Harborview and King County Tablets for Seniors Pilot

WWW.AARTH.ORG

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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

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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.
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.

• Alternatively, click or tap on "Use my current email address instead," and then enter an existing email address.
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., $ ? !).

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.
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.

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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

Setup Complete

Your device is now ready for use. If you want to change the configuration later, you can do so in Settings.
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*.
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.
3. Elements of a Tablet
Elements of a 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**
Earphone

Power Cord & Plug

Charging port to connect battery charger
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

<table>
<thead>
<tr>
<th>III</th>
<th>Shows Open Apps</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Home Menu</td>
</tr>
<tr>
<td></td>
<td>Go Back</td>
</tr>
</tbody>
</table>
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

- Zoom
- Facebook
- Google Search Bar
  - Google Chrome Browser takes you straight to the internet
- Weather
- Mic
- Calculator
- Galaxy Store
- Clock
- Google Play Store
The Menu Breakdown 2

Menu Pages Available
My Files
Calendar

Samsung Internet
Samsung Browser takes you to the internet

Picture Gallery
Camera
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
***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
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.

Month  
Day  
Year  
Continue

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

If you did not receive the email,
Resend another email
Sign in to your ZOOM account
Create/Update Your Profile

Settings

Twanda Hill LICENSED
  twa***@twandahill.com

Meeting

My Profile

Profile Photo

Account twanda@twandahill.com

Display Name Twanda Hill

Personal Note Not Set

Update Password

Department Not Set

Job Title Chief Visionary

Location Not Set

Personal Meeting ID (PMI) 206 248 6072

Default Call-In Country/Region United States(+1)

User Type Licensed

Licenses

You are a licensed user. Learn more

Sign Out
Meet & Chat

New Meeting

Join

Schedule

Share Screen

Starred

Twanda Hill (you)
Meetings

Personal Meeting ID
206 248 6072

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

Recurring meeting
This is a calendar meeting
Meeting ID: 861 1767 7295

This is a calendar meeting
Meeting ID: 870 6154 3132
Join a Meeting

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

2. Click the Join button to launch Zoom.
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.
Access MyChart
Type in Google Search Bar
UW medicine my chart login
Hit Enter
Access on Tablet
Options in Portal

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.

- **Message your doctor**
  Securely message your doctor.

- **Request prescription renewals**
  Send prescription renewal requests.

- **Pay your bill**
  View your statement and billing details; set up payment plan.

- **Access your test results**
  View your results and doctor’s comments.

- **Manage your appointments**
  Schedule, cancel, and view details of your appointments.

- **Video visits**
  Connect in real time to a scheduled visit with your doctor.

...takes you to Zoom
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

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

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.

Find more of what you're looking for with Facebook Search.

Sign Up

It's free and always will be.

1. First name
2. Last name
3. Mobile number or email
4. New password
5. Birthday
6. Sign Up

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 Facebook Account
Facebook will lead you through a series of questions.
What's your name?
Enter the name you use in real life.

First Name: ___________________________ Last Name: ___________________________

Continue with
- Gregory Gmail.com
- NONE OF THE ABOVE

Next
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 without uploading my contacts

Choose a Password

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

Password

Next
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

Your Memories on Facebook

T Wandu, we care about you and your Facebook memories. We thought you'd like to look back on this post from 7 years ago.

7 Years Ago

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!
Create a Post

Posts can consist of photos, text, live video or life events
Add to Your Post

Change Background
Basic ways to engage with someone else's post is to simply “Like” the update.

Click on the icon to activate interaction.
Facebook Home
Kelly Wilson Savoie asked a question in El Mirage Community and Neighborhood Watch.

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

Suggested Groups
Groups you might be interested in.
Facebook Watch Videos
Facebook Pages
Facebook Notifications
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
Set-up Profile
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

#### Profile Settings

- **Edit Profile**
- **Account Status**
- **Archive**
- **View As**
- **Activity Log**
- **Manage Posts**
- **Review Posts and Tags**
- **View Privacy Shortcuts**
- **Search Profile**

#### Your Profile Link

Your personalized link on Facebook.

https://www.facebook.com/twandahill

[Copy Link]
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

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