

Provider Tips

- Make the Zoom link easy to locate and prominent for patients (e.g. bolded, underlined, using a different size or color font)
- Consider using a recurring meeting so the same link is used for every session
- For added security:
 - Enable the waiting room
 - Lock the meeting once all patients have joined the session
- For group sessions, make sure your breakout rooms are enabled
 - See <https://support.zoom.us/hc/en-us/articles/206476093-Enabling-meeting-breakout-rooms> for more information and tips on using breakout rooms

Participant Tips

Welcome to the MCNAIR Study!

Here are some tips as you prepare for your Zoom sessions:

- Get your camera ready – Practice moving your device to different places so that the cardiac rehab team can see you exercising
- Join the call early to make sure everything is working properly
- Make sure your computer is fully charged or connected to a charger during your session
- If you need extra help, have a family member or friend help you set up your device ahead of time