How to adjust Zoom mobile settings to conserve bandwidth

1. Select Settings button on bottom left
2. Select Meetings
3. Turn on Always Mute My Video
4. Turn on Always Mute My Microphone
5. Select Auto-Connect to Audio at top
6. Select Use Internet
7. Select Done
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