

# MyUCDavisHealth Group Video Visit Instructions

This handout explains how to join video visits for Health Management and Education classes.

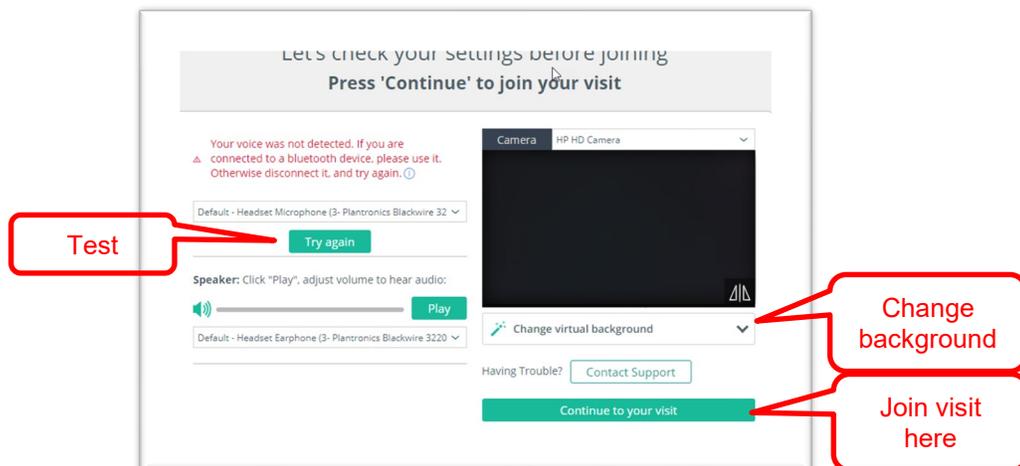
## Step 1: Log into MyUCDavisHealth <https://mychart.ucdavis.edu/>

- Use one of the following web browsers to login: Chrome, Firefox or Safari.
- *Note: Video visits are not available through Internet Explorer*



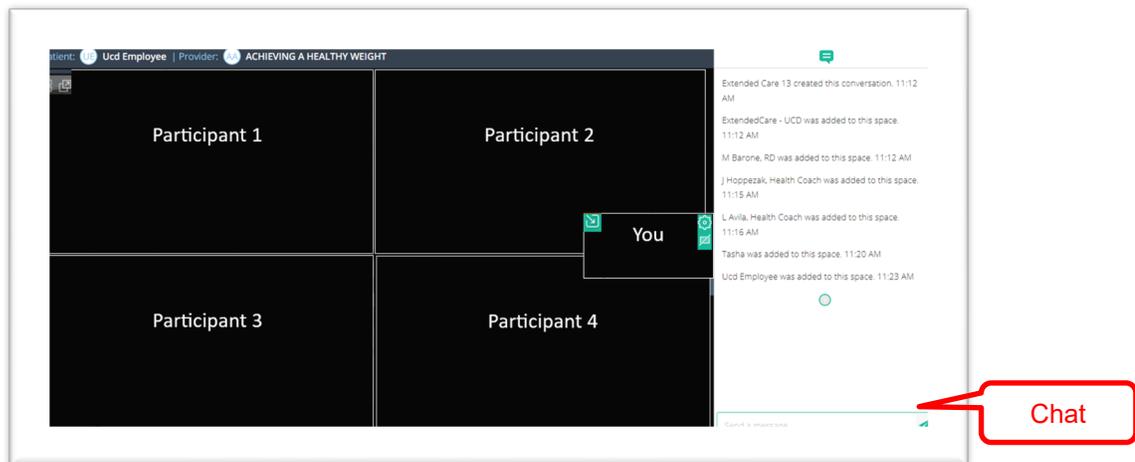
## Step 2: Set Preferences and Join Class

- Test your microphone and video before starting your visit.
- You can also apply a virtual background or blur your surroundings at this time.
- Click “Continue to your visit” to join the class.



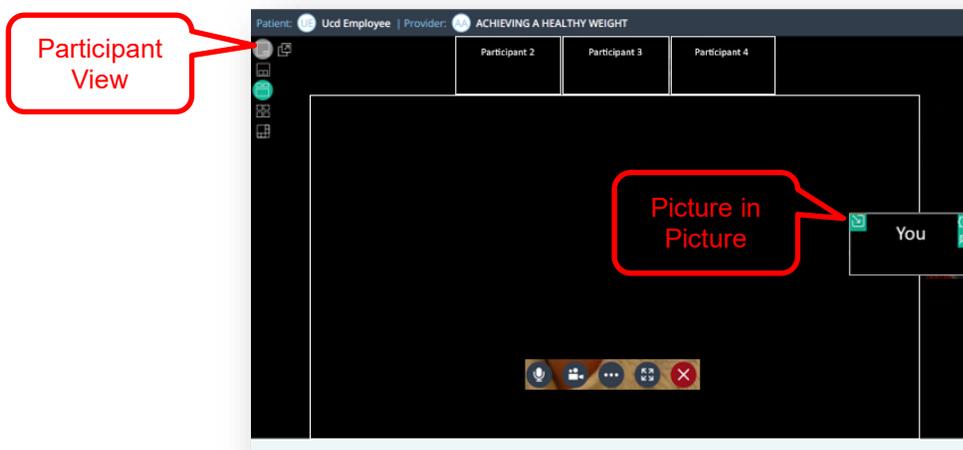
### Step 3: Meet the Instructor(s) and Participants

- Your video is automatically turned on at the beginning of class; however, having your video on is optional. You can turn it off at any time as needed.
- Class participants appear on the main screen.
- The chat box is located on the right. **All chat messages can be read by all instructors and participants.** Please keep chat messages brief and do not include sensitive or confidential information, including protected health information.



