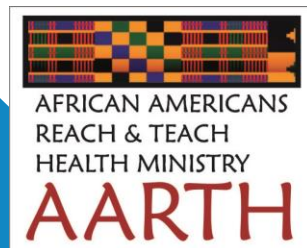



# Harborview and King County Tablets for Seniors Pilot





## **Today's Agenda**

1. Welcome
2. Setting Up Your Tablet
3. Elements of a Tablet
4. Getting Started with Zoom
5. MyChart
6. Telemedicine Visit
7. Facebook

# Meet the Instructor

- Twanda Hill
- 206.248.6072
- [twandah@aarth.org](mailto:twandah@aarth.org)



# What is a Tablet?

A portable personal computer equipped with a touch screen as a primary input device, and running a modified desktop operating system.

- Top of Tablet

## 2. Setting up your Tablet



# Setting up your Tablet

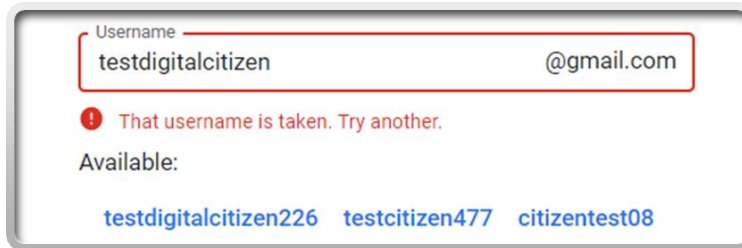
- **Android** itself **does** not **require** a **Google account** to use, only **Google's** proprietary applications **do**.
- Zoom is not a proprietary app **but**
- The Google Playstore where you download apps is proprietary.

# Google Account

- A **Google Account** is a user account that is required for access, authentication and authorization to certain online Google services. It is also often used as single sign on for third party services.
- **You do not have to use a gmail account to create a google account.**

# Creating a Google Account

- To begin creating a *Google Account*, open any web browser and access [the Google Sign Up page](#). This opens the "*Create your Google Account*" page, where there's a form you need to fill in.
- Start by inserting your *First* and *Last name*. You can then choose a *Username*, if you want to also create a new *Gmail* address for your emails.



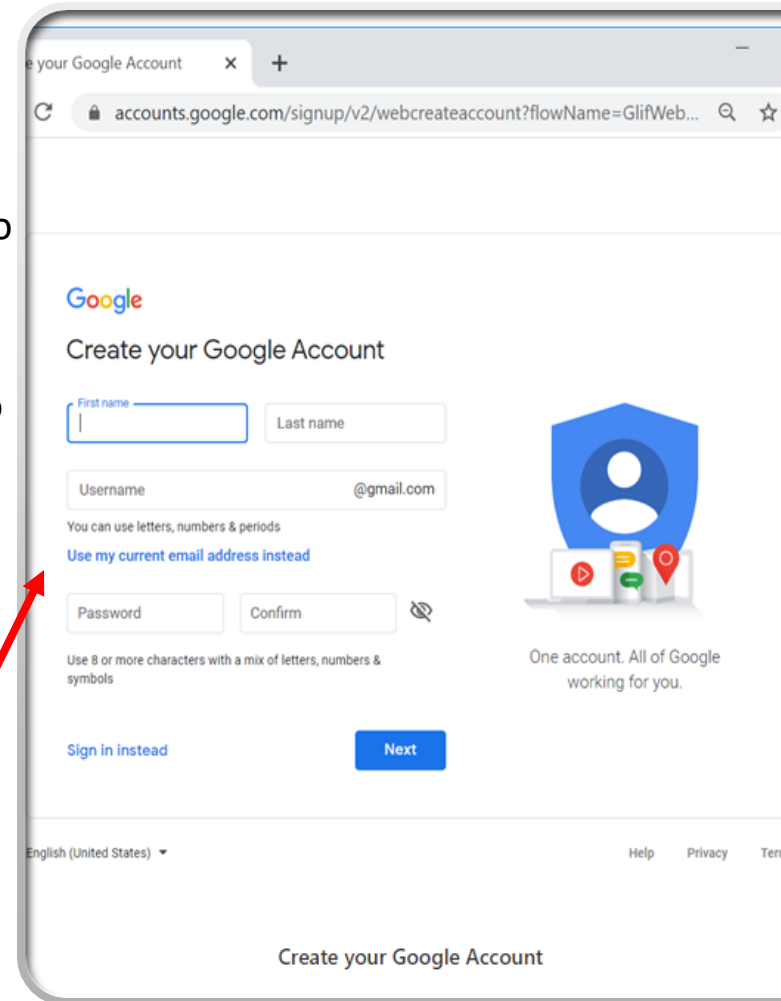
Username  @gmail.com

! That username is taken. Try another.

Available:

[testdigitalcitizen226](#) [testcitizen477](#) [citizentest08](#)

- Alternatively, click or tap on "Use my current email address instead," and then enter an existing email address.



Google

## Create your Google Account

First name  Last name

Username  @gmail.com

You can use letters, numbers & periods

[Use my current email address instead](#)

Password  Confirm

Use 8 or more characters with a mix of letters, numbers & symbols

[Sign in instead](#) [Next](#)

English (United States) ▼ Help Privacy Terms

Create your Google Account

Insert a password and confirm it. Google has strict requirements for passwords, so your password must be at least eight characters long, and it is recommended to use a mix of upper and lower-case letters, numbers, and symbols (e.g., \$ ? !).

[Use my current email address instead](#)

Password  Confirm  

! Please choose a stronger password. Try a mix of letters, numbers, and symbols.

Choose a complex password

When you are done entering your details, click or tap on *Next*.

The next screen is slightly different, depending on whether you chose to use an existing email address or opted for a new *Gmail*. If you went for the full Google experience, you are prompted to enter your phone number. Make sure you have your phone within reach, type in the number, and click or tap on *Next*.

A screenshot of the Google 'Verify your phone number' screen. The Google logo is at the top. Below it, the heading 'Verify your phone number' is displayed. A message states: 'For your security, Google wants to make sure it's really you. Google will send a text message with a 6-digit verification code. Standard rates apply'. There is a dropdown menu for country codes (showing a flag) and a text input field labeled 'Phone number' with a single digit '1' entered. At the bottom left is a 'Back' link, and at the bottom right is a blue 'Next' button with a red border.

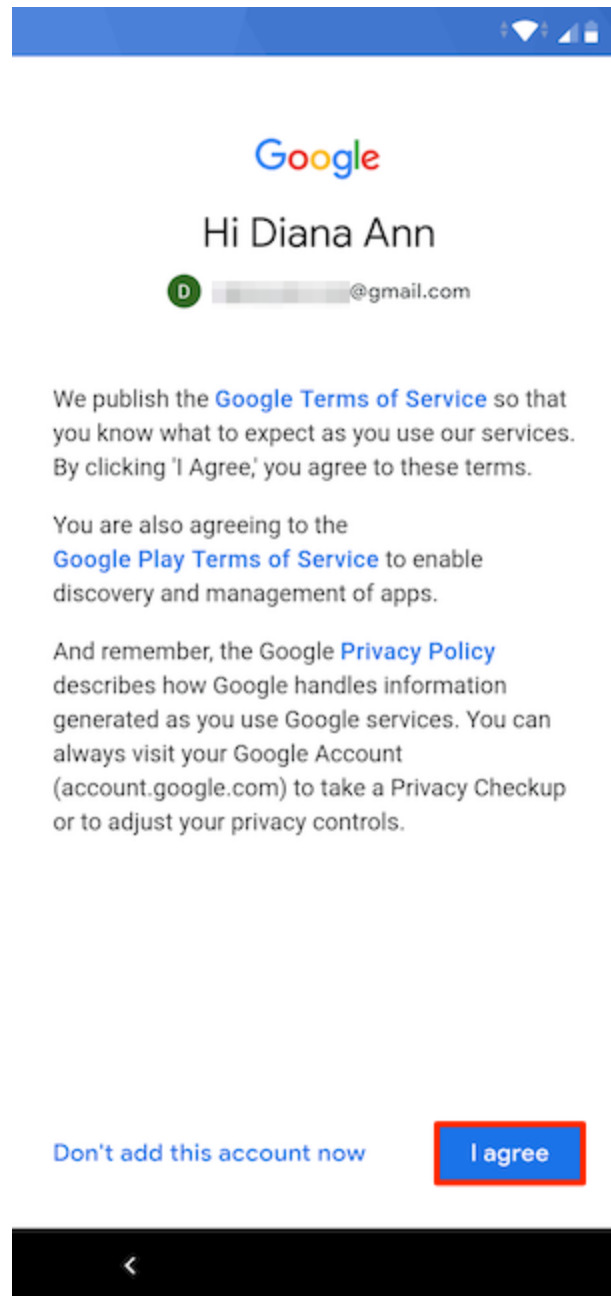
English (United States) ▼

[Help](#)

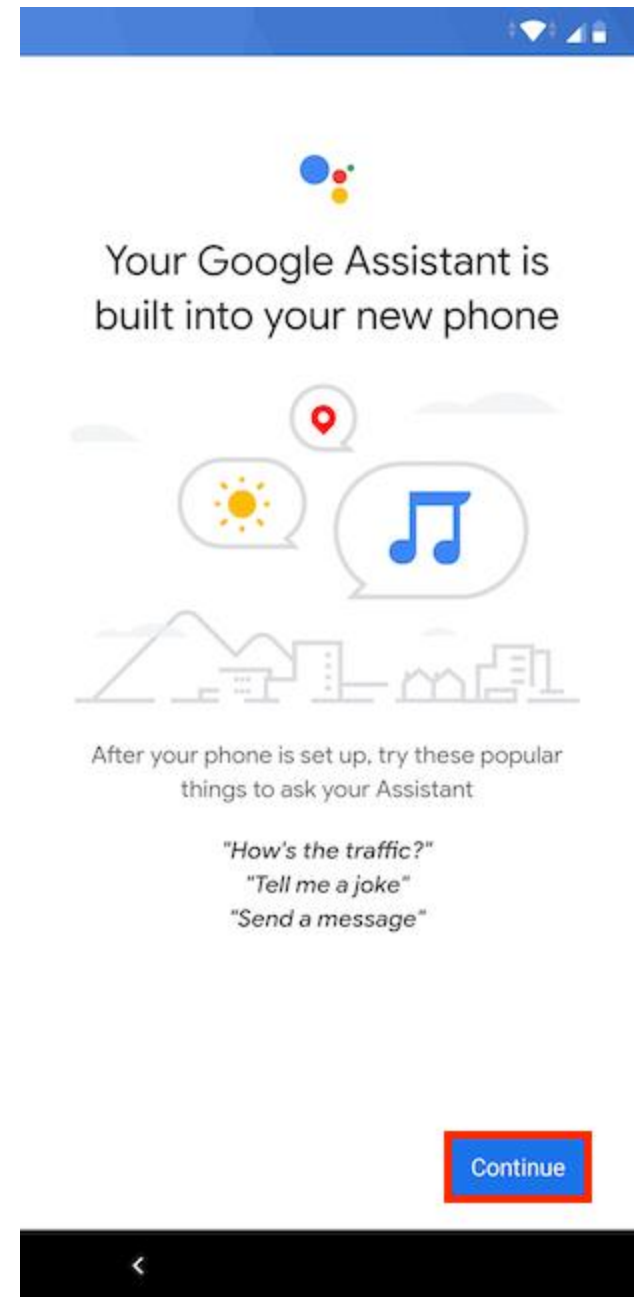
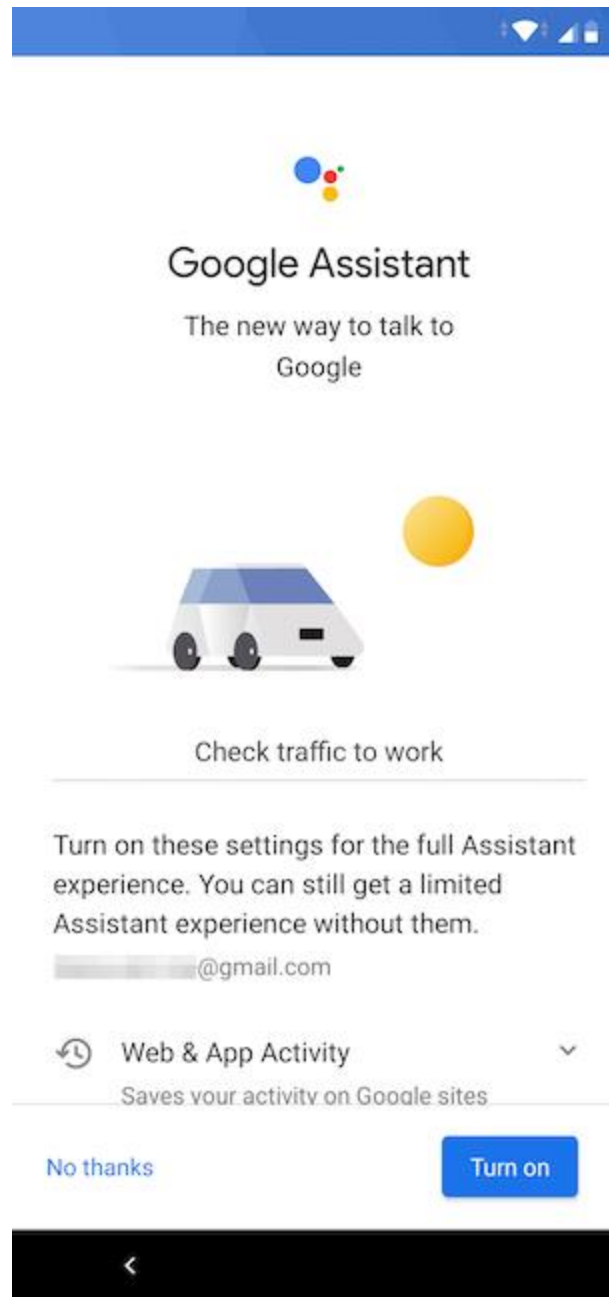
[Privacy](#)

[Terms](#)

Next, Google asks you to agree to its *Terms of Service* and *Privacy Policy*. Tap the **I agree** button to set up your Google Account on your Android device.



Review the *Google Services* and flip the switch next to each option to decide on the settings used when it comes to *Backup & storage*, *Location*, and *Device maintenance*. When you are done, tap *Accept*.





## Protect your phone

Prevent others from using this device without your permission by activating device protection features. [Learn more](#)

Set up face recognition

Set up fingerprint

Set up PIN, pattern or password

No. Thanks.

