

How to Join Our Webinars: Dr. Curnew Cardiology

What are webinars?

Thank you for your interest in our webinars! Given the COVID-19 situation and the importance of physical distancing and staying home, we are unable to host our workshops in clinic. With that said, we are blessed with the gift of technology in the modern age. Even though we must physically distance ourselves from one another, that is not to say that we cannot remain connected digitally. Technology provides us a way to keep in touch, socialize and continue to learn in webinars from the comfort of our own homes.

While this can be a scary, worrisome and anxiety-provoking time, we can also take an optimistic stance and use it for our benefit. This is a great opportunity to pick up healthy habits that we can continue in the future, and to continue learning!

Our team is planning on hosting two webinars a week: Tuesday evening 7pm-9pm and Friday evening 7pm-9pm. Each webinar will have a different theme and topic. The webinars will be recorded and posted on our YouTube channel for future access. On our YouTube channel, you will also find other pre-recorded workshops that we are uploaded, based on various themes. Please feel free to share these with your friends, family, colleagues, and anyone else that you know might benefit from watching the videos. Additionally, anyone is welcome to join us in our webinars (YouTube and WebEx), so please do invite them all as well.

How do I join webinars?

This document will take you through out to join our webinars. There are two ways to access our webinars:

1. **YouTube Live:** YouTube allows us to live broadcast our webinar, and you will be able to see our content, videos and voices. However, this is largely a *one-way communication*, meaning you will be able to see and hear us, but we will not be able to see and hear you. It is similar to a TV broadcast. Luckily however, there is a chat feature, so you can still communicate with us, but you would have to type out what you want to say to us rather than use a microphone. YouTube is also where you will find our saved webinars and pre-recorded workshops. This is a very easy method to use, and might be better for those who have less experience with technology.
2. **WebEx:** WebEx allows us to video call during the webinar, meaning we can share our content, voices and videos with each other. This is a *two-way communication*, meaning we can talk to you and you can talk back to us. However, this method may be more complicated to use, so this may be better for those of you who have more experience with technology.

There will be instructions with pictures for each of these methods below.

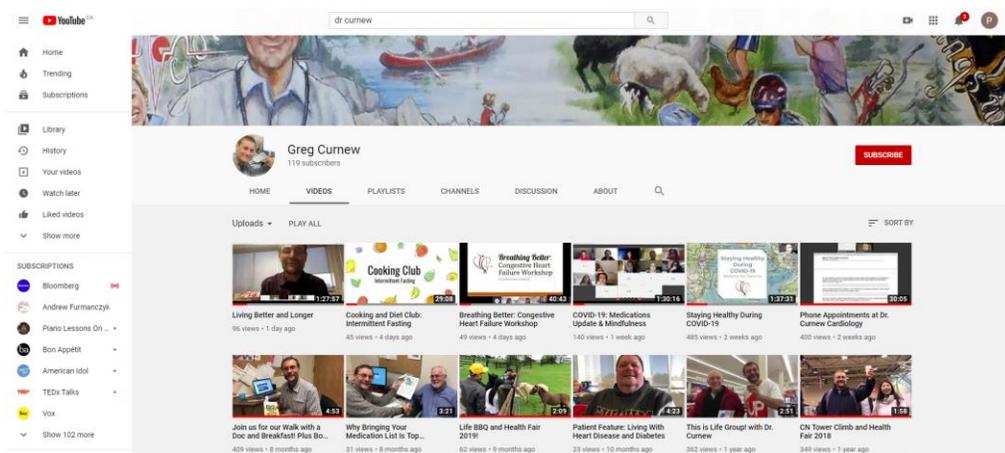
How do I use YouTube Live?