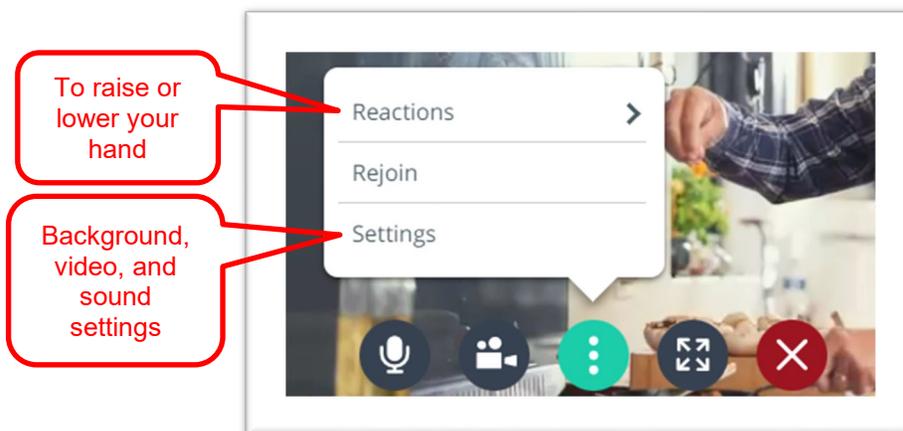
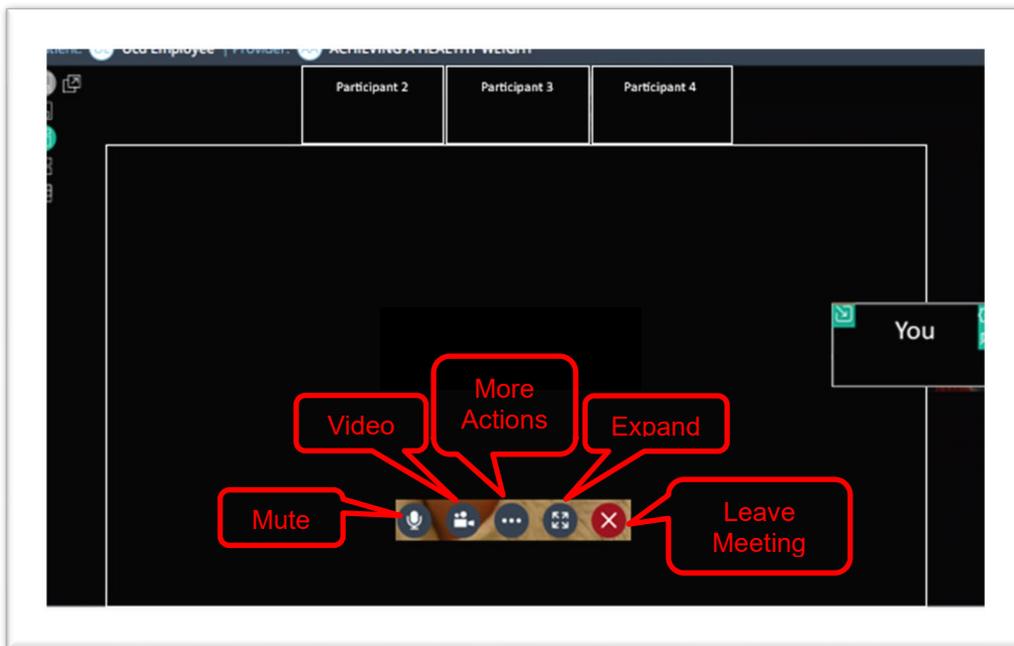
### Step 4: Change Your View

- To view yourself and all participants, select the Participant View icon at the top left of the screen and select a view option.
- To hide your picture, select the "Picture in Picture" icon.



## Step 5: Access Video Player Controls

- To mute yourself, click on the microphone icon.
- To hide your video, click on the video icon.
- To raise or lower your hand, click the three dots icon followed by the “Reactions” tab.
- To change your background or video/sound settings, click the three dots icon followed by the “Settings” tab.
- To expand your view in presentation mode, click the expand icon.
- To leave the class, click the red X icon.



## Step 6: Viewing the Instructor's Slides

- Once the class starts, the Educator will share their screen.
- Select the “Picture in Picture” icon to open a smaller screen that displays class participants.