NEXT



## Anything else?

Set up a few more things now, or find them later in Settings



Add another email account



Change font size



Change wallpaper



Review additional apps

NO THANKS



## Setup Complete

Your device is now ready for use. If you want to change the configuration later, you can do so in **Settings**.

DONE

# Add an Existing Google Account Samsung Galaxy Tablet

01

From a Home screen, tap  
Apps.  
> **Settings** > **Accounts** and  
sync.

02

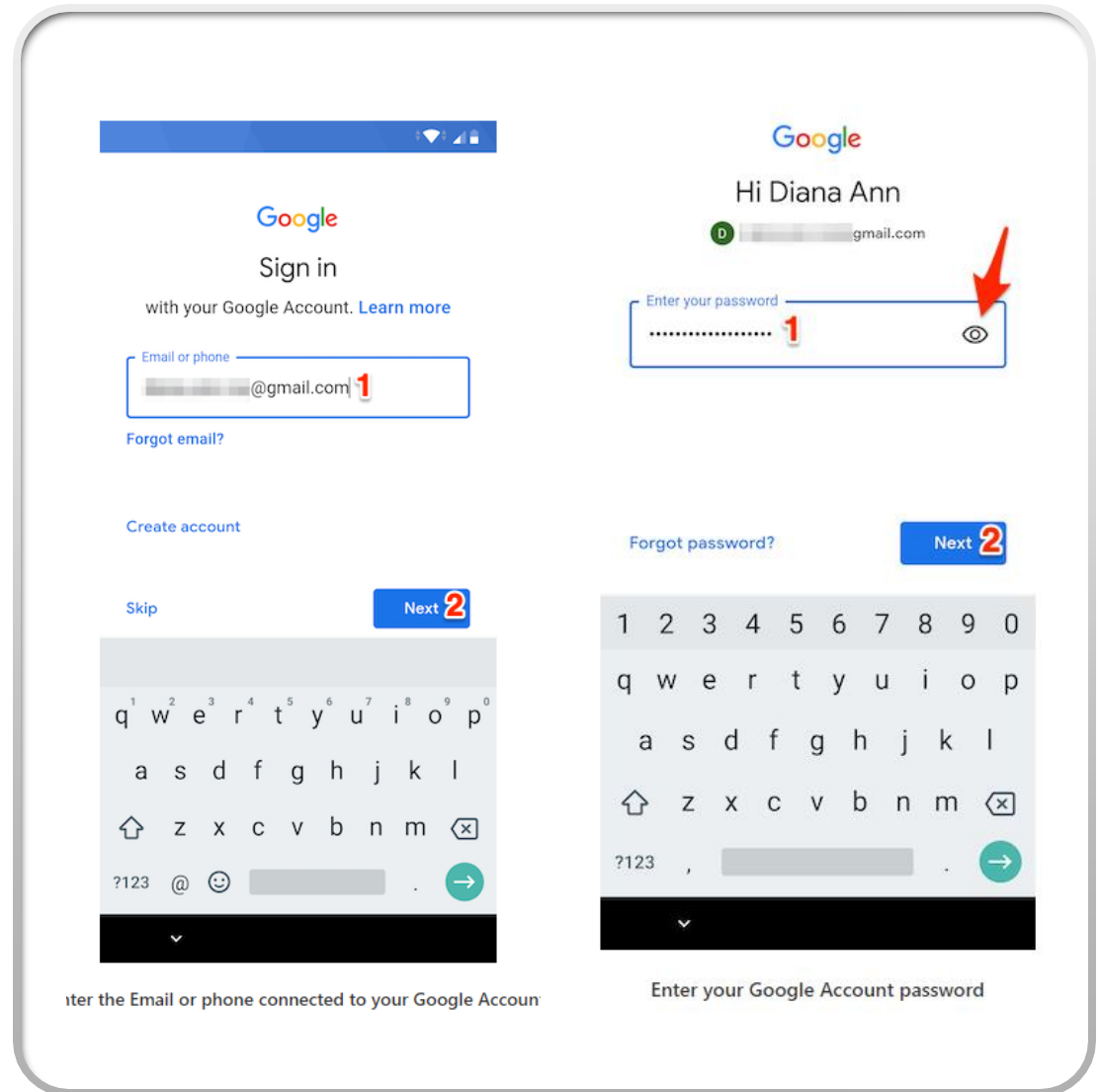
Tap **Add account** (located  
in the upper-right).

03

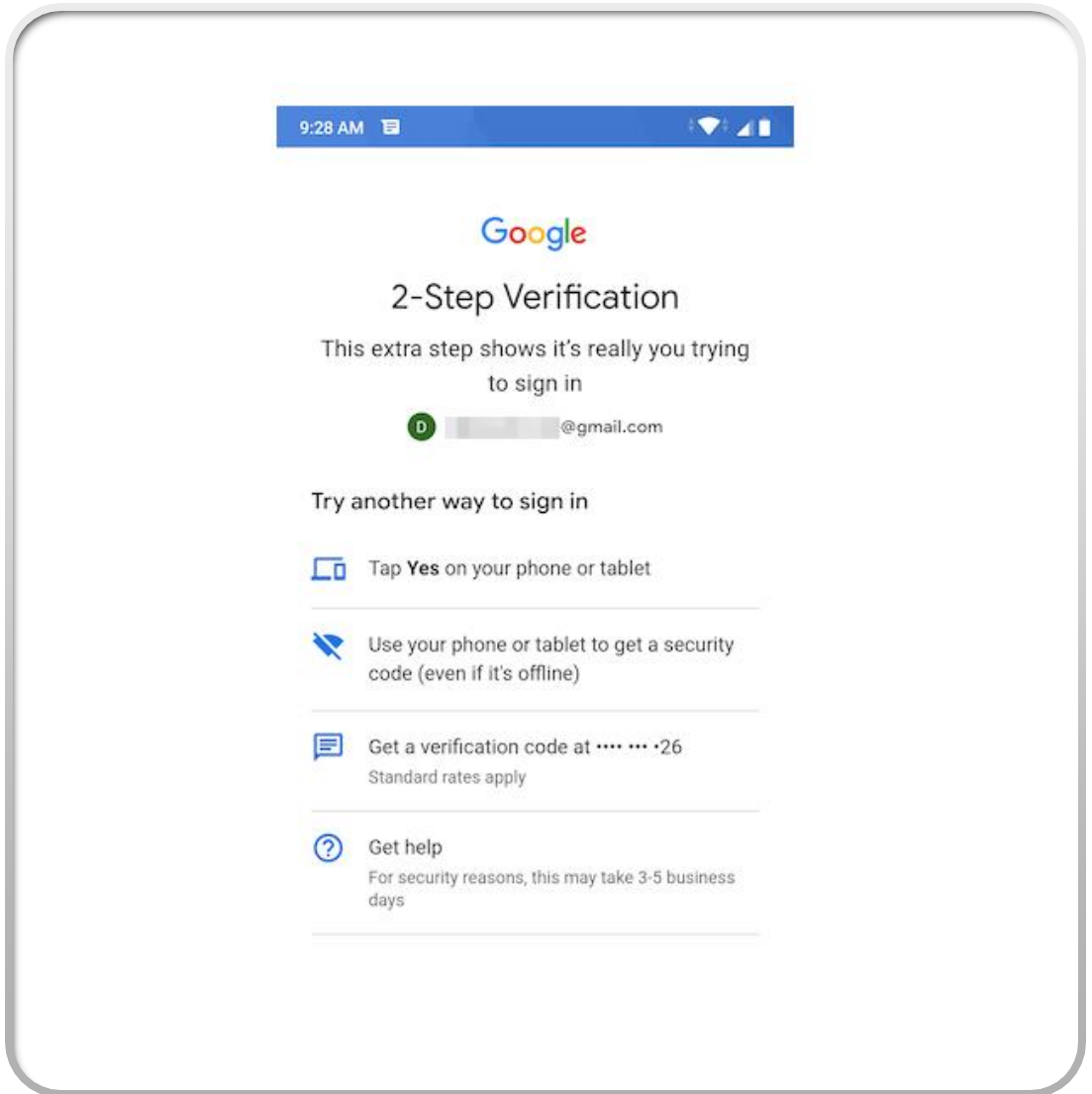
Tap **Google** or **Google  
Accounts**.

- To sign in with your existing Google Account, enter the *"Email or phone"* associated with it in the corresponding field, and then tap the *Next* button

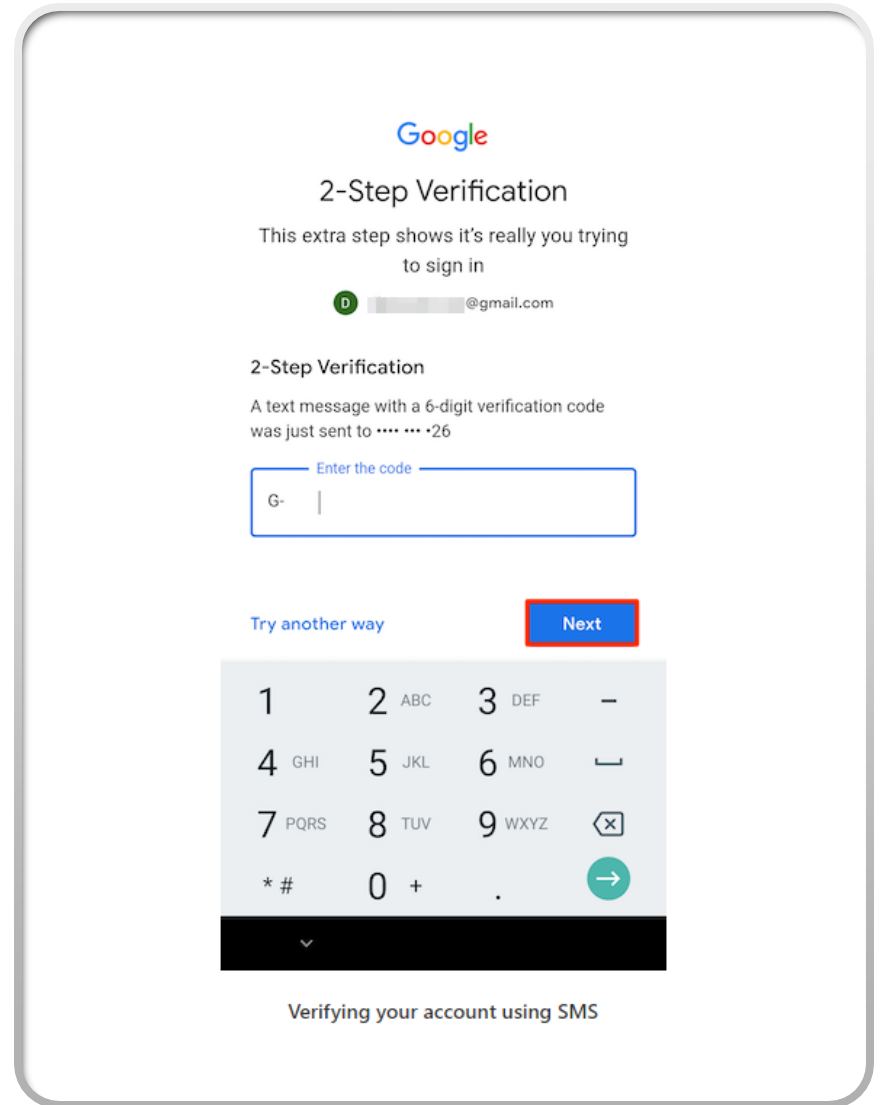
- On the next screen, Android asks you to enter the Google Account password. Type it in the *"Enter your password"* field, and then tap *Next*



If you're using **2-step verification for your Google Account**, you're asked to enter a verification code. Depending on your security configurations, you can get this code from the Google Authenticator app, through an SMS message, or another way.



Enter the security code and  
tap *Next*.



The screenshot shows the Google 2-Step Verification interface. At the top is the Google logo. Below it is the title "2-Step Verification" and a message: "This extra step shows it's really you trying to sign in". A small profile icon and the email address "D @gmail.com" are displayed. The section "2-Step Verification" is followed by the text: "A text message with a 6-digit verification code was just sent to ... •26". Below this is a text input field with the placeholder "Enter the code" and a "G-" label. To the right of the input field is a blue "Next" button. Below the input field is a link "Try another way". At the bottom is a numeric keypad with letters for letters, a backspace key, and a green arrow key. Below the keypad is a black bar with a white arrow pointing down. At the very bottom is the text "Verifying your account using SMS".

Google

## 2-Step Verification

This extra step shows it's really you trying to sign in

D @gmail.com

### 2-Step Verification

A text message with a 6-digit verification code was just sent to ... •26

Enter the code

G-

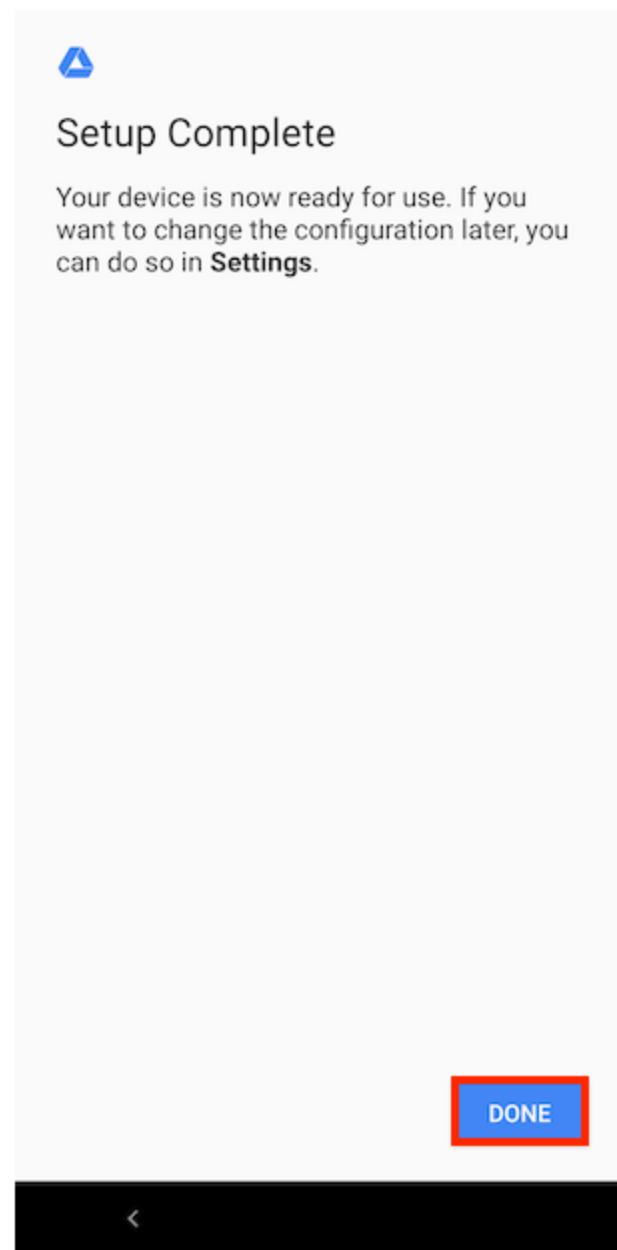
Try another way

Next

1	2 ABC	3 DEF	-
4 GHI	5 JKL	6 MNO	↶
7 PQRS	8 TUV	9 WXYZ	✕
* #	0 +	.	→

Verifying your account using SMS

Depending on your smartphone or tablet and on the Android version running on it, you might have to go through a few additional configuration steps. For instance, the "*Protect your phone*" prompt at the end of the setup process encourages you to enable some way to lock the Android device.



