

# Stay Connected Virtually!

*Now more than ever we need to rely on technology to keep our social connections strong and our daily routines as close to normal as possible. We know that an influx of new applications can be intimidating for even the most seasoned users, and we're here to help! We've gathered helpful resources to guide you in learning to use some of the newer, easy-to-use technology so that you can remain socially close while you're physically far from your family and friends during this unprecedented time.*



## Zoom Video Conferencing

**How it Works:** Zoom provides video conferencing capabilities that allow you to video chat with friends and family from the comfort of your home. All you need is a free Zoom account, internet access and a computer with a webcam (though the webcam is optional!).

**Trending Activities:** Happy hours, game nights, bridge clubs, workouts

**Operating System Requirements:** Works on Mac and PC

**How to Use It:** This site will provide you with resources to get set up on Zoom and teach you how to set and attend meetings and how to use in-meeting functions like chat. Note that the free account allows calls up to 40 minutes in length.

## FaceTime

**How it Works:** FaceTime allows you to connect with family and friends around the world through your Apple devices

**Trending Activities:** One-on-one calls, virtual family get togethers

**Operating System Requirements:** You will need an iPhone, iPad or Mac computer. If you have the latest version of iOS software (iOS12) or MacOS Mojave on your computer, you can group video chat with up to 32 people at once!

**How to Use It:** The site provides step-by-step instructions on how to use FaceTime to keep connected.

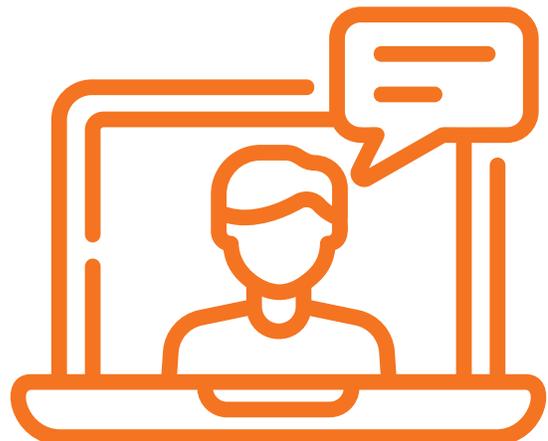
## Skype

**How it Works:** Skype allows you to video chat or voice call between computers, tablets and mobile devices. A Skype account is free to set up and makes it easy to stay connected with your friends and family while you can't see them in person.

**Trending Activities:** Virtual happy hours, small group workouts, virtual family get togethers

**Operating System Requirements:** Works on both Windows and Apple computer systems as well as Apple and Android-based phones and tablets.

**How to Use It:** This site provides you with step-by-step instructions for setting up and using Skype on your selected device.



## Google Duo

**How it Works:** Google Duo lets users make video calls in high definition using their Android or iPhone device. It is based on phone numbers, allowing users to call someone from their contact list. Google Duo supports calls for up to 8 people.

**Trending Activities:** One-on-one calls, group calls

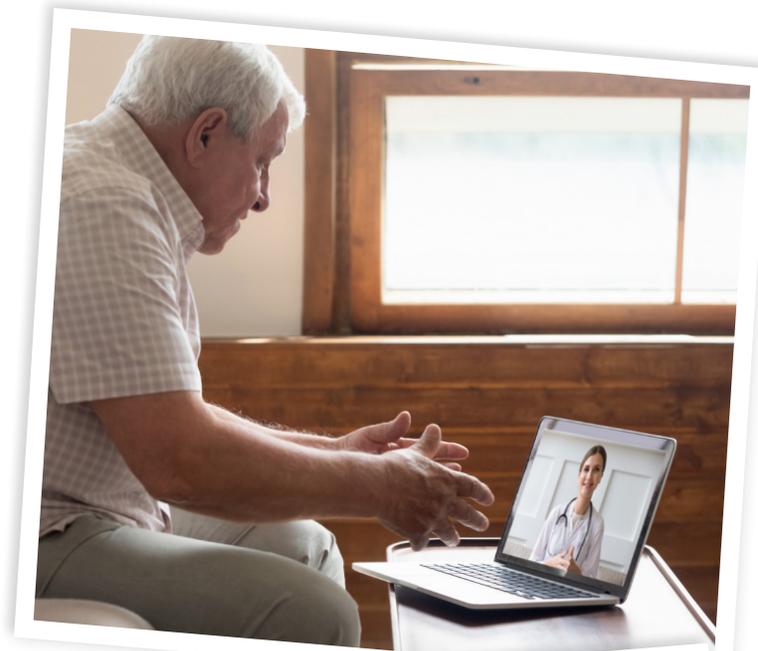
**Operating System Requirements:** Google Duo works on both Android and iOS operating systems

**How to Use It:** This site provides instructions on how to set up and use Google Duo to connect with your family and friends

## Keep a Pulse on Your Health – Virtually!

With ongoing concerns about public exposure to COVID-19, many health plans and doctor's offices are offering telehealth options so that you can talk to your doctor about any health concerns from the comfort of your home. Many health plans accepted at both Allegheny Health Network (AHN) and UPMC medical practices provide virtual doctor's appointments as an alternative to in-person visits.

**To learn more about telehealth options, visit:**



  
**envisage**<sup>™</sup>

Your **PLAN**. Your **VISION**. Your **FUTURE**.

[www.Envisage.org](http://www.Envisage.org)

From Your Leaders in Aging Services

 Presbyterian  
**SeniorCare**  
NETWORK

 Lutheran  
**SeniorLife**



© 2020 Envisage Life | 3.20