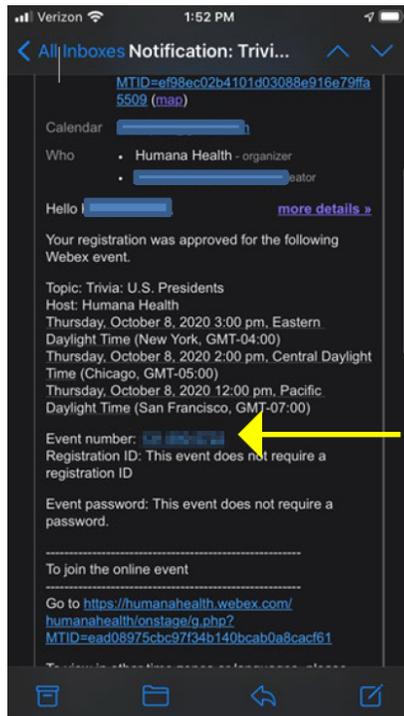# How to join a Humana Health virtual class

1. Visit **Humana.com/VirtualWellness**
2. Click on the event you are interested in
3. Select "Register"
4. Enter in the requested information
5. Click "Join event" if joining the class in the next 30 minutes. *NOTE: If prompted for a password when joining, enter "Humana1"*

   If you are registering for a future class, the class link will be emailed to you after registering. You will also receive a reminder email a few days before and also 1 hour before the start of class.

6. Once you click on the link on the day of the class, the class will automatically open in the WebEx application.

How to join Humana Health virtual class by iPhone:

1. Download the app, but you do not need to create an account. (Instructions on downloading the app can be found below)
2. On your web browser (Safari in this case), visit **Humana.com/VirtualWellness**
3. Register for the event (same steps as if you were joining on the computer)
4. Go to your email. You will receive a calendar invite in an email after registering. You will also receive a confirmation email and reminder email. *note: only the calendar invite has the event number.
5. Locate the "Event number" (See image below) and write it down.

6. Open the WebEx app and type in the event number, then select "Join." *NOTE: If prompted for a password when joining, enter "Humana1"*
7. Enjoy!

Downloading *Cisco Webex Meeting* app instructions for smart phone and tablet users

Option 1:

1. Go to: https://www.webex.com/downloads.html
2. You get a choice to click on the App store (iPhone/iPad users) or Play Store (Android users) or to click on the "download" icon. Click the appropriate choice to download the app for the device you are using for class.
3. Once you have selected the appropriate option, select "download".
4. Please "Accept" the apps terms and conditions.
5. You do not need to sign up/create an account to use the WebEx app.

Option 2:

1. Go to your app store
   o If you're an Apple/iPhone/iPad user, this is called the app store and the Icon picture is a blue square with a white A inside of it.