Press Done to finish the setup

- Top of Tablet

### 3. Elements of a Tablet



# Elements of a Tablet

Top of Tablet

- Home / On & Off Button  
pressing this button, the user will be taken to the home screen button

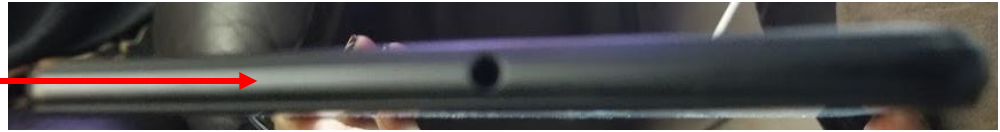
Enables the user to switch on or switch off the tablet

- Volume Up
- Volume Down



**Top of Tablet**

Earphone



Power Cord & Plug



Charging port  
to connect battery charger

**Bottom of Tablet**





# Using Your Device

Turning your Tablet on/off

- Press and **hold** the Power button

Locking/Unlocking Screen

1. Press Power Button
2. Swipe Up

\*\*\*Tip: To prevent accidental key presses, press the Power Button and turn it off.

# Home Screen

- Time
- Date
- Camera
- Swipe to Unlock
- Samsung Browser



# Home Menu Swipe Up

Besides the menu

3 icons at very bottom of screen



Shows Open Apps



Home Menu

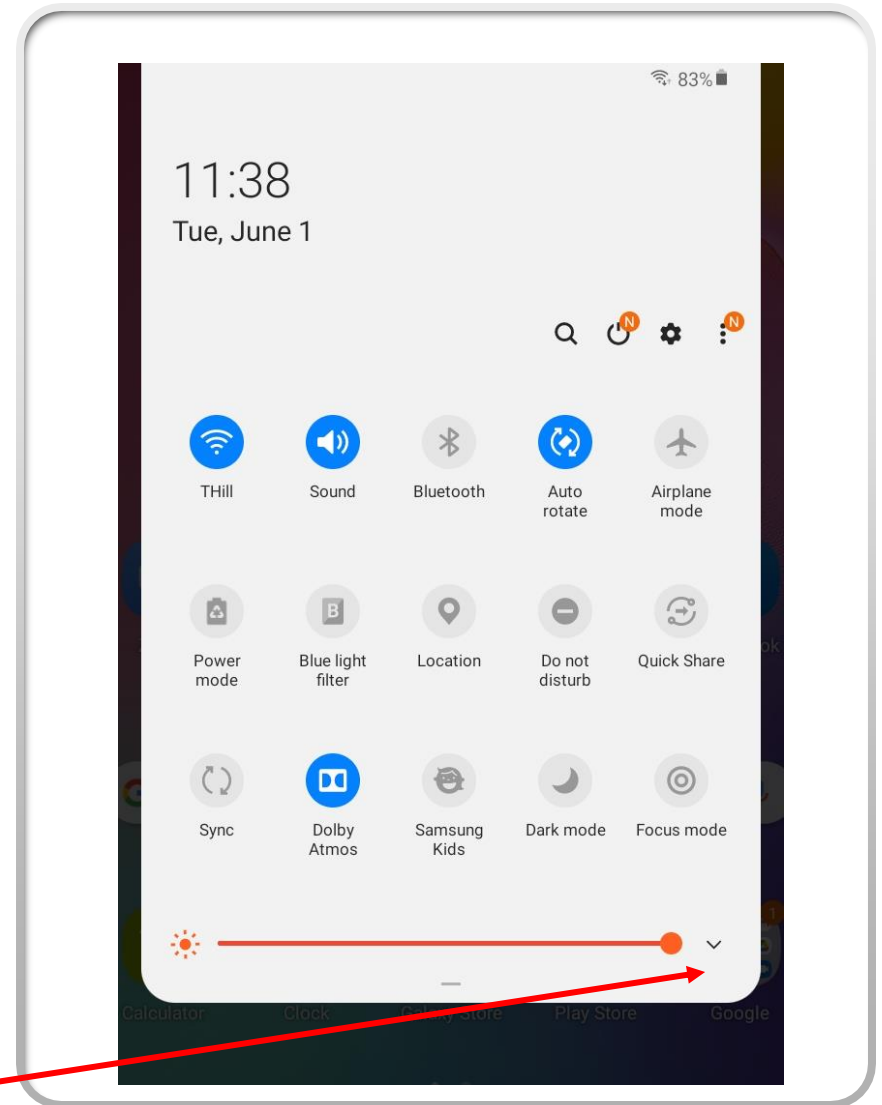


Go Back



# Settings Menu Swipe Down

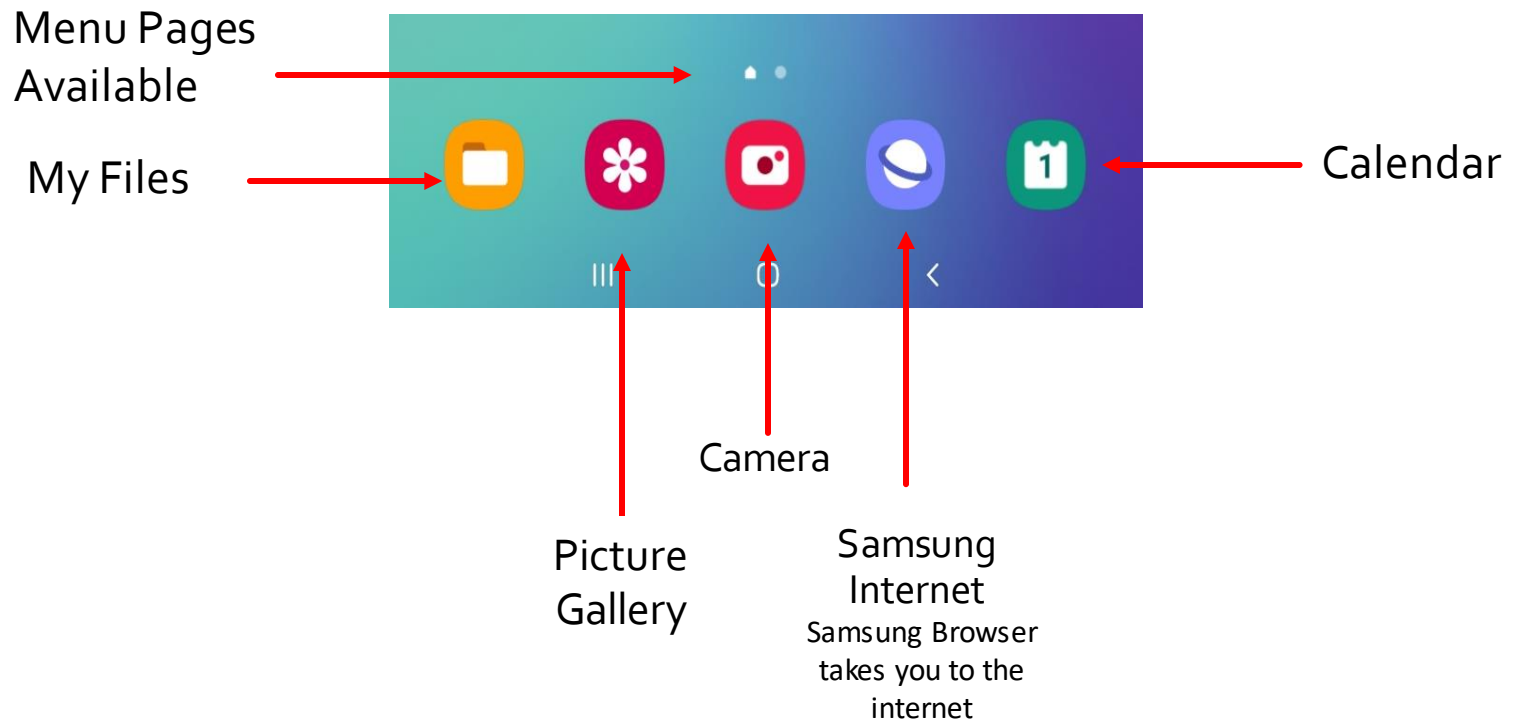
- **Wifi**  
Your tablet is equipped with Wi-fi, which enables wireless Internet access.
- **Sound**
- **Bluetooth**
- **Auto Rotate**
- Airplane Mode
- Power Mode
- Blue Light Filter
- Location
- Do Not Disturb
- Quick Share
- Sync
- Dolby Atmos
- Samsung Kids
- Dark Mode
- Focus Mode
- **Brightness Level Adjustment**  
Click on down arrow



# The Menu Breakdown 1



## The Menu Breakdown 2



# Searching the Internet

- Use the search bar to find items on the internet. You can search by category or by web address
- www is the world wide web
- Do a search for [www.aarth.org](http://www.aarth.org)

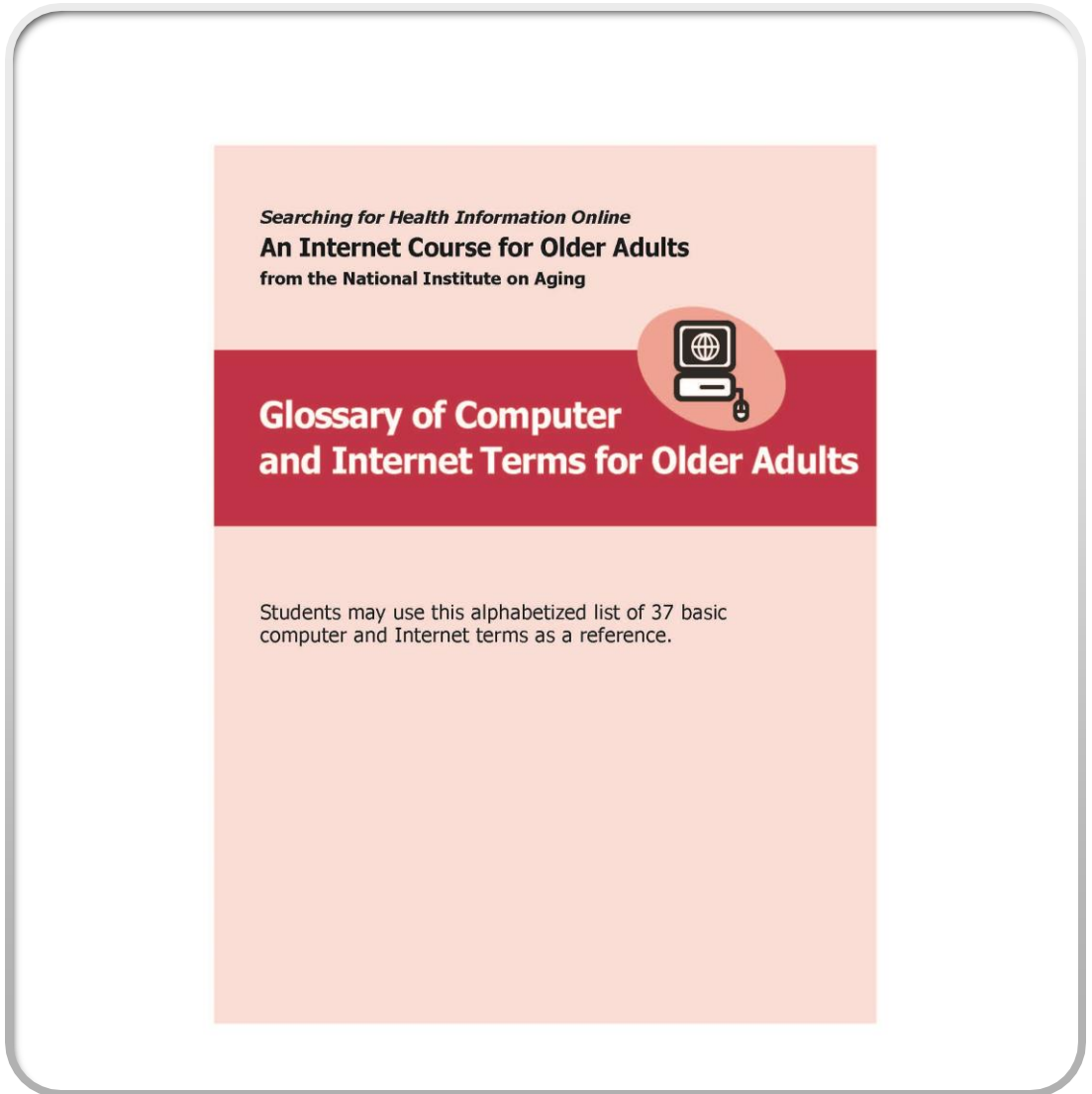


**\*\*\*Tip\*\*\***

## **Computer Terms Glossary**

**Learning the language.**

This pamphlet was put together by the National Institute on Aging and is a great tool for learning computer terms.



<https://www.aarth.org/digital-equity-project>

## 4. Getting Started w/ Zoom

**SAMSUNG**  
**Galaxy Tab A**

Powered by  
**android** 

# Getting to Zoom

**Video Chat:** Video chat is the new way to safely connect with family, friends, church, and your health professionals.



**TAP THE ZOOM ICON**

**Sign in or  
Sign up**

## **Create a FREE Zoom Account**

- Host up to 100 participants
- 40-minute maximum group meetings
- Unlimited 1:1 Meetings

# Create your ZOOM account

For verification, please confirm your date of birth.

