1. Enroll in Course
2. Go to the Course
3. View Course Calendar
4. Find Appointment
5. Select Course (LFS Wellness Check-In)
6. Select from available dates/times
7. Reserve
8. Schedule will show your reserved date/time
9. To un-reserve select reserved appointment, click un-reserve in pop-up box
At the day/time of your scheduled appointment:

Sign into Canvas (canvas.ubc.ca) and go to your Dashboard. Select BEWELL under ToDo list. Click on BEWELL-Reserved for pop-up window with Zoom details.