Tips for Smooth META Sessions

Please contact META Support if you have any issues connecting with clients.

📞 **833-844-META**

✉ **support@meta.app**

How to Prep for Your Scheduled META Session

✓ Google Chrome, Safari, or Microsoft Edge are recommended browsers - ensure both parties have fast internet connections

✓ Your clients need to be logged into the META app before connecting for a session.

✓ Toggle yourself "online" on the META platform before the call.

✓ Both parties need to click **"allow microphone"** and **"allow camera"** when prompted.

✓ Test your device's microphone and camera with the user before a scheduled session from the "chats tab"

✓ Set expectations for who will initiate the call.

Remember to submit your invoices for sponsored sessions before the end of the month, preferably end of the day

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