This data will not be stored

**You will also be asked for an email address.**

# Create your ZOOM account

---



We've sent an email to [redacted]

Click the confirmation link in that email to begin using Zoom.

if you did not receive the email,

[Resend another email](#)

## Start a Meeting

Start or join a video meeting on



Join a Meeting

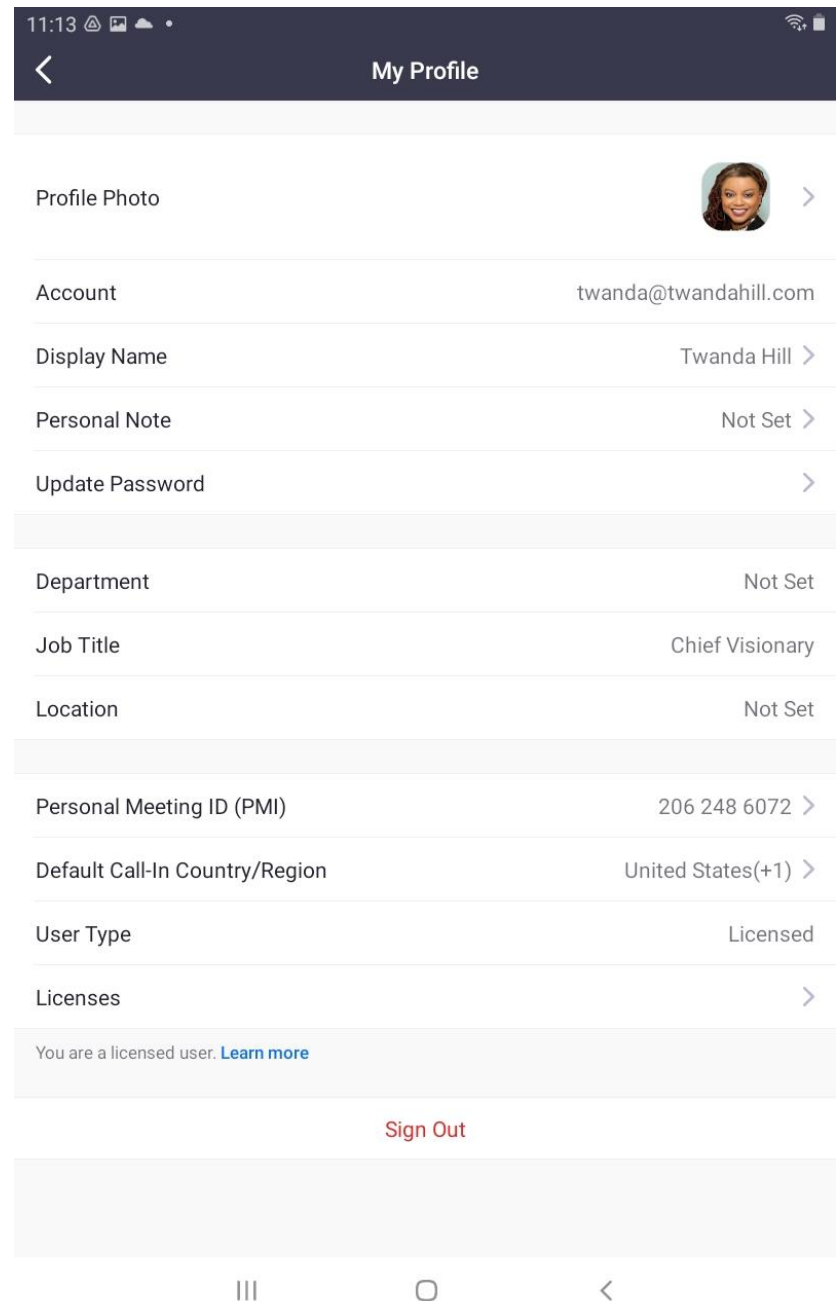
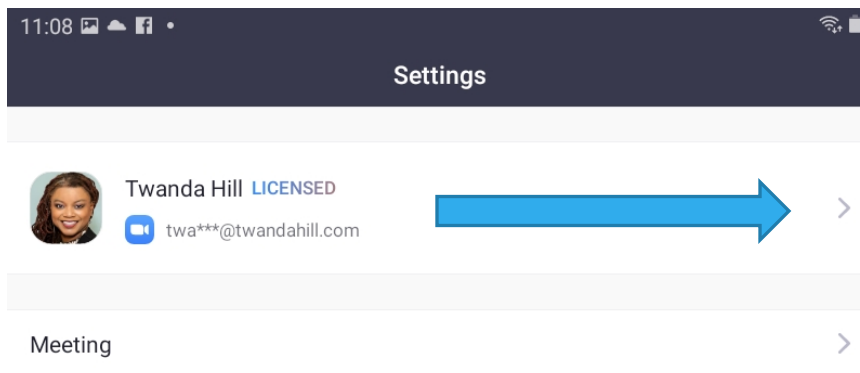
[Sign Up](#)

[Sign In](#)

# Sign in to your ZOOM account



# Create/Update Your Profile



# Meet & Chat



New Meeting



Join



Schedule



Share Screen

11:55

Meet & Chat



Search



New Meeting



Join



Schedule



Share Screen



Starred



Twanda Hill (you)

Meet & Chat

Meetings

Contacts

Settings

# Meetings

11:09

Meetings

Personal Meeting ID

206 248 6072

Start

Send Invitation

Edit

Today

9:30 AM

Angelina

Not a Zoom meeting

1:00 PM

FW: Staff weekly meetings

Not a Zoom meeting

2:00 PM

Ancestral Healing planning

Not a Zoom meeting

4:00 PM

1st Dose Clinic

Not a Zoom meeting

Sun, Jul 11

4:00 PM

Bannon Bolling Baby Shower

Meeting ID: 840 6482 7200

Start

Recurring meeting

This is a calendar meeting

Meeting ID: 861 1767 7295

Start

This is a calendar meeting

Meeting ID: 870 6154 3132

Start

Meet & Chat

Meetings

Contacts

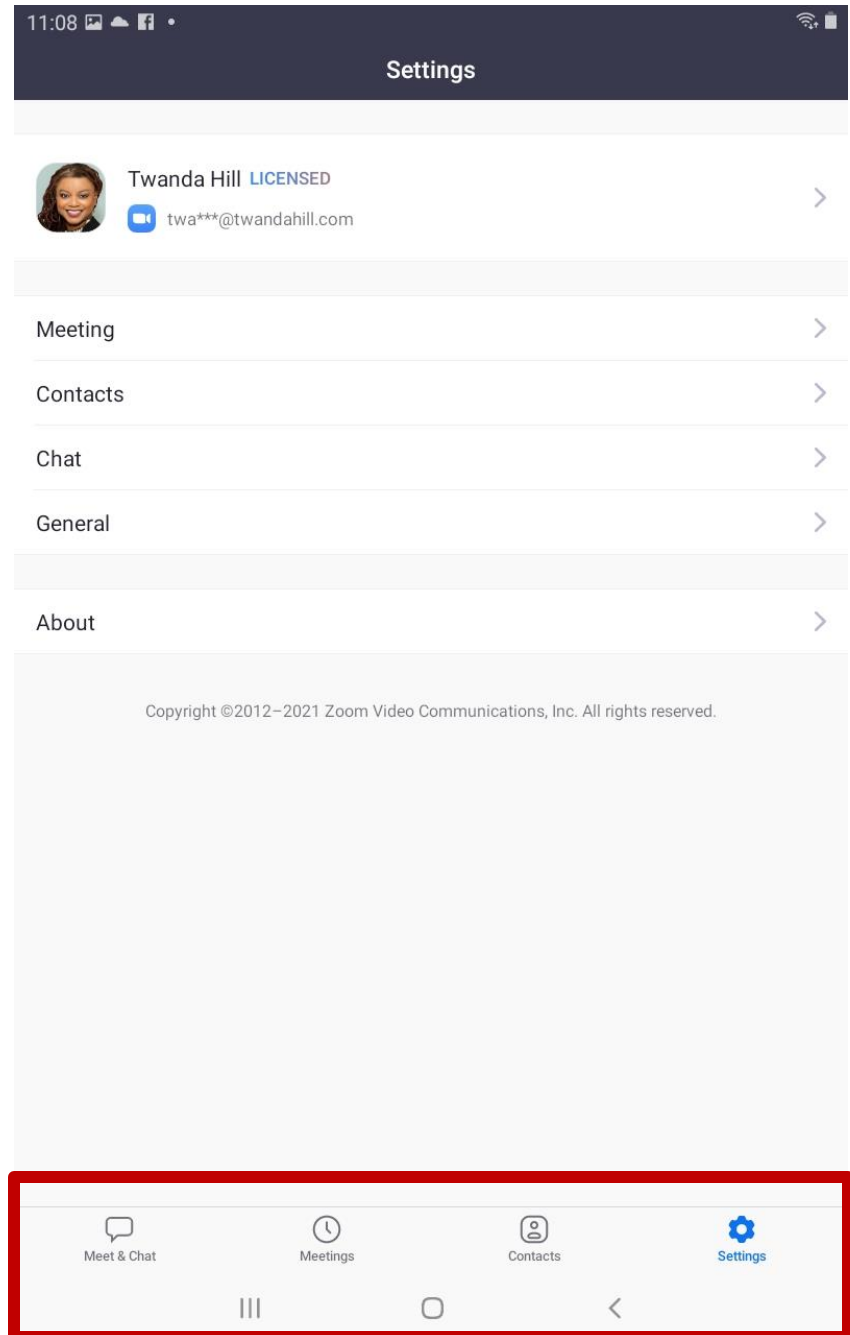
Settings

III

□

<

# Settings






# Join a Meeting




Join

1. Type in Meeting ID or
2. Join with a personal link name or
3. Join with an invitation link

11:55   

[Cancel](#) **Join a Meeting**

Meeting ID 


[Join with a personal link name](#)


Twanda Hill


**Join**

If you received an invitation link, tap on the link to join the meeting


JOIN OPTIONS




Don't Connect To Audio 


Turn Off My Video 

1 2 3 

4 5 6 **Go**

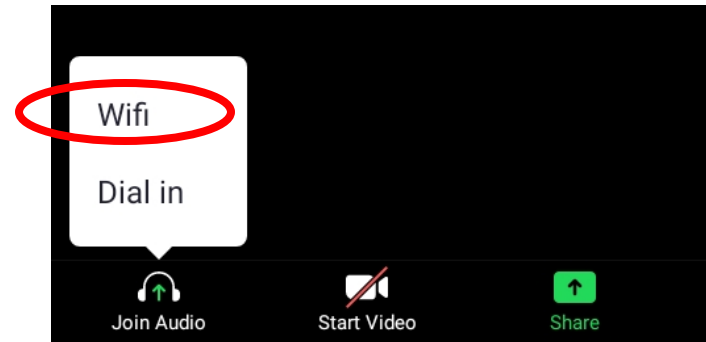
7 8 9 

 0  

III O ▾ 

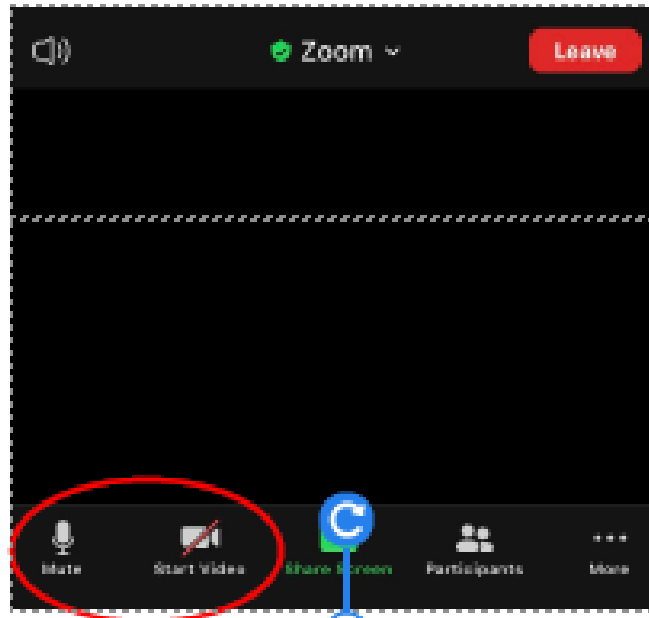
# Connect the audio

- We advise using internet or Wifi for audio:
- If you choose “Dial in,” a list of numbers will appear.
- Pick a number to call.
- Your smartphone or tablet will enter the meeting and participant ID for you.



# Turn on the camera and microphone

- You may need to tap your screen for the toolbar to appear.
- Make sure your microphone and speakers are NOT muted. You may need to click “Unmute” on the toolbar.
- Make sure your video is started. You may need to click “Start Video” on the toolbar.



- The symbols for “Mute” and “Start Video” are on the toolbar.

# Starting a Test Meeting

You can join a test Zoom meeting to familiarize yourself with the Zoom and test your microphone/speakers before joining a Zoom meeting.

1. Visit <http://zoom.us/test>.
2. Click the **Join** button to launch Zoom.

Join Meeting Test

Test your internet connection by joining a test meeting.

Join

## 5. MyChart



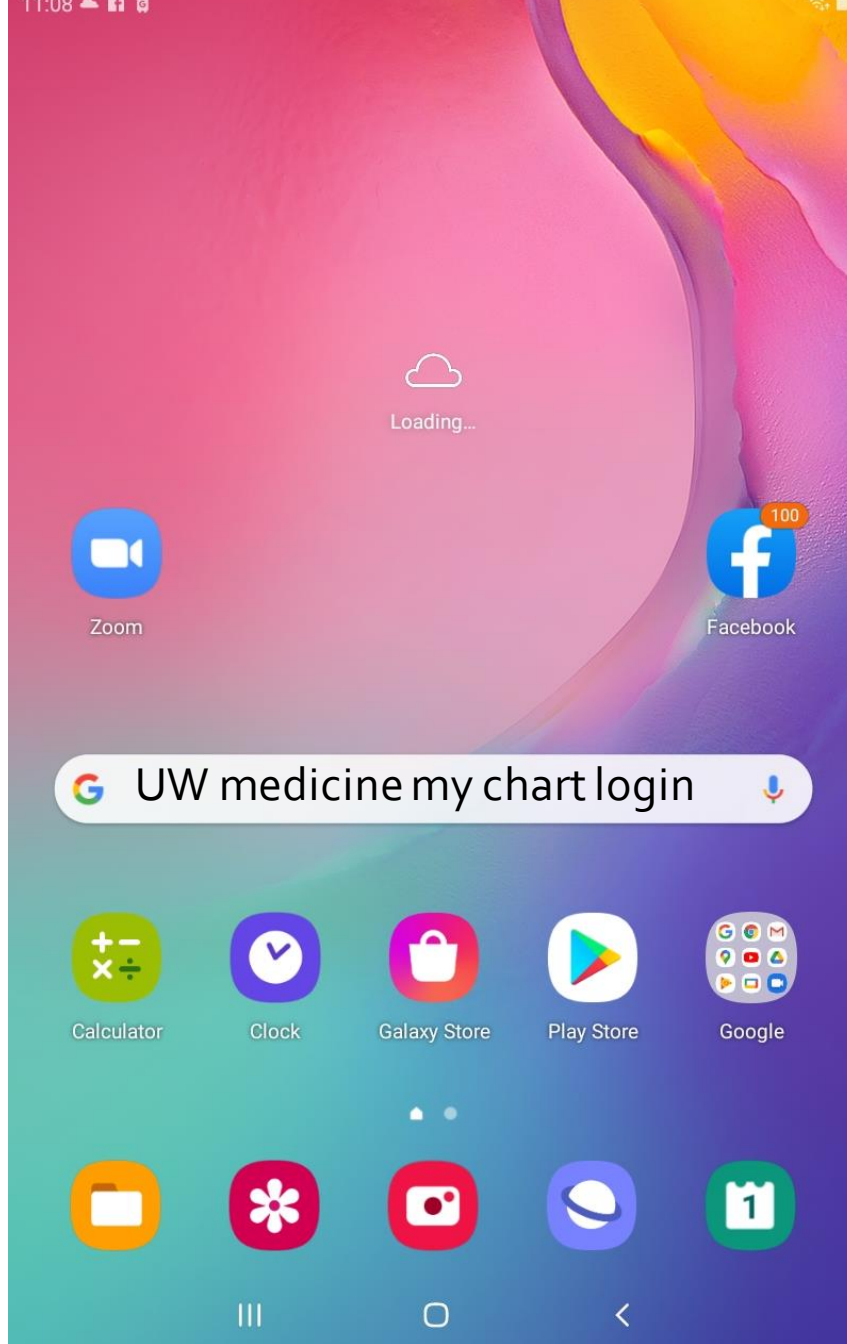
# What is MyChart?