Joining us using YouTube is very simple. This is the easier of the two options, so it would be recommended for those that have less experience with technology. With that said, it is the less engaging method of the two, as it is primary *one-way* communication (however, you can still send us messages). On our website and newsletters, the link to join looks like this:

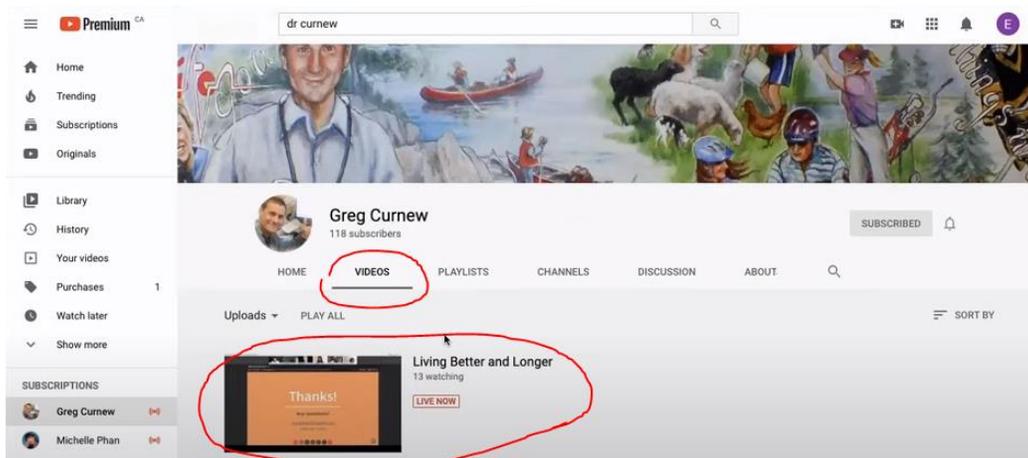
For easy access we're live-streaming on Youtube here:
<https://www.youtube.com/channel/UCaprwU4w8dqaOmXnzUHxeZg/>,
however you won't be able to share your audio voice on Youtube.

To watch the live YouTube broadcast, follow these instructions:

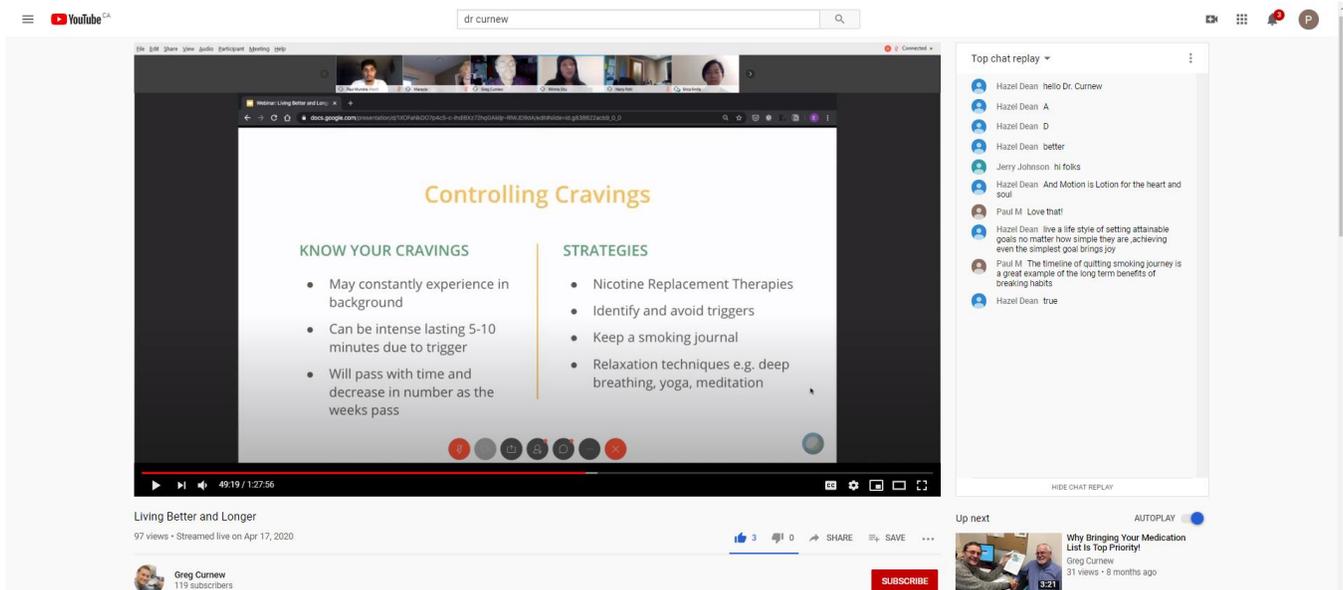
1. Click on the link on our website or newsletter. The link is also below:
 - a. <https://www.youtube.com/user/DrCurnew/videos>
2. You will arrive at Dr. Curnew's YouTube videos page. On this page, you can see all of the videos that we upload. You can also see the previous webinars, as well as our pre-recorded workshops. Feel free to watch these videos in your spare time, we have uploaded them for you to view! It will look like this:



