

Joining a Video Class

What is a video class?

A video class is a way for you to get information and ask some questions without going into the cancer centre. There are possible benefits and possible problems:

Possible benefits

- You can get information when in-person classes are not possible.
- You can talk with the class leader and learn from the questions of others who are also dealing with cancer.
- You will not need to travel to the cancer centre.

Possible problems

- You may not have the equipment you need to join a video class.
- Your cellular or internet service provider may charge extra for the call.
- You might not feel comfortable being online with other people.

You choose if a video class is right for you. If a video class will not work for you please let your cancer care team know. They will help you get the information in a different way.

How do I register for a video class?

Look online to see what classes are offered. Register for the ones you are interested in. All classes are available to you wherever you are in Alberta.



Look at what is offered and register online at:

- ahs.ca/book-cancerpatiented
- www.cancercontrolalberta.ca

>> Patients & Families >> Classes & Events



Is there a cost for video classes?

There is no cost to register for a video class — but you could have internet or cellular service costs. AHS is not responsible for these costs.

If you are using your own equipment for a video class, contact your internet or cellular service provider to find out if there could be an added cost.

Do I have to take a class?

No. You may prefer to use other CancerControl Alberta education resources.

If you try a video class and decide it is not right for you, that's OK. Talk with your cancer care team about how to get the information you need.



Find other education resources online at www.cancercontrolalberta.ca or at your local cancer centre.



We all have a role to play in protecting privacy during a video class.

There could be many people in the class. **It is up to everyone to keep the class private. Join from a quiet place** where people who are not participating in the class cannot hear or see what is happening.

During your video class, the leader will share general information. You will have the chance to comment and ask questions. It is up to you what you share or ask. The class leader will not share this information outside of the class, which is the law under Alberta's Health Information Act.

How do I participate?

You will need a free basic Zoom account to join classes.

Get Zoom on your:

- **Desktop or Laptop** – download 'Zoom Client for Meetings' from zoom.us/download#client_4meeting.
- **Smartphone or tablet** – download the 'Zoom Cloud Meetings' app from the App Store or from Google Play.



You can use a desktop computer, laptop, tablet or smartphone. The device should have speakers/headset and a camera.

How do I prepare for a video class?

- Prepare like you would for other classes. Write down your questions before the class.
- Make sure you have a pen and paper to take notes.
- Please have your cancer care number ready.**
- Find a private space** so the class will not be heard by others.
- Make sure your space is well lit and quiet.
- Test your camera, microphone and speakers before the video class. If they are not working, let your cancer care team know you need to get the information in a different way.



Test your equipment. Go to <https://zoom.us/test> and click "Join". This will let you

- install and test Zoom
- make sure your video and audio are working
- get familiar with Zoom

Find more information about Zoom on the Alberta Health Services website (<https://www.albertahealthservices.ca/topics/Page17094.aspx>)

How do I join a video class?

Video class are set up using a secure AHS Zoom account. You will get the Zoom information by email when you register for a class. **Join the class by:**

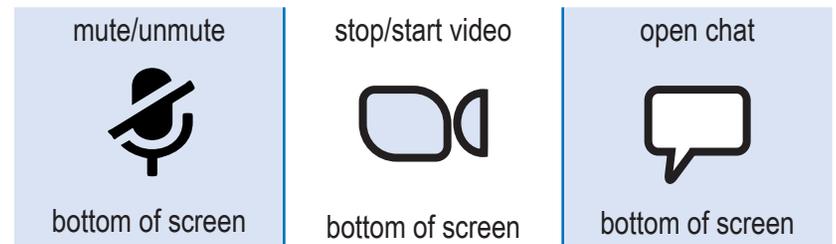
- Clicking on the 'Join Zoom Meeting' link in your registration email.
- OR**
- Going to Zoom on your computer, smartphone or tablet and clicking on the 'Join a Meeting' button. Then enter the meeting code and password in the registration email.

You will start the class in a 'waiting room'.

The leader will check in with each person privately before starting the class. **Check in will take about 10 minutes then the class will start.**

What will happen during a video class?

- You will take part in the video class from where you are, such as at home or near a local wifi hotspot.
- The leader will share information, other resources or activities to try and provide time for questions.
- The leader will start the class by making sure you know how to use the 'Zoom' tools you may need such as:



- If you do not understand what the class leader is saying, let them know. They may need to adjust their microphone or explain in a different way.
- The class leader may not have time to answer every question. Write down any questions you still have so you can ask your cancer care team at your next appointment.