meetings, ...

2

Open the Website, and click the **blue download button** for Cisco Webex Meetings. It should look like this:



It might say *Download for macOS* if you are using a Mac.

3

The application will download. Run the download by clicking the **Run** button or **double-clicking on the file that was downloaded**. Cisco respects and protects your privacy, so they won't install anything on your machine without your consent.

The file might look like this:



4

When it is finished installing, the app will open. **Allow the app to have access to your camera and microphone** so that when you join your meeting, everyone will be able to see and hear you.

That's it! **You don't need to register for an account or do anything else**. Your app will be ready to use when you click on a meeting invitation.

5

Look for the **green join button** in your email. When you click on it, the Webex Meetings application will open, and you will be asked for your name and email. **Please only use your first name**. You'll only be asked to do this once.



camh
mental health is health