How to adjust Zoom mobile settings to conserve bandwidth

10:05   Settings

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Meetings

Contacts

Chat

General

Siri Shortcuts

About

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Meet & Chat   Meetings   Contacts   Settings
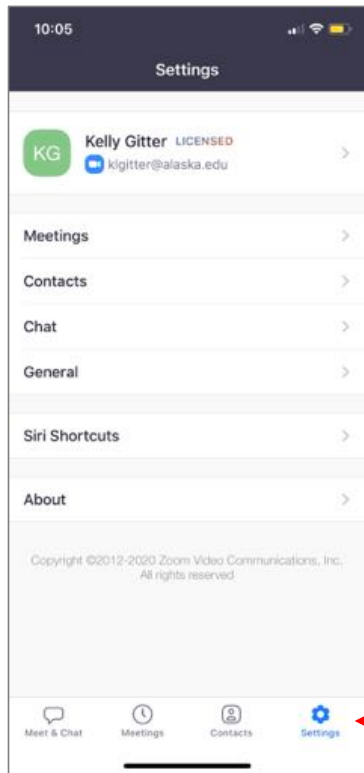
2. Select Meetings

1. Select Settings button on bottom left

10:06   Meeting Settings

Auto-Connect to Audio   Use Internet

Always Mute My Microphone
Always mute my microphone when joining a meeting

Always Turn Off My Video
Always turn off my video when joining a meeting

Always Show Video Preview
Always show video preview dialog when joining a video meeting

Auto-Copy Meeting Link
Automatically copy invitation URL once the meeting starts

Show Non-Video Participants
See the avatar of non-video participants in gallery view

Show Name when Participants Join
Show notification of participants as they join the meeting

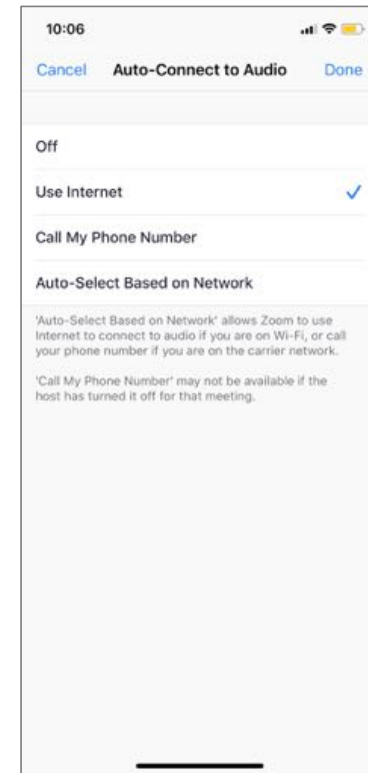Always Show Meeting Controls

5. Select Auto-Connect to Audio at top

4. Turn on Always Mute My Microphone

3. Turn on Always Mute My Video

10:06   Cancel   Auto-Connect to Audio   Done

Off

Use Internet ✓

Call My Phone Number

Auto-Select Based on Network

'Auto-Select Based on Network' allows Zoom to use Internet to connect to audio if you are on Wi-Fi, or call your phone number if you are on the carrier network.

'Call My Phone Number' may not be available if the host has turned it off for that meeting.
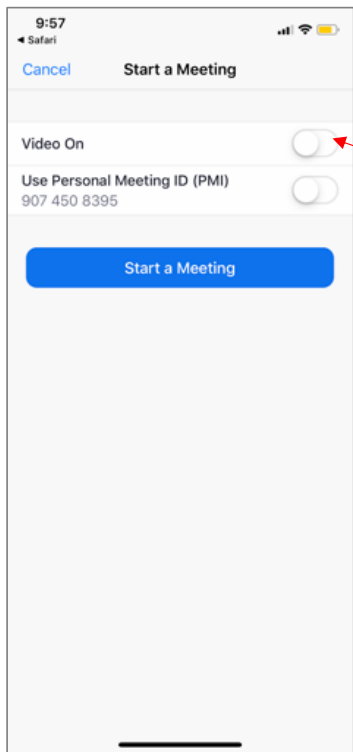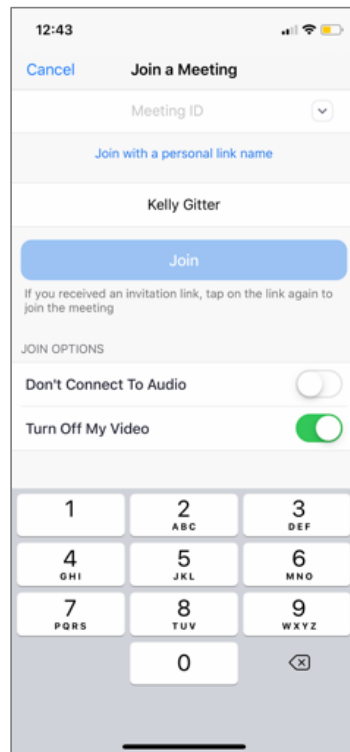
7. Select Done

6. Select Use Internet

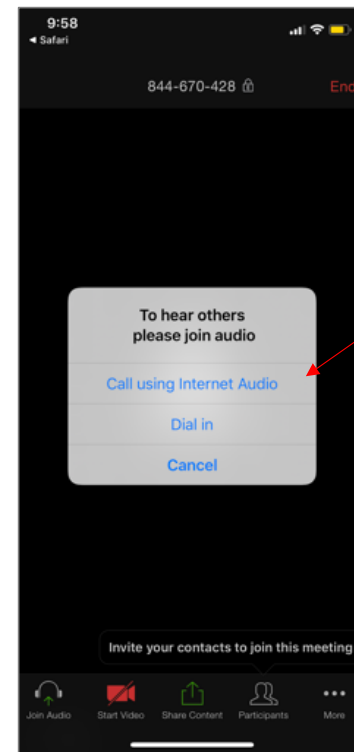# How to join a Zoom meeting on a mobile app to conserve bandwidth

Starting a Meeting
- Turn off Video On

Joining a Meeting
- Turn off Don't Connect to Audio
- Turn on Turn Off My Video

Always join your meeting using Internet Audio