How to join and find a Zoom meeting on a phone

Below is a picture of the Zoom app from the App store on an iPhone. (Will look similar on Android and work virtually the same)

Launch the app once installed and you will see the home page below. Here you can either sign in (recommended, but not required) or join a meeting.
Once you hit Join a Meeting, it will ask you to enter the meeting ID (image below). You will be able to manage your video and audio options even after joining.
This is where you will enter the meeting ID that can be found at the top of the posted agenda that will be emailed to you (example below without the actual number).
Once joined, you will be able to manage your audio, video and other items. To find your settings, click the arrow next to the audio or video.
Below is a picture of the settings window where you can test your microphone and webcam to make sure that everything works for participation. As a host, we will also have the ability to mute or unmute the participants as necessary and request a hand raise for talking purposes.

Now you are ready to participate in the Zoom meeting!