3. At 7pm when our webinar begins, you will see a video that has a **"LIVE NOW"** logo, in red. It will be the first video visible, at the top left. *You must be in the videos tab to see this.*



4. After clicking this video, you should come to a screen that looks like the following. You are now viewing the live webinar. To the there, there is a chat box. In this box, you can send us messages for us to see during the webinar. You can send questions, comments and ideas, and we can address them during the webinar. You can also engage with each other in the chat feature. Finally, be sure to like the video, and press subscribe if you want easy access to our other videos.



5. To exit the webinar, you can simply close the window.

YouTube is easy to use, but the engagement opportunities with the hosts of the webinar are limited to only a chat box. WebEx (described in the next section) allows for greater engagement with the hosts via video and microphone, but might be more difficult to use. If you are willing to try it out, the instructions are on the following page. We will also be uploading YouTube videos in the future on how to join WebEx, as well as using other technology for your health benefit.

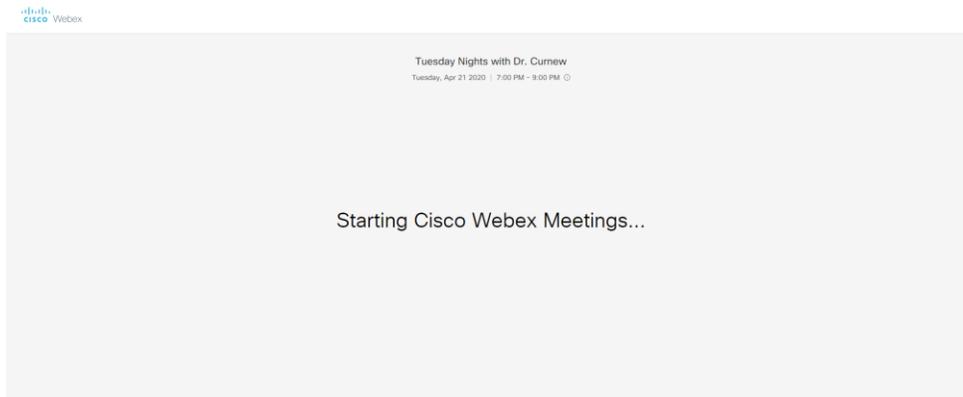
How do I use WebEx?

On our website (drcurnew.com) and newsletters, this is what the link to join WebEx looks like:

