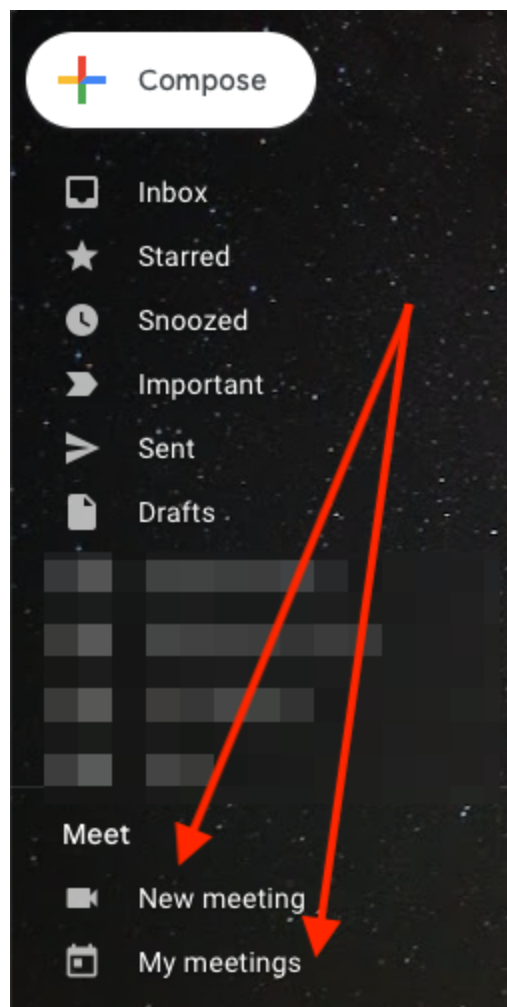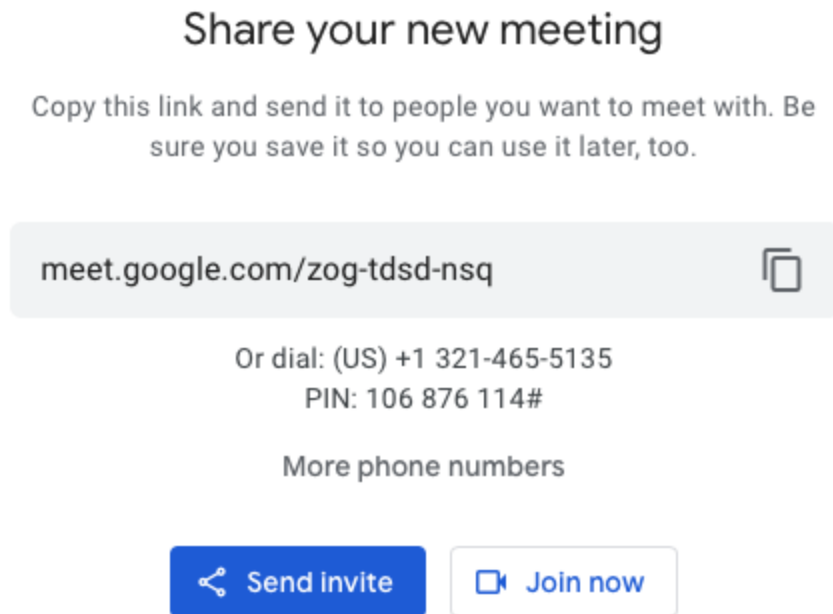# How to Start or Join a Google Meet from Gmail

1. On the left sidebar in Gmail, click either "New meeting" or "My meetings".

2. **New meeting:** If you click this option, the following window will appear. You can share the Meet link with anyone and also click "Join now".

Share your new meeting

Copy this link and send it to people you want to meet with. Be sure you save it so you can use it later, too.

meet.google.com/zog-tdsd-nsq

Or dial: (US) +1 321-465-5135
PIN: 106 876 114#

More phone numbers

< Send invite   ⬜◻ Join now

3. **My meetings:** If you click this option, you can see your upcoming meetings, start a new meeting, or join an existing meeting if you know the join code.