

Joining a Zoom Meeting Windows / Mac

[Video Tutorial](#)

Overview

In this article, we will discuss how to join an instant meeting through an email invite, an instant messaging invite, from the browser, from the Zoom desktop and mobile application, from a landline or mobile phone, and with a H.323 or SIP device.

Before joining a Zoom meeting on a computer or mobile device, you can download the Zoom app from [our Download Center](#). Otherwise, you will be prompted to download and install Zoom when you click a join link.

You can also [join a test meeting](#) to familiarize yourself with Zoom.

Prerequisites

- Each meeting has a unique 9, 10, or 11-digit number called a [meeting ID](#) that will be required to join a Zoom meeting
- If you are joining via telephone, you will need the [teleconferencing number](#) provided in the invite.



1. Open the Zoom desktop client.
2. Join a meeting using one of these methods:
 - Click **Join a Meeting** if you want to join without signing in.

The Zoom logo, consisting of the word "zoom" in a lowercase, rounded, blue sans-serif font.

A solid blue rounded rectangular button with the text "Join a Meeting" in white, bold, sans-serif font.

A white rounded rectangular button with a thin grey border and the text "Sign In" in grey, sans-serif font.

- Sign in to Zoom then click **Join**.



Join

3. Enter the [meeting ID](#) number and your display name.
 - If you're signed in, change your name if you don't want your [default name](#) to appear.
 - If you're not signed in, enter a display name.

Join a Meeting

☐ Do not connect to audio

☐ Turn off my video

Join

Cancel

4. Select if you would like to connect audio and/or video and click **Join**.