

The Center for Emotional Health of Greater Philadelphia's webinars are delivered using the web-based software, Zoom webinar.

For best viewing, you may choose to attend from laptop or desktop computer running (Mac or PC), Android or iOS tablet or smartphone, or Windows PRO 2 or 3.

Attendees will require wired or wireless internet connection (WiFi or 3G plus) and audio (soundcard if computer, plus speakers or headphones).

If attendance via laptop or desktop computer is not possible, you may choose to dial in and join the webinar by phone.

Please note the following requirements:

System Requirements	An internet connection – broadband wired or wireless (3G or 4G/LTE) Speakers and a microphone – built-in, USB plug-in, or wireless Bluetooth A webcam or HD webcam - built-in, USB plug-in, or: An HD cam or HD camcorder with a video-capture card Virtual camera software for use with broadcasting software like OBS or IP cameras Note: For macOS, Zoom client 5.1.1 or higher is required.
Operating Systems	macOS X with macOS X (10.10) or later Windows 11 on version 5.9.0 or higher Windows 10 Home, Pro, or Enterprise Windows 8 or 8.1 Windows 7
Supported Mobile Devices	iOS and Android devices Blackberry devices Surface PRO 2 or higher, running Windows 8.1 or higher Notes: Tablet PCs running Windows 10 must run Windows 10

	<p>Home, Pro, or Enterprise. S Mode is not supported.</p> <p>Tablet PCs only support the desktop client.</p>
Supported Browsers	<p>Windows: Edge 12+, Firefox 27+, Chrome 30+</p> <p>macOS: Safari 7+, Firefox 27+, Chrome 30+</p> <p>Linux: Firefox 27+, Chrome 30+</p>
Processor and RAM	<p>Single-core 1Ghz or higher is minimally acceptable</p> <p>Dual-core 2Ghz or higher (Intel i3/i5/i7 or AMD equivalent) is recommended</p> <p>4 Gb of RAM is recommended</p>
High-DPI Support	<p>High-DPI displays are supported in Zoom version 3.5 or higher</p>
Bandwidth	<p>The bandwidth used by Zoom will be optimized for the best experience based on the participant's network. It will automatically adjust for 3G, WiFi, or wired environments.</p> <p>Recommended bandwidth for meetings and webinar panelists:</p> <ul style="list-style-type: none"> ● For 1:1 video calling: <ul style="list-style-type: none"> ○ For high-quality video: 600kbps (up/down) ○ For 720p HD video: 1.2Mbps (up/down) ○ For 1080p HD video: 3.8Mbps/3.0Mbps (up/down) ● For group video calling: <ul style="list-style-type: none"> ○ For high-quality video: 1.0 Mbps/600kbps (up/down) ○ For 720p HD video: 2.6Mbps/1.8Mbps (up/down) ○ For 1080p HD video: 3.8Mbps/3.0Mbps (up/down) ○ For gallery view receiving: 2.0Mbps (25 views), 4.0Mbps (49 views) ● For screen sharing only (no video thumbnail): 50-75kbps ● For screen sharing with video thumbnail: 50-150kbps ● For audio VoIP: 60-80kbps ● For Zoom Phone: 60-100kbps <p>Recommended bandwidth for webinar attendees:</p> <ul style="list-style-type: none"> ● For panelists video on: <ul style="list-style-type: none"> ○ ~600kbps (down) for high-quality video ○ ~1.2-1.8Mbps (down) for 720p HD video ○ ~2-3Mbps (down) for 1080p HD video ● For screen sharing only (no video thumbnail): 50-75kbps (down) ● For screen sharing with video thumbnail: 50-150kbps (down)

	<ul style="list-style-type: none">• For audio VoIP: 60-80kbps (down)
Additional Information	https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux#h_66cb65e7-a02d-47d5-a067-a85f3d184c6b