

# Microsoft Teams User Guide

## TC Energy U.S. Tribal Contractor Forum

Please visit: [Microsoft Teams Online Instructions](#), or use the following guide to access the Teams meeting.

**There are a number of ways you can access the Teams meeting to attend the event.**

1. [Download Teams](#) app for free for your desktop, or mobile device, including iOS or Android.
2. Use Teams on the Web at <https://teams.microsoft.com>.
3. Call in to the meeting on your telephone using the Conference ID #.

*TC Energy recommends you download the Teams app on your computer or mobile device prior to the time of the meeting to ensure the best user experience. You can download the Teams app for free on your device's app store.*

**To join the Teams meeting from the desktop app use the following instructions:**

1. Click the Teams invite provided to you by TC Energy.
2. Select Join now.
3. Enter your name.
4. Click join meeting.
5. Please wait for someone to admit you to meeting.

**To join the Teams meeting from the mobile app use the following instructions:**

1. Click the Teams invite provided to you by TC Energy.
2. Select Join as a guest.
3. Enter your name.
4. Click join meeting.
5. Please wait for someone to admit you to meeting.

**To Join the Teams meeting on the Web use the following instructions:**

1. Click the Teams invite provided to you by TC Energy.
2. Select Join on the Web instead.
3. Follow the instructions on the screen to allow Microsoft Teams to use your mic and camera for the meeting.
4. Enter your name, turn off your mic and camera, and select Join now.
5. Please wait for someone to admit you to meeting.

**To call-in to the Teams meeting on your telephone, use the following instructions** *(please note, you will not be able to view the presentation using this option).*

1. Call the number shown in your Teams invite.
2. Enter the Conference ID # provided by TC Energy.