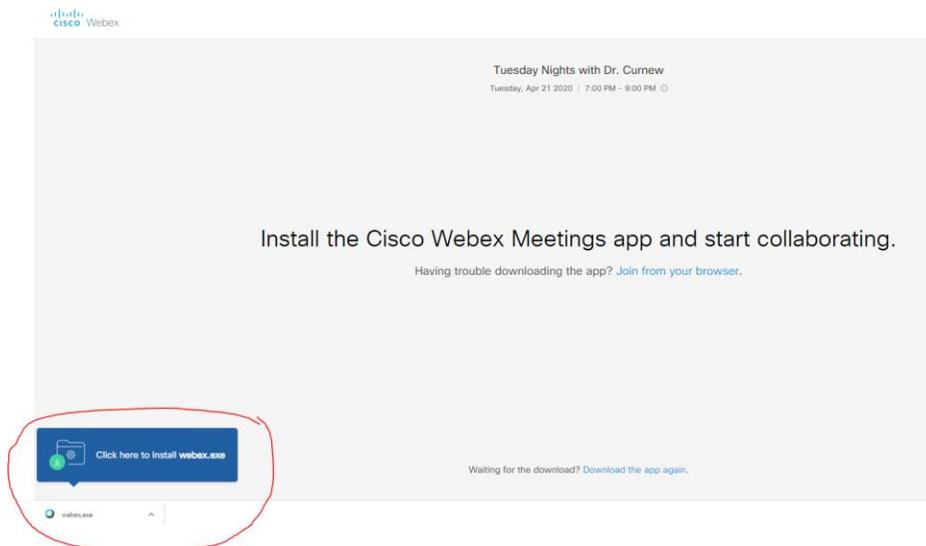
To speak to us, join us here:
<https://mcmaster.webex.com/mcmaster/j.php?MTID=m6863f4615389b55eb5582a56ca41ee4b>
(It will download the Webex app onto your device)
The password is: Curnew

In order to join on your computer:

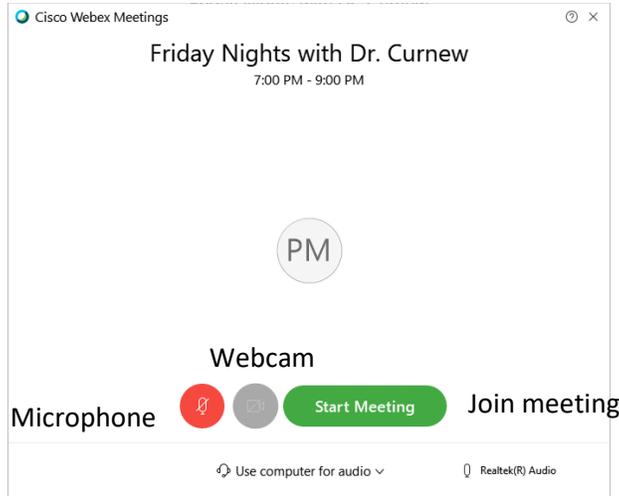
1. Click on the blue link. This should be found on our website (www.drcurnew.com, and go to blog) and newsletters. The links are also below:
 - a. Tuesday sessions: <https://mcmaster.webex.com/mcmaster/j.php?MTID=mcfaa0257a26845f82f513091a15ffb5c>
 - b. Friday sessions: <https://mcmaster.webex.com/mcmaster/j.php?MTID=m6863f4615389b55eb5582a56ca41ee4b>
2. You should come to a screen that looks like this. If you are prompted for a password, type in “Curnew” (without the quotes, and with the capital C).



- a. **If this is your first time using WebEx, a file will be downloaded onto your computer. Please open this downloaded file:**



3. A window that looks like this should open. It might say “Join meeting” instead of “Start meeting” on the green button. To the leftmost of the green button, you have an option to enter the meeting with your microphone on or muted. Between that button and the green button, there is the option to enter the meeting with your video off or on.



4. After you press join, the screen should look like the following. Taking up majority of the screen will be our live webinar presentation. To the top right, you will see a list of participants in the meeting. To the bottom right, you will see a chat box. Here, you can send messages if you'd like to communicate without using your voice. At the bottom, you will see a series of buttons. The 1st button to the left will mute or unmute your microphone. The second button to the left will turn off or on your webcam. We ask that all participants keep their microphone mutes while we are presenting to avoid distractions, but feel free to unmute it if you have questions. When the webinar is done, you can leave the meeting by pressing the “X” button on the right.

