# **Log into your appointment**

1. Your **appointment** will be in your **emails**.

Your **therapy service** will send it to you.

A black and white envelope with a symbol

AI-generated content may be incorrect.

2. **Click** on the highlighted **link**

[**Join the meeting now**](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDY0MjhjMmYtODUzMy00MGUwLTlkYTItMDI1YmE4MWNhNjQy%40thread.v2/0?context=%7b%22Tid%22%3a%22dd615949-5bd0-4da0-ac52-28ef8d336373%22%2c%22Oid%22%3a%22d02675ee-9395-4f10-8e86-2d18416b61f1%22%7d)

3. **Click** the **purple button**

A screenshot of a login

AI-generated content may be incorrect.

4. Click **Join** **now**

A screenshot of a video chat

AI-generated content may be incorrect.

5. **Wait** for your therapist to start the appointment.

It will start soon.

A logo with black text

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