*MyChart* is a patient portal that lets you see your medications, test results, upcoming appointments, medical bills, price estimates, telemedicine visits and more all in one place.

A stylized graphic of a tablet with a white border and rounded corners. The screen is a solid purple color with the text 'UW Medicine' in white. The tablet is positioned on the left side of the image. There are decorative diagonal stripes in grey and blue at the top-left and bottom-left corners.

UW Medicine

**Access MyChart**




**Type in Google Search Bar**  
UW medicine my chart login  
**Hit Enter**




**Access on Tablet**

12:01 12:01 MyChart - Login Page mychart.uwmedicine.org

**MyChart UW Medicine** | **Seattle Cancer Care Alliance**

 **COVID-19 Vaccines**  
Visit the [UW Medicine COVID 19 vaccine page](#) for information on availability and scheduling.

 **Welcome to MyChart**  
Welcome to the new MyChart. You can now access all your UW Medicine and Seattle Cancer Care Alliance (SCCA) information in one convenient portal. If you had an eCare account, login using your eCare login and password. If you did not have an eCare account, [request an activation code](#) to get started. [Learn more about what's changed.](#)

MyChart Username

Password

**SIGN IN**

[Forgot Username?](#) [Forgot Password?](#)

**New User?**

**SIGN UP NOW**

**REQUEST ACTIVATION CODE**



### COVID-19 Vaccines

Visit the [UW Medicine COVID 19 vaccine page](#) for information on availability and scheduling.



### Welcome to MyChart

Welcome to the new MyChart. You can now access all your UW Medicine and Seattle Cancer Care Alliance (SCCA) information in one convenient portal. If you had an eCare account, login using your eCare login and password. If you did not have an eCare account, [request an activation code](#) to get started. [Learn more about what's changed.](#)

## Options in Portal



### Message your doctor

Securely message your doctor.



### Access your test results

View your results and doctor's comments.



### Request prescription renewals

Send prescription renewal requests.



### Manage your appointments

Schedule, cancel, and view details of your appointments.



### Pay your bill

View your statement and billing details; set up payment plan.



### Video visits

Connect in real time to a scheduled visit with your doctor.

...takes you to Zoom

MyChart Username

Password

SIGN IN

[Forgot Username?](#)

[Forgot Password?](#)

New User?

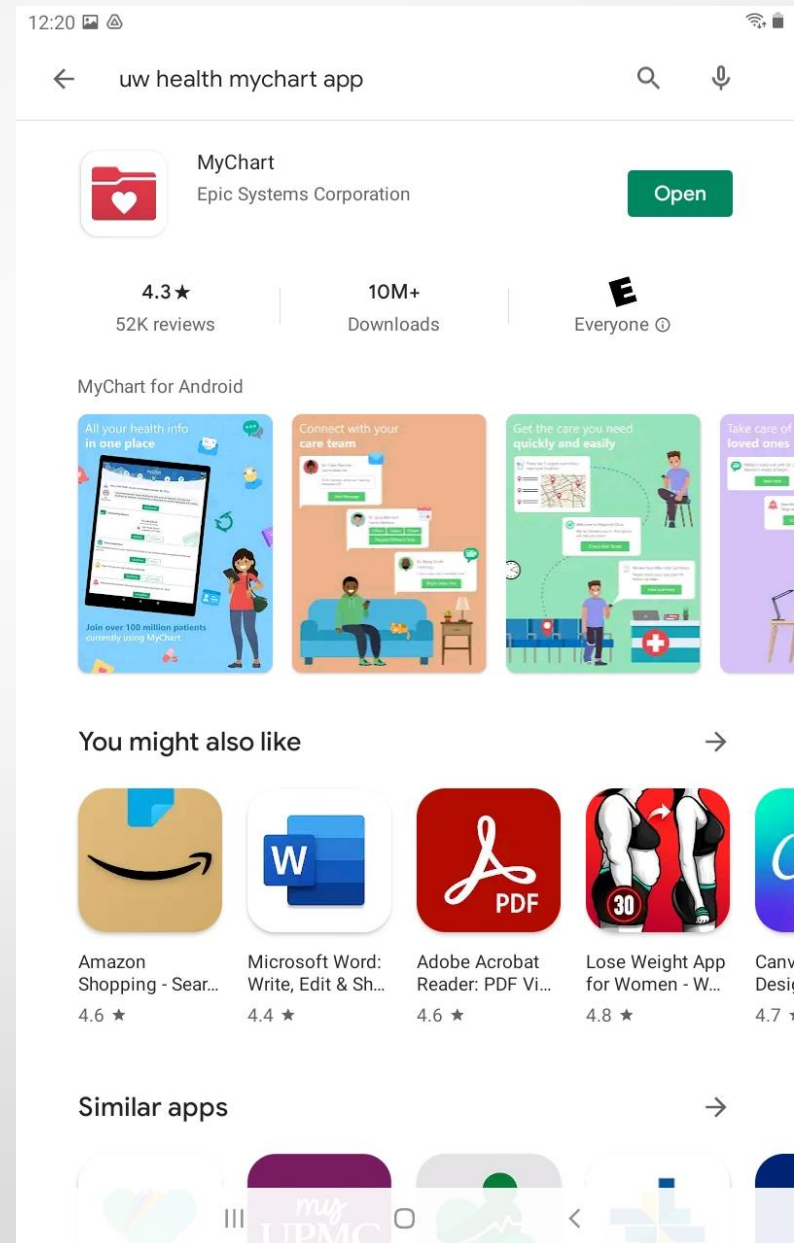
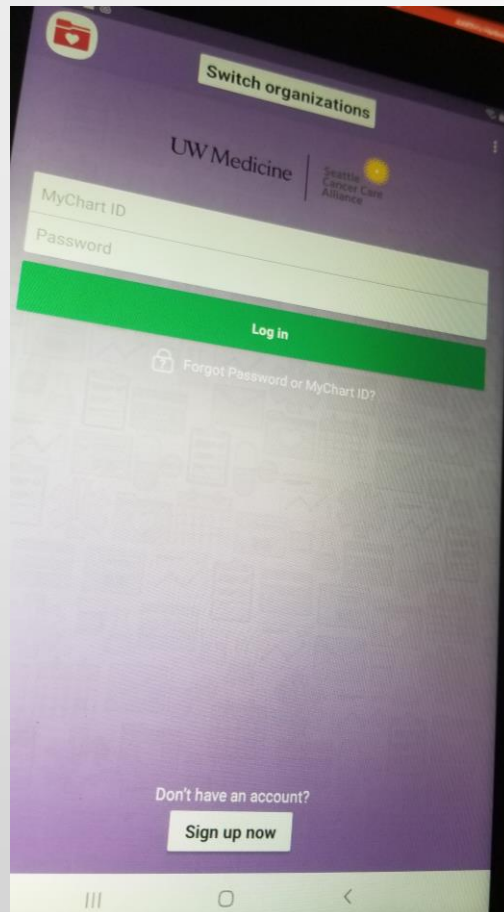
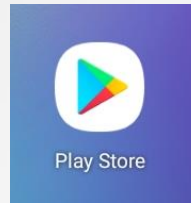
SIGN UP NOW

REQUEST ACTIVATION CODE

Pay Bill as Guest

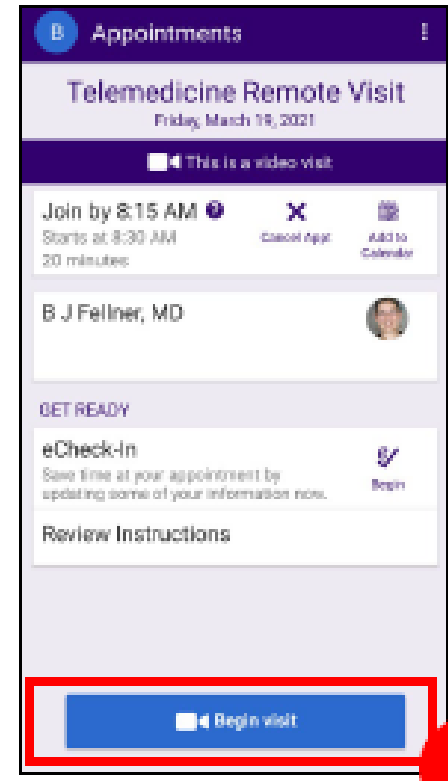
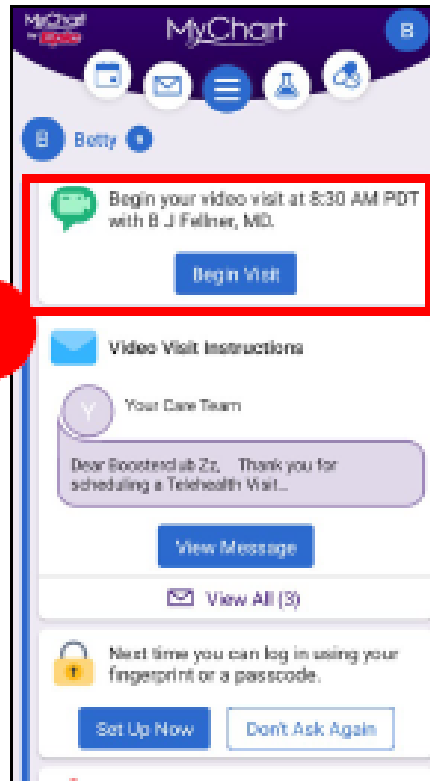
PAY BILL

# Download MyChart App from Play Store on Tablet



# Go to MYChart App & Login

1. Select the option to "Begin your video visit."
2. Select "Begin Visit." This will start Zoom.



- Zoom will ask for your name. Enter your first and last name.
- You might be placed in a "Waiting Room" while your healthcare provider gets ready to join.
- Please stay online. Thank you for your patience.

## If You Do NOT Have MyChart

- Before your visit, we will send you a text with a link to your phone.
- Follow the link to get to the Zoom website.
- Choose to use Zoom Cloud app to open the link (if prompted).
- Zoom will ask for your name. Enter your first and last name.
- You might be placed in a “Waiting Room” while your healthcare provider gets ready to join.
- It may take a few minutes for the provider to join.
- Please stay online.
- Thank you for your patience.

## 6. Telemedicine Visit



# What is a Telemedicine Visit?

*A telemedicine visit is a way to get the healthcare you need when you cannot come to the clinic to see your provider. UW Medicine telemedicine visits use a video service called Zoom. During a telemedicine visit, you and your provider can see each other on your tablet.*


## Helpful tips for the visit

Prepare	Prepare notes or have a list of topics you would like to discuss with your doctor.
Have	Have the clinic's phone number on-hand should you have technical issues or get disconnected during your visit.
Make	Make sure your device is plugged in or fully charged.
Find	Find a quiet, private space with good lighting.
Position	Position yourself so that the main light source is in front, lighting up your face.
Set	Set your camera at eye level. This will make it easier for the doctor to see and engage with you.
Use	Use headphones if you need privacy or are hearing impaired.
Start	Start your visit 15 minutes early.




## Telemedicine Visit Instructions


When it is time for your appointment to begin, use the "Begin Video Visit" button in your MyChart account.



If you don't have a MyChart account, you'll be sent a link for your appointment.



When your visit starts, we'll ask for an alternate contact number in case you get disconnected.

A calendar is visible on the left side of the image, showing dates from 1 to 28. The calendar is partially obscured by a large, stylized geometric shape that is blue and black, resembling a large 'L' or a corner bracket. The text 'You are now ready to start your visit' is written in a large, black, sans-serif font on the right side of the image.

