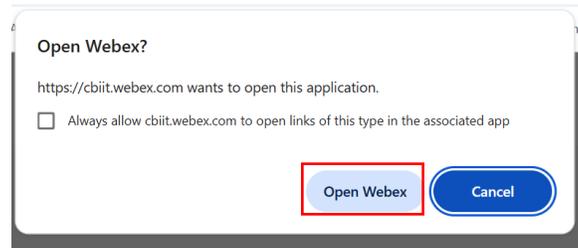
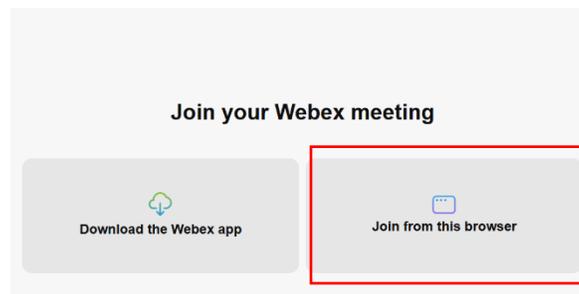


## Joining a Webex Meeting on Your Computer

- Once you register for the Global Cancer Research and Control Seminar Series, you will receive a link to join a Webex meeting via email. When it is time to join the meeting, click on the meeting link.
- The Webex meeting will open in your browser with this pop-up. If you have the Webex app installed on your device, you can select “Open Webex.”



- You **DO NOT** need to have the app installed. In this case, select “Cancel” and select “Join from this browser.”



- Once you select your desired mode (app or browser) you will be prompted to enter your name and sign on to the meeting.
- Your microphone will be automatically muted upon joining the meeting.
- If you want to join the meeting with your camera off, click . You will see  when your video is turned off. Click  if you want to turn your camera back on.

**\*\* If you are joining on a cell phone, you must download the app or use a call-in option\*\***

## To Call-In from Your Phone

- A list of **global call-in numbers** can be found in the meeting invite
- Select the number that best applies to you, when prompted enter the access code or meeting number and the attendee ID. If you don't have your attendee ID, press # and wait in the lobby until the meeting organizer lets you in.

## Webex Low Bandwidth – Best Practices

- **Reboot the PC; Reboot your router:** Allows system components to be flushed and clears up temporary files and processes.
- **Close background applications:** Even if you are not using them, applications on your device use precious resources. Before your meeting, close any applications and browser sessions that you are not using for a better experience.
- **Turn off VPN:** Your employer may have provided you with a VPN (virtual private network) service that allows you to use the company network while working remotely. Often, VPN can limit the bandwidth available to Webex. You can use Webex Meetings outside of VPN for a better experience.
- **Choose audio over video:** When your connection quality is low, your collaboration experience gets worse. Webex will suggest or automatically lower your video resolution and may eventually turn off your video. You can also turn off video from the app at any time.
- **Switch to Call In audio:** If your internet audio and video experience or call me/call back do not work, you can keep collaborating. Call into the meeting using the dial-in numbers in your meeting invitation to join via your cell phone or landline. If the primary phone number that is provided is temporarily unavailable, the invite includes a list of other global log-in numbers, and to find the numbers.
- **Minimize contending traffic:** Also, be aware that multiple people conferencing from home at the same time will harm available network resources for all.