

GETTING STARTED

with Group or Class Video Visits



With just a few simple steps, you'll be ready for your Kaiser Permanente group or class video visit – without the trip to the medical office.

Access is as easy as **1** **2** **3**



KAISER PERMANENTE®



Schedule a Group or Class Video Visit and know how to join:

Here are directions to join based on what the scheduler advises:



Join via Email/Text Link¹

You will receive an email or text with the group or class link and the passcode for the class.

When it is time to join the class,





- Click on the link provided.
- At the Welcome screen, fill in your full name and enter the passcode.
 - The name that is entered here will be seen by the class in the participant list.
 - The passcode is case sensitive; it is important to enter the letters exactly how it is written in the email.
- Select "Enter" and you will be taken to the waiting room to wait for the host to start the class.

2

Set up your device before your group or class appointment:

After scheduling your group or class video visit, you can get set up right away. This will help you avoid any issues on the day of your appointment.²

We recommend using a mobile device for the best experience. Here are directions to set up your device:

	 Mobile Device Front facing camera <i>(recommended method)</i>	 Computer Camera, speaker, and microphone
Internet Connection	 <ul style="list-style-type: none">• Maintain at least 3 or more bars. OR  <ul style="list-style-type: none">• High speed wi-fi connection.	<ul style="list-style-type: none">• Maintain a strong wired or wireless connection to high-speed internet.• Minimize multiple online users during your appointment time.• Increase wireless signal strength by being as close as possible to your network connection or router.
Set up your device	<ul style="list-style-type: none">• Close all other applications.• Ensure your device is updated to the latest software version.• Clear all cookies and browsing history. Click here for more info.• Allow the app access to your microphone and camera.	<ul style="list-style-type: none">• Use Safari® for Mac®, or Google Chrome™ for Windows PC.³• Allow the app access to your microphone and camera.

When you click on the appointment link, if Google Chrome or Safari are not the browsers that open by default, you will need to copy the link and paste into your Google Chrome or Safari browser in order for the audio and video portions of the visit to work effectively.



Join your group or class appointment:

Double check the requirements below in advance of your appointment.

When it is time for your appointment:



- Choose a quiet area with good lighting so your doctor can see and hear you well.
- Set your device at or above eye-level and two to three feet away from you.
- Look directly at the forward-facing camera instead of the screen.
Do not flip the camera during your visit as this will disconnect your visit.
- Stay connected for at least 15 minutes after your scheduled time in case your doctor is delayed.
- Wear headphones, if available.
- Do not accept or acknowledge an incoming call or message once your visit with the doctor has started as that will disconnect your video visit.
- **Do not drive during your video visit.** If you are driving, your doctor will end the appointment.

Need technical help?

Call **1-844-800-0822**, Monday through Friday, 8:30 a.m. to 5 p.m.

¹ Recording any video visit session with your doctor is not permitted.

² Video visits are not required to see your Kaiser Permanente doctor. You can schedule an in-person visit instead, if you prefer.

³ iOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license. iPhone, iPad, iPod touch, Mac, and Safari are trademarks of Apple, Inc., registered in the U.S. and other countries. Android is a trademark of Google LLC.

For Apple: <https://support.apple.com/en-us/HT201265>

Clear the history and cookies from Safari on your iPhone, iPad, or iPod touch

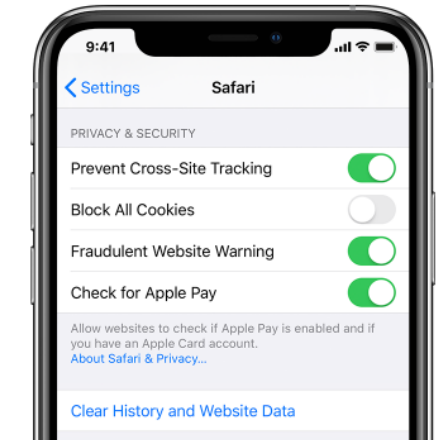
Learn how to delete your history, cookies, and cache in Settings.

Delete history, cache, and cookies

Here's how to clear information from your device:

- To clear your history and cookies, go to Settings > Safari, and tap Clear History and Website Data. Clearing your history, cookies, and browsing data from Safari won't change your AutoFill information.
- To clear your cookies and keep your history, go to Settings > Safari > Advanced > Website Data, then tap Remove All Website Data.
- To visit sites without leaving a history, [turn private browsing on or off](#).

When there's no history or website data to clear, the setting turns gray. The setting might also be gray if you have web content restrictions set up under





For Android: <https://support.google.com/accounts/answer/32050?co=GENIE.Platform%3DAndroid&hl=en>

Clear cache & cookies

When you use a browser, like Chrome, it saves some information from websites in its cache and cookies. Clearing them fixes certain problems, like loading or formatting issues on sites.

[Android](#) [Computer](#) [iPhone & iPad](#)

In the Chrome app

1. On your Android phone or tablet, open the Chrome app .
2. At the top right, tap More .
3. Tap History > Clear browsing data.
4. At the top, choose a time range. To delete everything, select All time.
5. Next to "Cookies and site data" and "Cached images and files," check the boxes.
6. Tap Clear data.

[Learn how to change more cookie settings in Chrome.](#)

Back to Step 2.