You are now  
ready to start  
your visit

## QUESTIONS???

- If you need help setting up Zoom, call our service desk at **206.520.5100**.
- To learn more about Telemedicine at UW Medicine, please visit our website:  
[www.uwmedicine.org/virtual-care](http://www.uwmedicine.org/virtual-care)



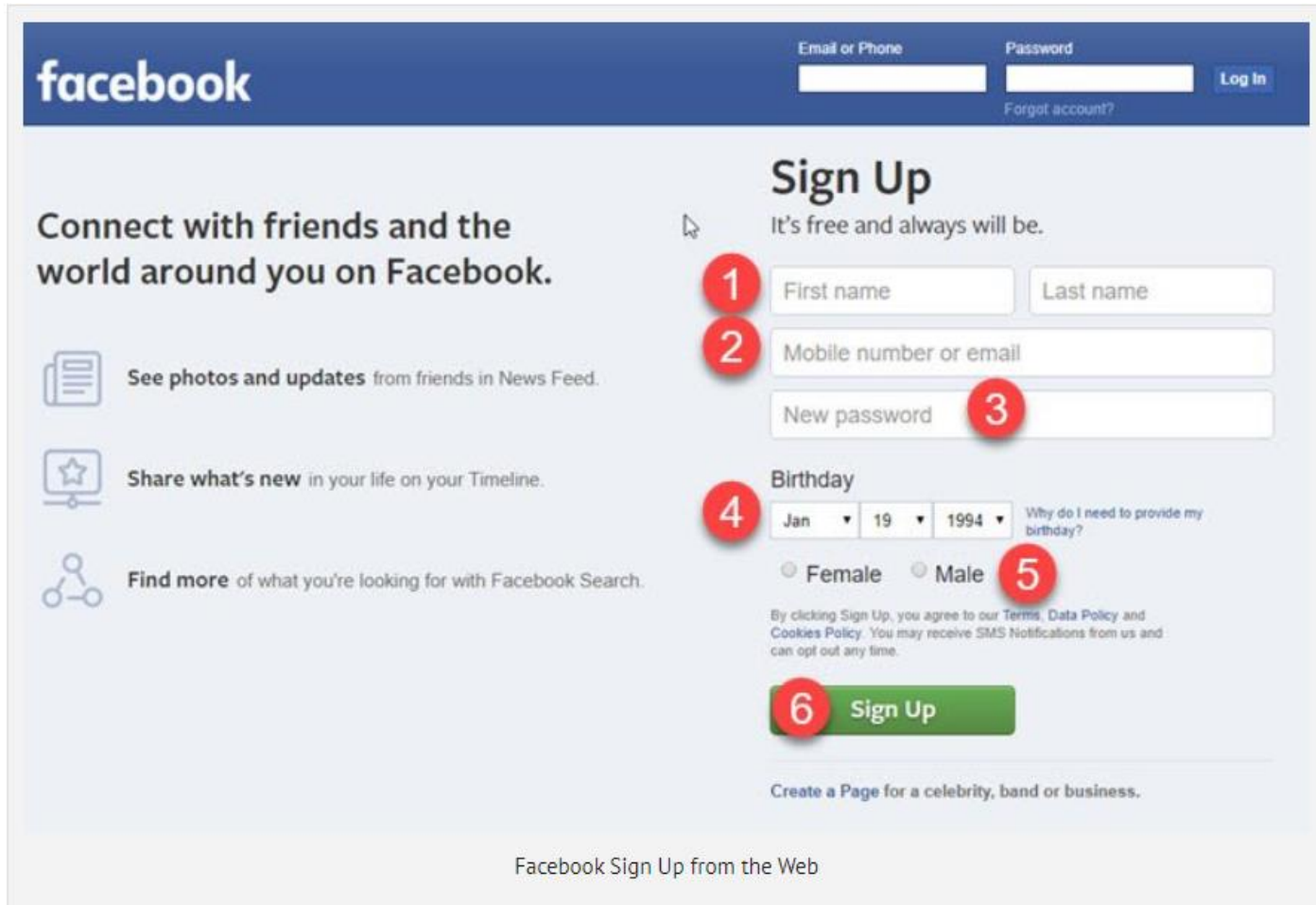
# Face – it Facebook

**It's not just for kids. Learn how to use Facebook and see the many happenings**

## **Training**

1. Create your Facebook account
2. Set-up Profile
3. Posting
4. Find Friends
5. Interactions on Facebook
6. Safety & Privacy
7. Facebook Messenger & Video Chat

# Create your Facebook account



The image shows the Facebook Sign Up page with six numbered steps indicating the registration process:

1. First name and Last name
2. Mobile number or email
3. New password
4. Birthday (Month, Day, Year)
5. Gender (Female or Male)
6. Sign Up button

Additional text on the page includes:

- Facebook logo
- Email or Phone and Password input fields with a Log In button and a link to Forgot account?
- Sign Up header with the text "It's free and always will be."
- Left sidebar with three icons and text: "Connect with friends and the world around you on Facebook.", "See photos and updates from friends in News Feed.", "Share what's new in your life on your Timeline.", and "Find more of what you're looking for with Facebook Search."
- Footer text: "Facebook Sign Up from the Web"

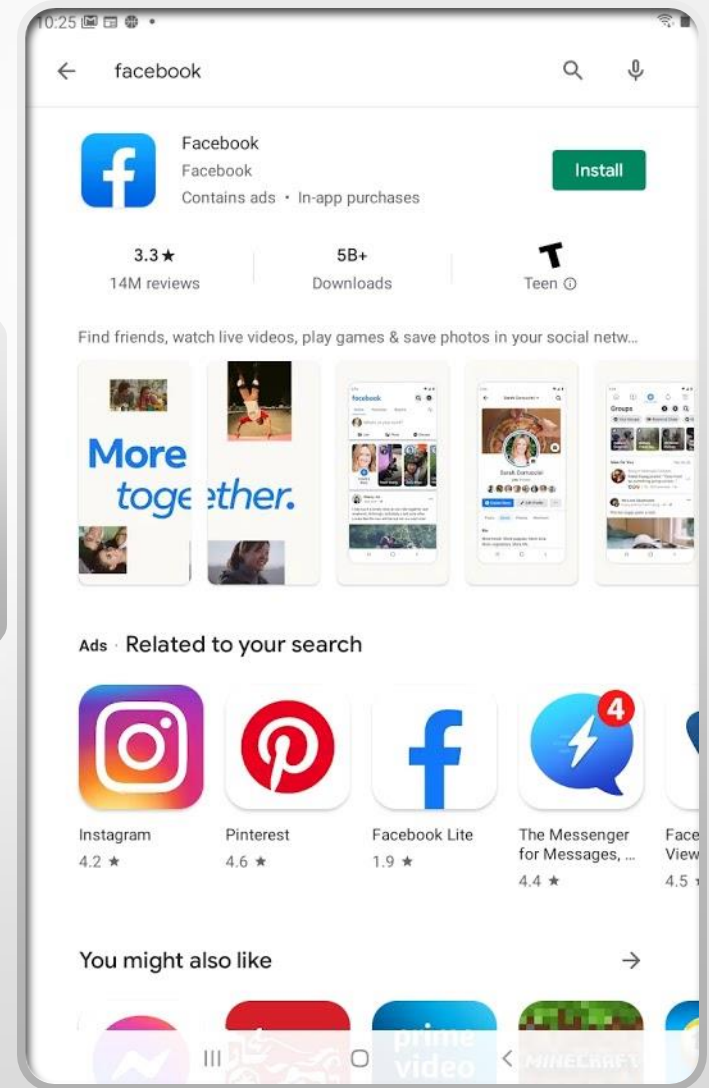
www.facebook.com

## 7. Facebook Basics

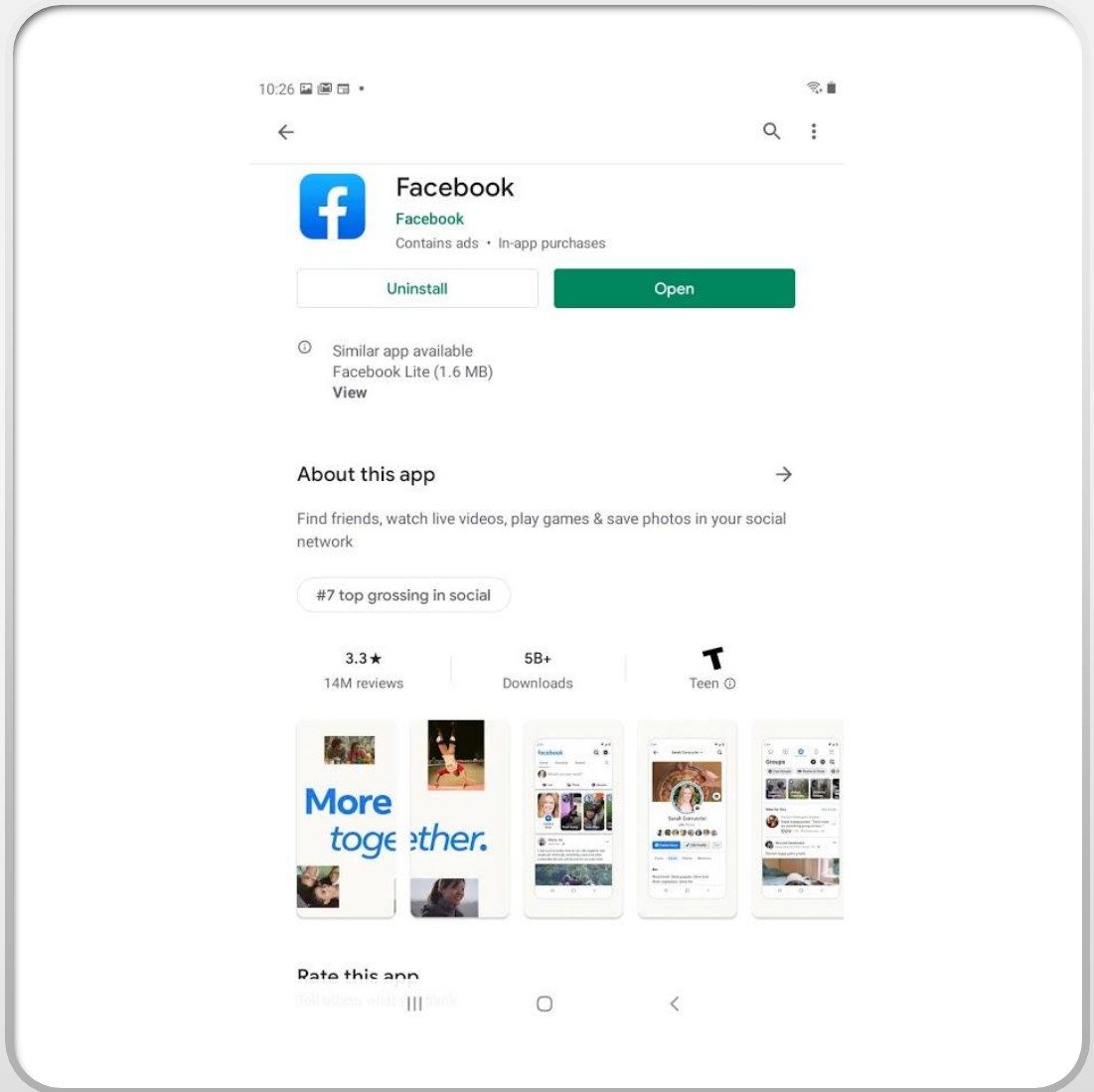


# Create your Facebook account

- The Facebook App on Tablets are a light version and cannot perform all of the features as the desktop.
- Go to the Google Play Store and Download the Facebook App
- Once Downloaded, select open
- At the end of the process, you will be asked for your mobile phone number or an email where Facebook will send you a confirmation instructions.
- This step is to ensure that this is a valid account application.



- Once App is downloaded, select Open



# Create or Log in

- If you already have a Facebook account you can choose to **Log into your account**

