



# User Guide

## Browser

1. Open a supported browser on your computer or mobile device, then navigate to the Lifesize guest URL provided to you by the meeting organizer.
2. If prompted, select Allow to permit use of your camera and microphone.
3. Enter your name (required) and email (optional).
4. Click or tap Video & Audio settings to adjust video and audio settings.
5. Click or tap Join Meeting.

*Note: Requires Google Chrome version 73 or higher (Windows/macOS); version 78 or higher (Android); Microsoft Edge version 76 or higher (Windows/macOS); or Apple Safari version 12 or higher (macOS/iOS).*

## Settings

### Audio/Video

When logging into the Lifesize app for the first time, you have the option to select the camera and microphone to use for video conferencing calls and meetings. You can also set these options at any time from Settings in the top right navigation menu.

### Camera

If you have multiple camera options available to use with the Lifesize app, select the one that fits your needs best. To specify your camera preferences, select from the options in the Camera list. Use the video display to check the quality of your selection.

### Video Quality

Set your video transmit quality preference (optional)

- Your video will be sent to other meeting participants at this quality. Lowering your transmit quality can improve CPU performance but will not provide the optimal meeting experience.
- You can choose different settings for the web and for desktop app. The setting you select will be retained for future calls.
- The default setting is 720p with the frame rate automatically determined based on your camera and computer specifications.

### Microphone

To specify your microphone preferences, select an option from the Microphone list. You may choose to always start with your microphone muted.

Check your microphone by speaking into the microphone. As you speak into the microphone, a green bar shows on the volume meter if the microphone is picking up sound.

### Speakers

To specify your speaker preference, select an option from the Speakers list.

Check your speakers by clicking Test my speakers and listening for a ringing sound.

**-For more information and user tutorials, check out our [Lifesize App Help Documentation](#).**

If you have any doubt, please, refer to [tutoriaspresenciales@intecca.uned.es](mailto:tutoriaspresenciales@intecca.uned.es)