



Diabetes Virtual Support Group Session Instructions

Thank you for your interest in attending the COPC Diabetes Support Group!

The Support Group will be conducted using Microsoft Teams. If you are using most PC laptops and computers, it is easiest to use Microsoft Teams in your web browser, you do not have to make a Microsoft Teams account. On Mac computers/iPads/cell phones you must download the Microsoft Teams app and set up a free account. This virtual class works best on computers or laptops, mobile phones are not preferred.

When the Support Group is due to begin, click the link from your email and click "Join Now." This will allow you to enter the class, please mute your microphone if you have any conflicting noise in the background.

We want Support Groups to be interactive! Please ask your questions out loud or type them in the "chat section" as they arise. By scheduling you are also agreeing not record any portion of the Support Group.

The dates for future Support Groups will be on our website.

Thank you for your interest and we look forward to seeing you in the Support Group!