

Get started with Webex Meetings.


Download the Cisco Webex Meetings desktop app (Mac or Windows) from cs.co/get-webex-meetings

or


Download the mobile app from the [App Store](#) or [Google Play](#)

Join a meeting

Recommended: From your desktop

1. Open the meeting invitation from your email or calendar.
2. Click the  button.
3. When the Webex Meetings application opens, select **Call me** from the drop-down beneath the **Join Meeting** button
4. **Click** to enter your phone number then click **Join Meeting**.

Alternate: From your mobile device

1. Please use **Wi-Fi** rather than cellular data.
2. Open the meeting invitation from your calendar.
3. **Locate** and tap the  button or click the join meeting URL to launch the mobile application.
4. When prompted, **make your audio and video selections** before joining the meeting.
5. Tap **Join** when you're ready to enter the meeting using your audio and video choices.

Join by audio only

Recommended: To join from a mobile device, open the meeting invitation and tap a dial-in number under **Join by Phone**.

Alternate: To join from a landline, open the meeting invitation and dial one of the available phone numbers and enter the meeting number (access code) followed by # when prompted for attendee ID.

Best Practices

- [Download the Webex Meetings application](#) on your desktop or mobile device before the meeting.
- Choose audio over video if you encounter bandwidth constraints
- Use noise cancelling headphones or a headset for the best audio experience.
- If joining via a mobile device, please use Wi-Fi rather than cellular data.
- If your internet audio and video experience or call me does not work, call in using the dial-in numbers in your meeting invitation to join via your cell phone or landline.

See more best practices [HERE](#).



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