Virtual Access

How To Maximize Your Virtual Experience

Much of the NASDDDS virtual conference will occur over the **Zoom Videoconference** platform. There are several ways to maximize your experience.

You will be asked to join the Zoom Meeting with your **microphone muted and your video OFF**. We do encourage interaction in our meetings. Please follow the instructions of the facilitator in order to ask questions, make comments, or share experiences during appropriate times. To learn how to mute/unmute your microphone in a Zoom Meeting, watch a video at this [LINK](#). **Please leave your microphone muted when not speaking.**

**Two of our meetings utilize video over Zoom.** We will not play these videos in HD to maximize bandwidth for those with more limited connectivity. If you notice delay or buffering, a YouTube link will be provided if you prefer to utilize that platform and return for the discussion only.

**Try some of these tips to maximize your connection:**

- Close down all applications and internet windows except what you will be using. Especially your VPN, Teams, Email, or other high bandwidth items.

- You can also [join a test meeting](#) ahead of time.

- Limit other devices using your internet connection (phones, other people’s laptops, etc.) OR plug in to a wired internet connection, if possible

- Check your internet speed ahead of time [HERE](#). A good upload speed is 5-10 MBPS and at least 200 MBPS is ideal for download speed.

- Watch a [video](#) about WiFi connectivity

- Try bringing your computer or mobile device closer to the WiFi router or access point in your home or office

- Use a higher powered/long-range WiFi such as Amped Wireless [router](#) or [adapter](#) to increase the WiFi signal on your PC or Mac

- Use a [DOCSIS 3.0](#) cable modem (if you have cable modem) to improve internet performance

- Contact your corporate IT department to check your WiFi hotspot and Zoom compatibility with your firewall

**Email Carrie McGraw at cmcgraw@nasddds.org with any questions, concerns, or accessibility requests.**