

# National Institute for the Clinical Application of Behavioral Medicine



## To avoid any technical difficulties, please read all the information below.

Here are some ways you can get ready for today's broadcast ahead of time:

- **The broadcast has been tested and should work on both PC and Mac computers, all Android mobile devices, all iPads, and iPhone 7 or later.**

- **For the best viewing experience on any device, we recommend using Google Chrome.**

If you don't have Google Chrome on your computer, you can [download it here](#). If you don't have Google Chrome on your mobile device, you can download it for free from the Google Play Store or the Apple App Store.

- **If you're tuning in from a computer, you'll need the latest update of Adobe Flash Player.** Here's a link to [find out if Flash is already installed](#). If it's not, you'll be able to [download Flash for free](#).

- \* **If you're using Google Chrome, Microsoft Edge, or Firefox**, when you click to download the Flash Player, a pop-up will appear that asks if you want to use Flash. Just press 'Allow.' The page will then take a moment to load the webinar (or, you can just refresh the page).

- \* **If you're using Safari**, when you click to download the Flash Player, a pop-up will appear that asks if you want to use Flash. You can click 'Use Every Time' so that way you won't have a problem in future broadcasts. The page will then take a moment to load the webinar (or, you can just refresh the page).

- **You'll want to make sure you have a strong connection to the internet.**

If your connection is weak or slow, or if you are connected to public Wi-Fi, you may experience buffering during the broadcast. If you're on a mobile device, we recommend you connect to Wi-Fi when tuning in (as opposed to relying on your data connection).

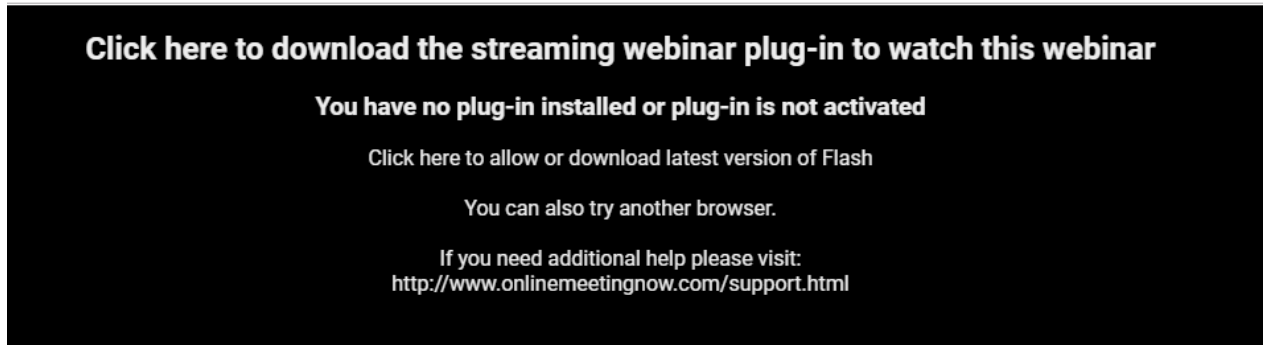
If you are not able to find strong connection, you may want to tune in via the Audio broadcast (as opposed to the Video broadcast).

- **To prevent streaming issues**, please close all other programs you have open.

- **To make sure you'll be able to hear the broadcast**, please check that your speakers are plugged in correctly, your computer volume is all the way up, and you unplug any headphones you aren't currently using.

And here are some helpful tips for when you tune in to the broadcast today:

- **If you're tuning in from a computer**, and you see a black screen that looks like this:



You'll need to click the word 'here.' (Note: **the cursor may not look like it's a clickable link, but if you click anyways you'll be directed to where you can download Flash Player.** Alternatively, just use this link to [download Adobe Flash](#)).

- **If you're tuning in from an iPad or iPhone 7 or later**, you may see a blue play button on the screen. Just press that button to start streaming the broadcast. You may need to press it twice.



- **If you aren't sure how to connect to the broadcast**, just tune in with the links below. But remember: you're only able to tune in at the specific times we'll be airing the broadcast.

That will be Wednesdays at 10am, 12pm, 3pm, 5pm, 6:30pm, 9pm, and 11pm  
and Thursdays at 10am, 12pm, 3pm, 5pm, 6:30pm, 10pm.

We are located in Connecticut, USA so all of the times above are in Eastern Time.

Tune in to [the Video broadcast](#) here.

Tune in to [the Audio broadcast](#) here.

**The final broadcast will air on Thursday, November 8th.**

**We hope you enjoy the broadcast!**

Feel free to reach out to our team at [respond@nicabm.com](mailto:respond@nicabm.com) if you still find yourself in need of support.

Business Hours: Monday-Friday, 9am-5pm Eastern Time

Phone: 860-456-1153