- Create New Face Book Account

10:33



Twanda Hill



Log Into Another Account

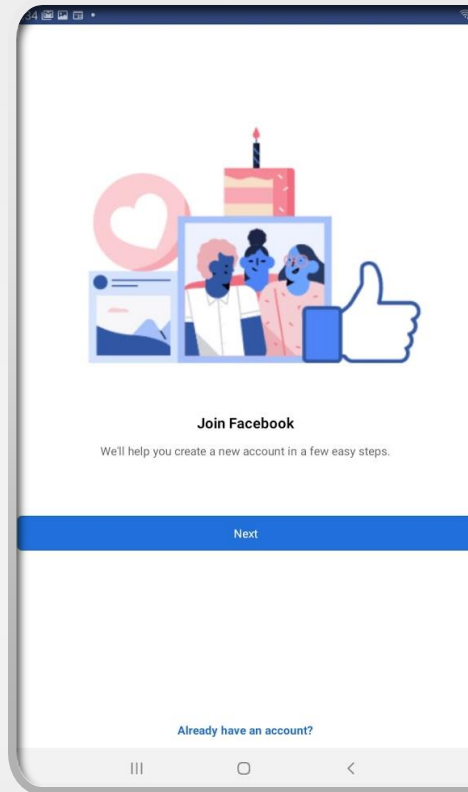


Find Your Account

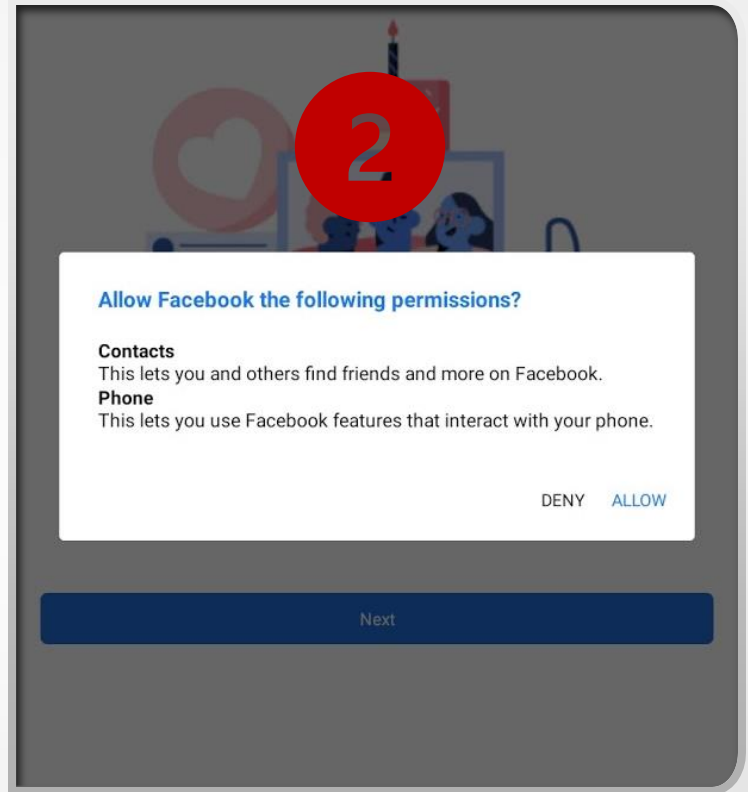
CREATE NEW FACEBOOK ACCOUNT



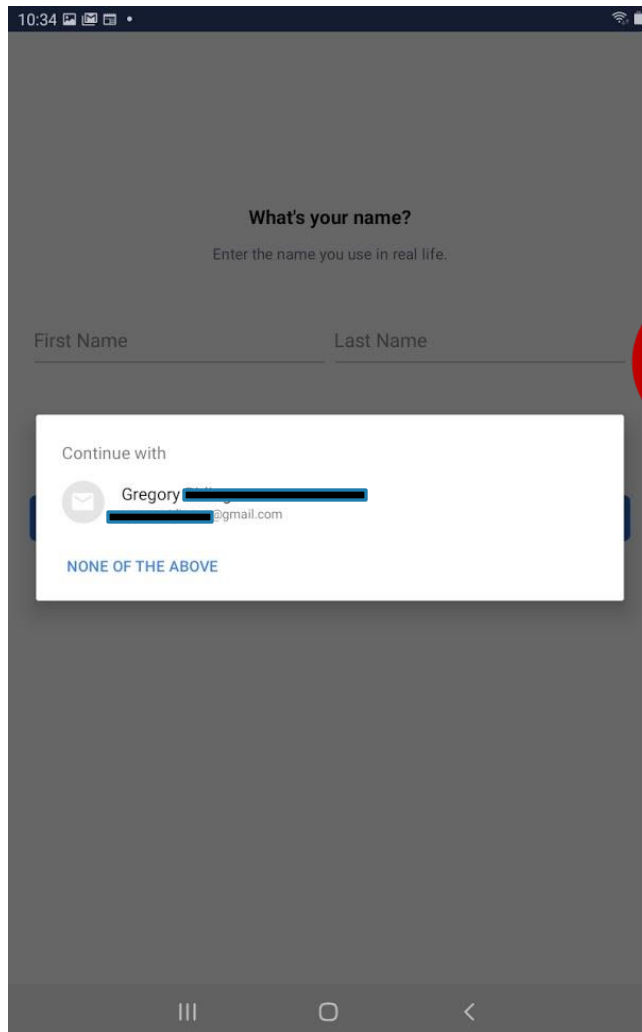
1



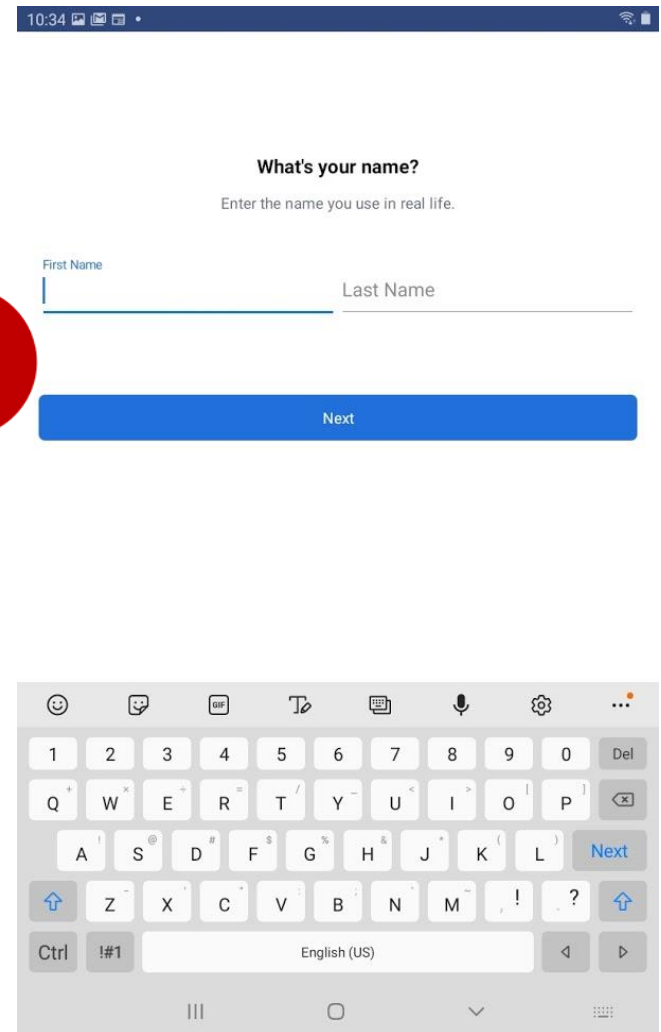
2



Facebook will lead you through a series of questions



3



10:35 100% 100% 100% 100%

### What's your birthday?

Choose your date of birth. You can always make this private later.

May	09	2019
Jun	10	2020
Jul	11	2021

Next

III O <

4

10:35 100% 100% 100% 100%

### What's your gender?

You can change who sees your gender on your profile later.

- Female ☐
- Male ☐
- Custom ☐  
Select Custom to choose another gender, or if you'd rather not say.

Next

III O <

5

10:35 100% 100% 100% 100%

### Enter Your Mobile Number

Enter the mobile number where you can be reached. You can hide this from your profile later.

Mobile number

Next

Sign Up With Email Address

1 2 ABC 3 DEF

4 GHI 5 JKL 6 MNO Done

7 PQRS 8 TUV 9 WXYZ \*\*#

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III O <

6

### Finish Signing Up

By tapping Sign Up, you agree to our [Terms](#), [Data Policy](#) and [Cookies Policy](#). You may receive SMS notifications from us and can opt out any time. Information from your address book will be continuously uploaded to Facebook so we can suggest friends and provide and improve ads for you and others, and offer a better service.

Sign Up

Sign up without uploading my contacts

7

Info about contacts in your address book, including names, phone numbers and nicknames, will be sent to Facebook so we can suggest friends and provide and improve ads for you and others, and offer a better service. You can turn this off in Settings and manage or delete contact info you share with Facebook. [Learn More.](#)

### Choose a Password

Create a password with at least 6 characters. It should be something others couldn't guess.

Password

Next

8





## Facebook Is Better With Friends

See who's on Facebook by continuously uploading your contacts. Then let us know who you want to add as friends.



Bryan, Akosua and 643 other friends have added their contacts to Facebook.

Info about contacts in your address book, including names, phone numbers and nicknames, will be sent to Facebook so we can suggest friends and provide and improve ads for you and others, and offer a better service. You can turn this off in [Settings](#) and [manage or delete](#) contact info you share with Facebook. [Learn More](#)

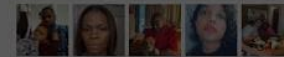


Get Started



## Facebook Is Better With Friends

See who's on Facebook by continuously uploading your contacts. Then let us know who you want to add as friends.



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Allow **Facebook** to access your contacts?

Allow

Deny



11

### Allow Facebook to access your location?

Facebook uses this to provide more relevant and personalized experiences, like helping you to check in, find local events and get better ads.

Deny Allow

12



Allow **Facebook** to access this device's location?

Allow only while using the app

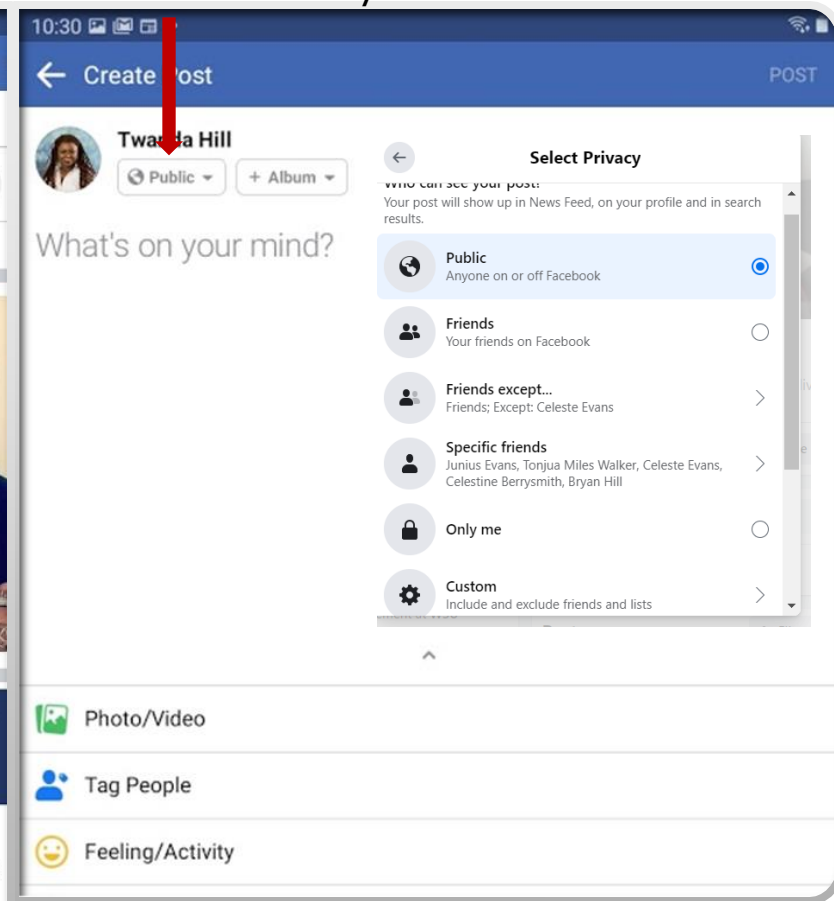
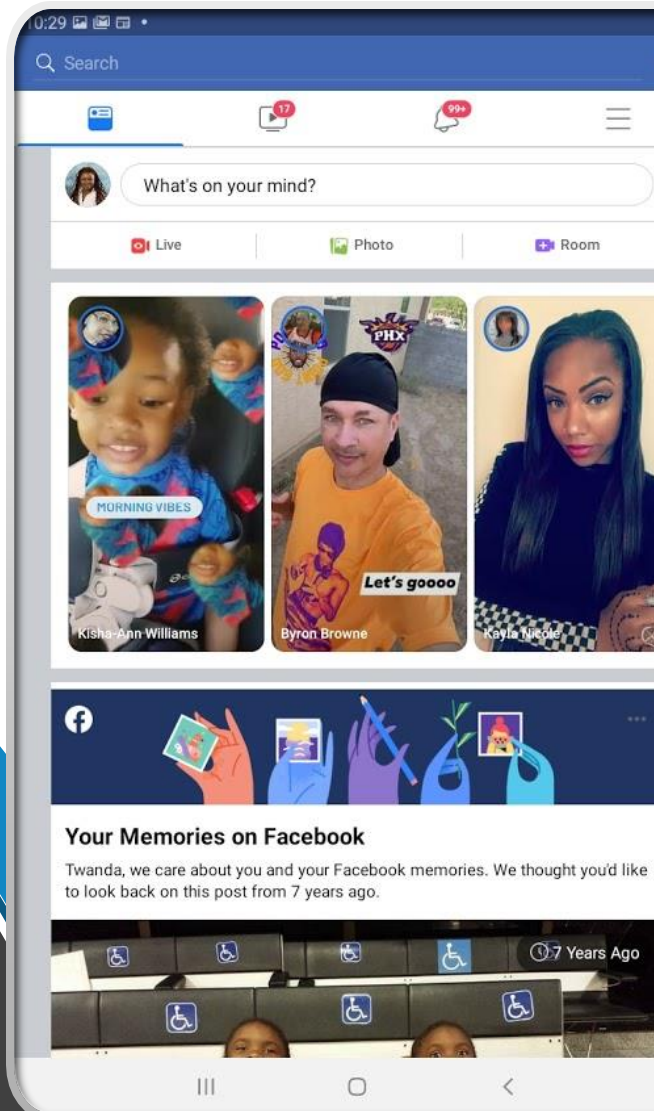
Deny

## What is a Post?

The most common type of **post** that you see people make from the **Facebook** Share box is a basic text update that answers the question, “What's on your mind?”

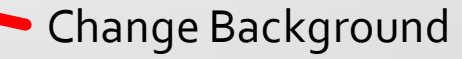
- Text posts are quick, short!

## Select Privacy



## Create a Post

Posts can consist of photos, text, live video or life events

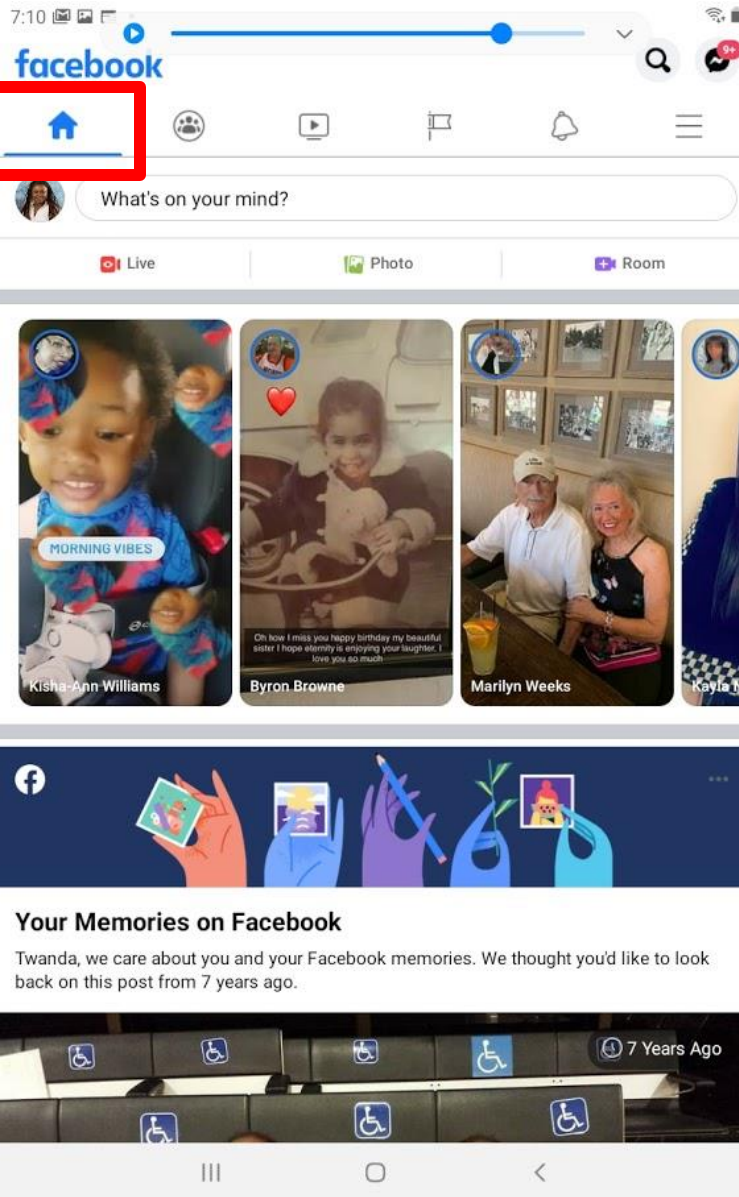


# Interactions

Basic ways to engage with someone else's post is to simply "Like" the update.

Click on the icon to activate interaction.





# Facebook Home



## Groups

Your Groups Discover Invites



 **Kelly Wilson Savoie** asked a question  in **El Mirage Community and Neighborhood Watch**   
 • 2h • 

Has anybody been to the IHOP in Surprise over by the Home Depot lately? Are they really struggling? The place seems to be in complete disrepair and smells extremely sour. The booth bench was broken, crooked and not attached. The table top laminate was coming apart from the table and I actually got my arm pinched by it. Carpet is quite dirty. I know restaurants are struggling because of covid, but I don't know that this is an excuse for the service and conditions. There were four servers working with only four tables filled. Nobody came by to see if we need it refills and drinks. Tables were left litter with plates and whatnot Longafter people...  
[See More](#)

   6

15 Answers

 Like

 Answer

## Suggested Groups

[See All](#)

Groups you might be interested in.



