

Following these guidelines will give first time users a more enjoyable experience.

If you are **Joining** a meeting:

- Please have the most current version of Adobe Flash Player. It can be downloaded at http://get.adobe.com/flashplayer/?no_ab=1
- Be sure to turn off your Pop-Up Blocker.
- Not all wireless connections are capable of supporting video streams. If possible, connect to your Internet directly with a cable.
- Be sure to close out of all other programs. Some programs will continue to use your Bandwidth and/or your computer's resources, which can lead to a poor experience.