

## How to attend a WebEx meeting on your computer

**Please test your access to WebEx on the device you will use prior to the time of your session\***

(Recommended if you have not used WebEx before or if you are using a new device to participate in the session)

1. Go to [www.webex.com](http://www.webex.com)
2. Click **Support** in the top tool bar
3. Scroll down to **Downloads and Utilities** and click **Join a test meeting**.
4. Depending on the device you are using, you may be prompted to -
  - a. Join a **Test meeting**
  - b. Configure your device for attending a WebEx meeting
5. Upon completion – you will receive confirmation that you are ready to attend a WebEx class.
6. If having difficulty, contact WebEx support at **1-866-229-3239**, option **1**.

*\*Note: Windows RT (ie. Microsoft Surface) is not currently supported.*

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### **Joining a meeting:**

1. Click on the **Join WebEx meeting** link
    - a. You may access either within a meeting invitation you received by email or on
    - b. The Mindfulness Be Here Now-Direct / Details Page found by clicking [HERE](#)
  2. Follow the prompts – including typing your name and email address to enter the WebEx meeting
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### **Application Download options:**

WebEx “**Player**” download option:

1. Go to [www.webex.com](http://www.webex.com)
2. Click **Support**
3. Scroll down to **Downloads and Utilities**
4. Click **Download WebEx Player**
5. Choose the download based on your device (for Windows and Mac OS devices).

WebEx “**App**” download option – for iPhones, iPads, Android smart phones

1. Go to the appropriate App Store for your device (iPhone or iPad: Apple App Store / Android: Google Play)
2. Search for “Cisco WebEx Meetings” app
3. Download to your device

### **Technical Notes:**

Supported Operating Systems:

Windows: 2003 Server, Vista, Windows 7, Windows 8, Windows 8.1

Mac OSX: 10.6, 10.7, 10.8, 10.9, 10.10

Linux: Ubuntu 12x and 14x (Gnome), Red Hat 5, 6, Open SuSE 13.1, Fedora 19, 20 (all 32-bit)

Supported Browsers:

Internet Explorer 7, 8, 9, 10, 11

Safari 5, 6, 7 (10.9 only), 8 (WBS 29.10 and newer)

Firefox

Chrome