7:11



## Watch

For You

Live

Music

Following

Saved

Shows



New Music Video



Jon Batiste • Follow

2d •

FREEDOM · Jon Batiste (Official Music Video)



Alesia +102K

6K Comments · 48K Shares · 4.3M Views



Like



Comment

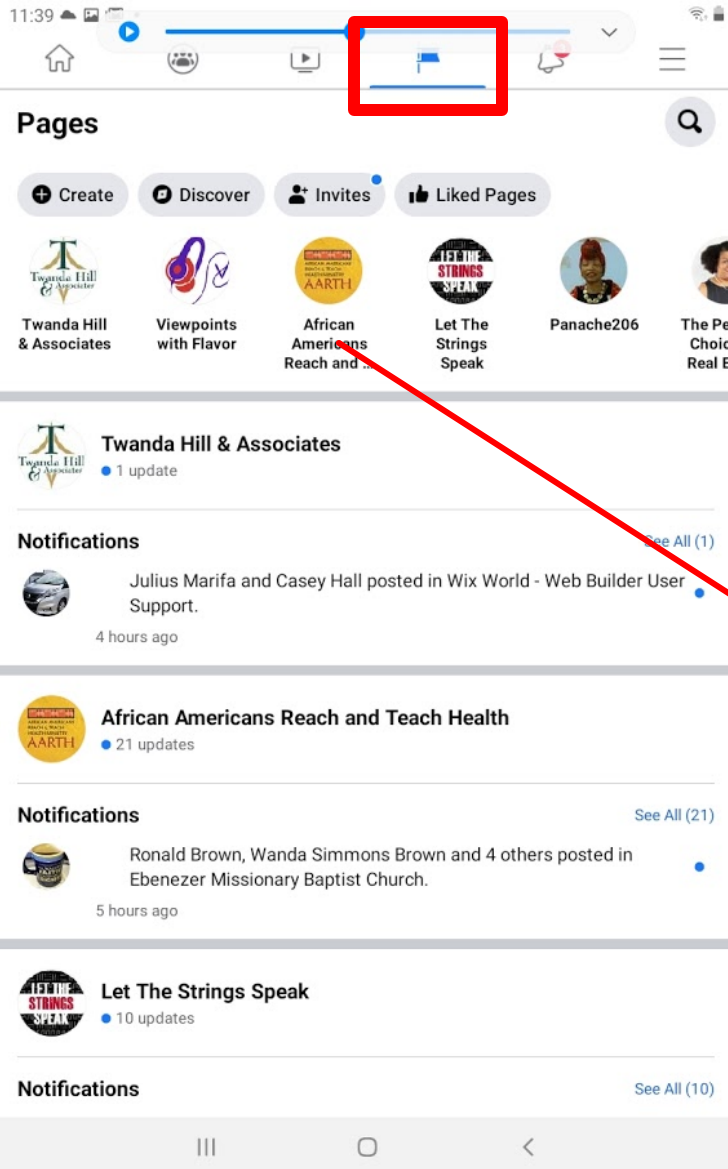


Share

## What's Happening

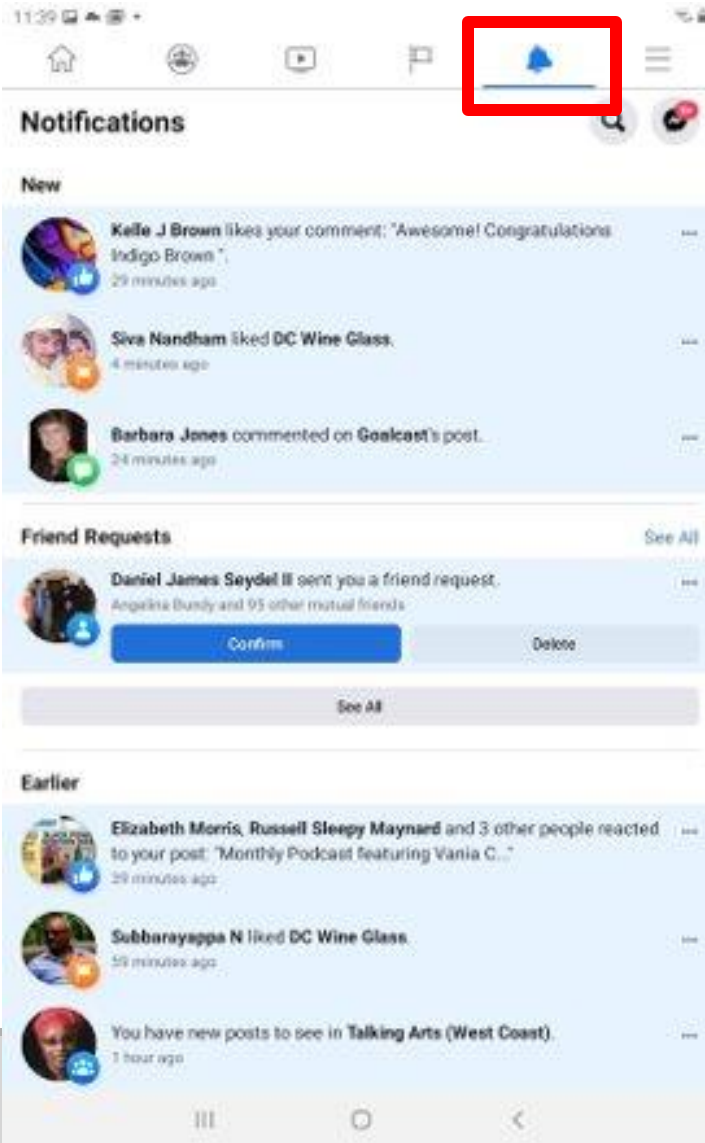


# Facebook Watch Videos

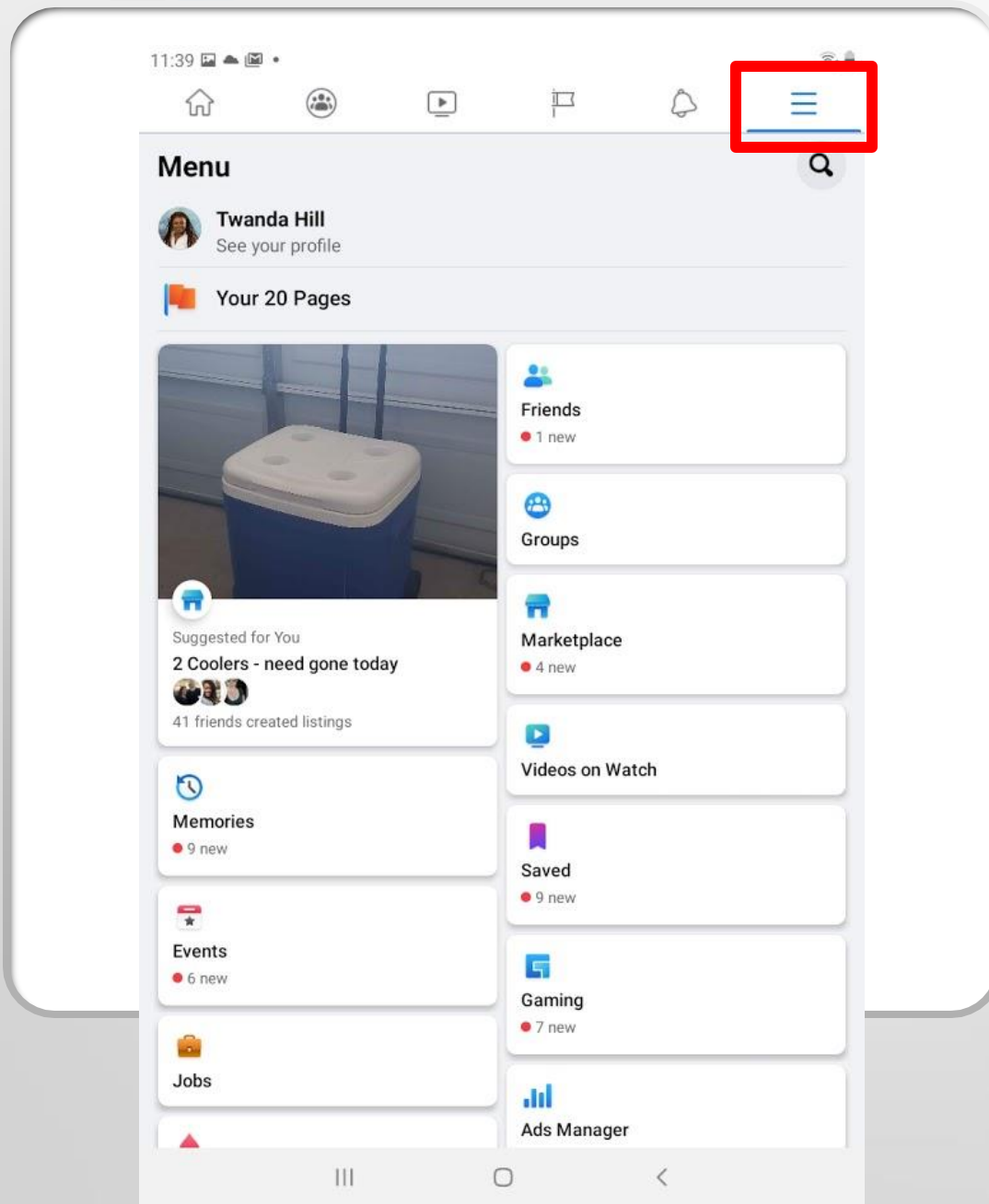


# Facebook Pages





# Facebook Notifications



# Facebook Menu

# Set-up Profile

- Set up a profile for yourself. Let the world know who you are! You can share your life's accomplishments.
- You can also edit and update your profile.

**Profile photo:** 180 x 180 pixels. Best results when uploading a square image.

Mobile Device try 1242 by 700 pixels


180 pixels = 2.4 inches

1242 pixels = 12.938 inches


700 pixels = 7.292 inches

11:39

← Search



Wednesday June 16th  
12:30 PST, 3:30 EST  
on FACEBOOK LIVE  
Let's talk about  
ds, Grads, & Juneteenth



**Twanda Hill**  
Fun person, mother, grandmother, sister, auntie that loves family and believes in living life fully!

+ Add to Story

1

- chief Visionary at **Twanda Hill & Associates**
- Former Events Planner at Seattle Tennis Club
- Studied Sports Management at **WSU Pullman**
- Went to **Roosevelt High School**
- From **New York, New York**

2

- Archive
- View As
- Activity Log
- Manage Posts
- Review Posts and Tags
- View Privacy Shortcuts
- 3
- Search Profile

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**Your Profile Link**  
Your personalized link on Facebook.

<https://www.facebook.com/twandahill>

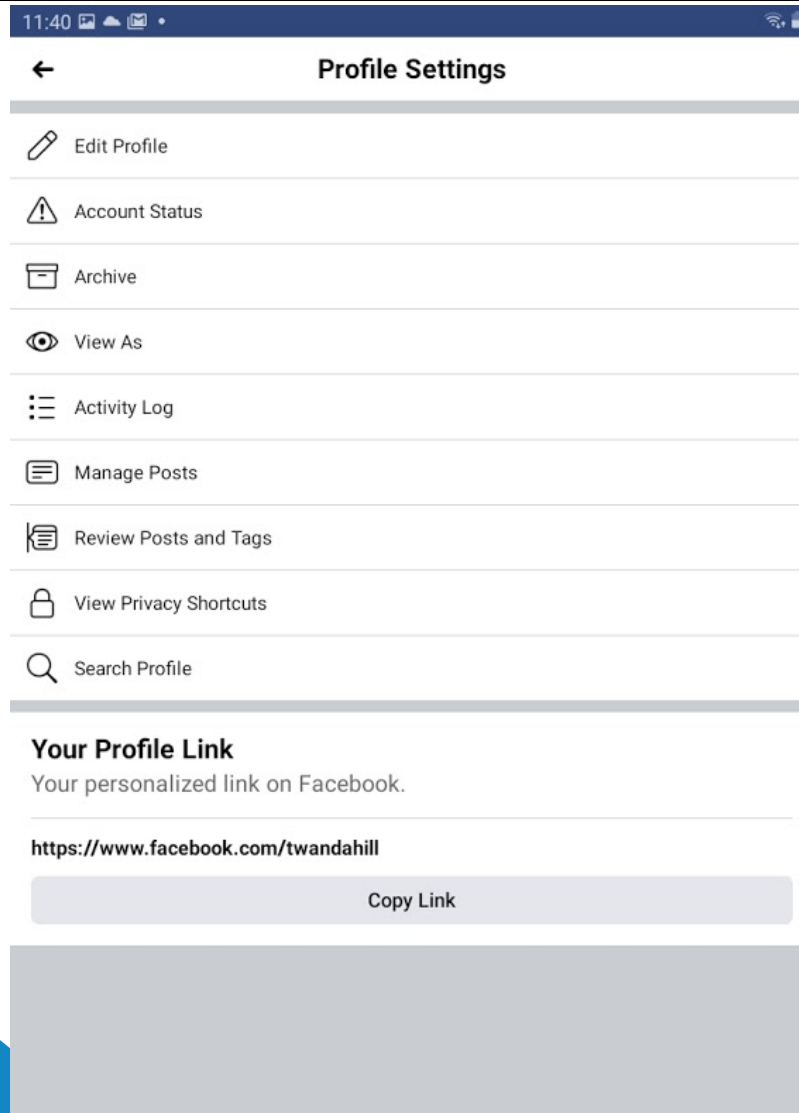
Copy Link

# Set-up Profile

# Safety & Privacy

1. Keep your friends list to real friends. This way you can generally share information with friends.
2. Understand that when you share or post, you can share with friends or the public. If you feel confident with your friends list, it makes sharing easier.
3. Don't share identity data. For example, don't share your birth date or if you choose to share your birth date, you do not have to share the year.
4. Generally don't share location information.
5. Use the Settings & Privacy menu to take a privacy checkup.
6. Use this function regularly to identify who sees your information.

# Customize your Profile



# Cover Photo

## Cover Photo Sizes:

Desktop

851 x 315 pixels

11.34 x 4.2 inches

Mobile

640 x 360 pixels

6.7 x 3.75 inches

Width x Height

Thank You

*Twanda Hill*  
*Consultant*  
[twandah@aarth.org](mailto:twandah@aarth.org)  
*206.248.6072*