- o If you're an Android user, this is called the play store, the icon looks like a triangle pointing to the right with the colors red, green and orange in it.
- o If you're a kindle fire user, select the "appstore" icon.
2. Once you open the app store, find the "search" icon
    - o For Apple/iPhone/iPad users, this looks like a magnifying glass
    - o For Android and Kindle users, there should be a search bar at the top of the screen
3. Type in **Cisco Webex Meeting** and then hit "search."
4. Once you find the app, click the download icon
    - o For Apple/iPhone/iPad users, this looks like a cloud with an arrow pointing down.
    - o For Android users, click the "install" icon.
    - o For Kindle users, select the "Get App" button and the "download" button to download the app.
5. Please "Accept" the apps terms and conditions.
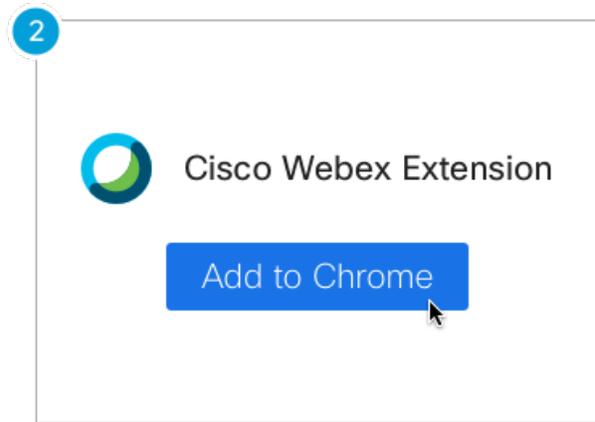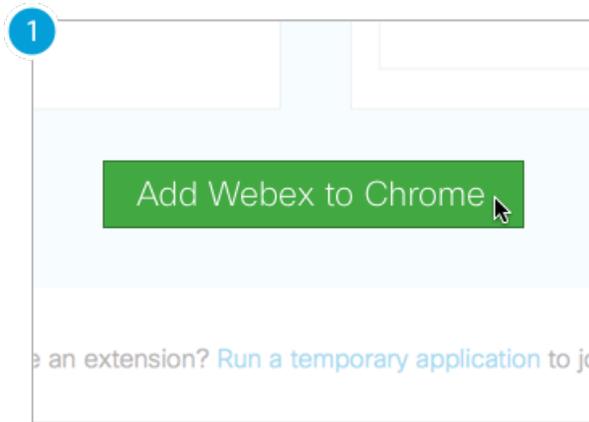6. You do not need to sign up/create and account to use WebEx.

To view previously recorded classes

1. Visit **Humana.com/VirtualWellness**
2. Select "View Event Recordings" (located in the upper right hand corner of your screen)
3. Select the class you would like to view
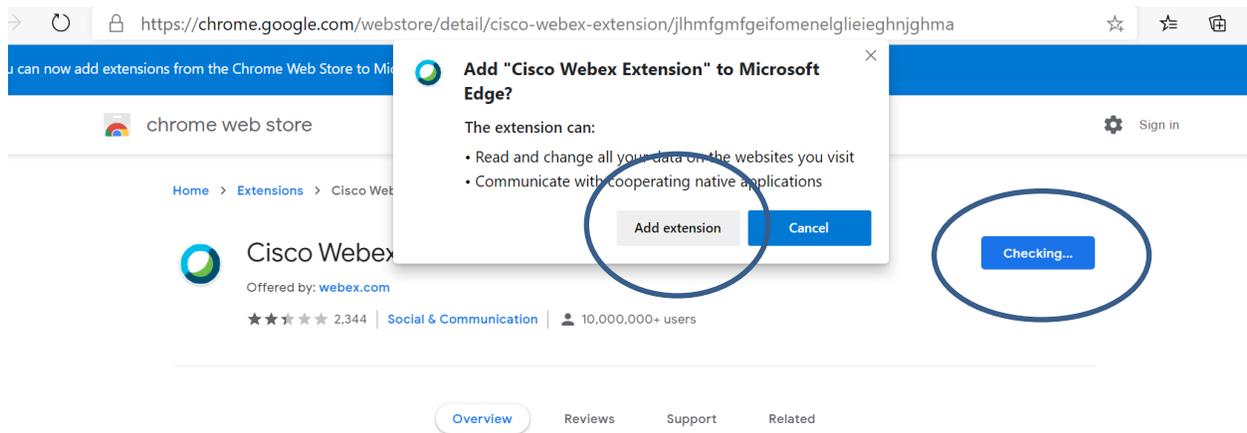4. Enter the required information
5. Select "submit"
6. Enjoy!

If you receive a pop-up asking '_would you like to add WebEx extension to browser'_, please follow the steps outlined below:

1. If a screen like the one below appears, it is ok to "add" the WebEx extension. This simply allows WebEx to run on your browser.

   This screen may pop up if you have recently updated your internet browser (such as an update to Microsoft Edge, Internet Explorer or Google Chrome). Simply select "Add Webex to <Chrome/browser name>" and then "Add to <browser name>" like the example below.

2. Click on the blue button that asks you to install (Note: you may get a temporary message that says "checking" after you click on the "install" button). Then select "Add extension" when a pop-up message appears.

3. WebEx will open automatically and you will be able to see the class. Enjoy!