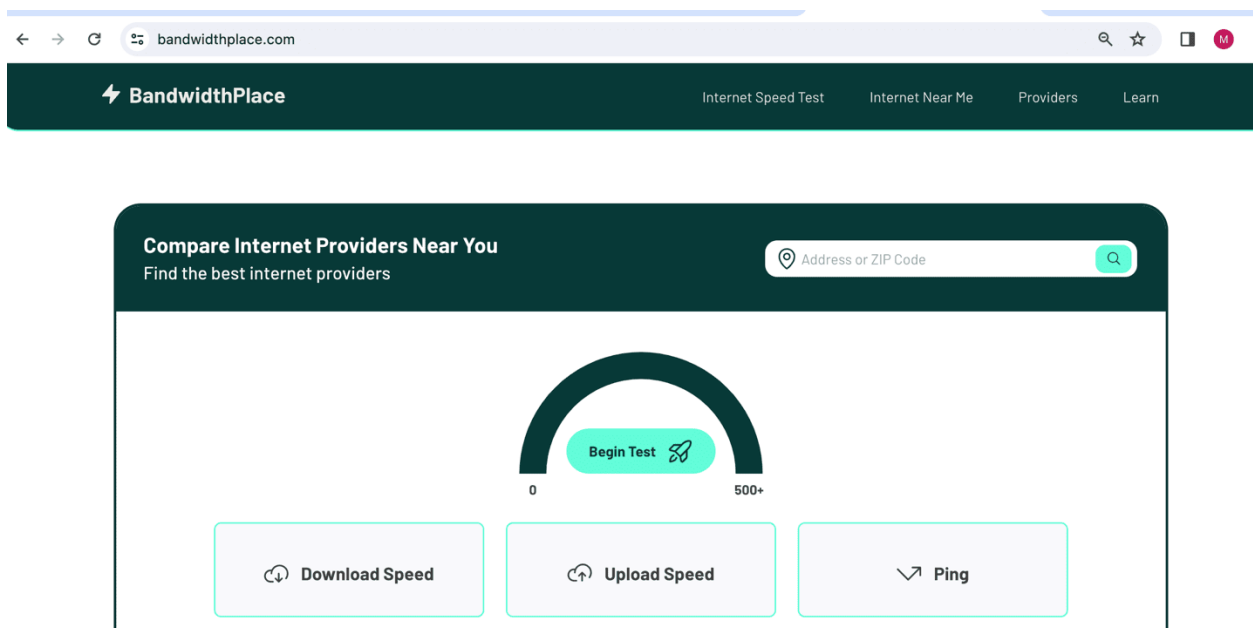


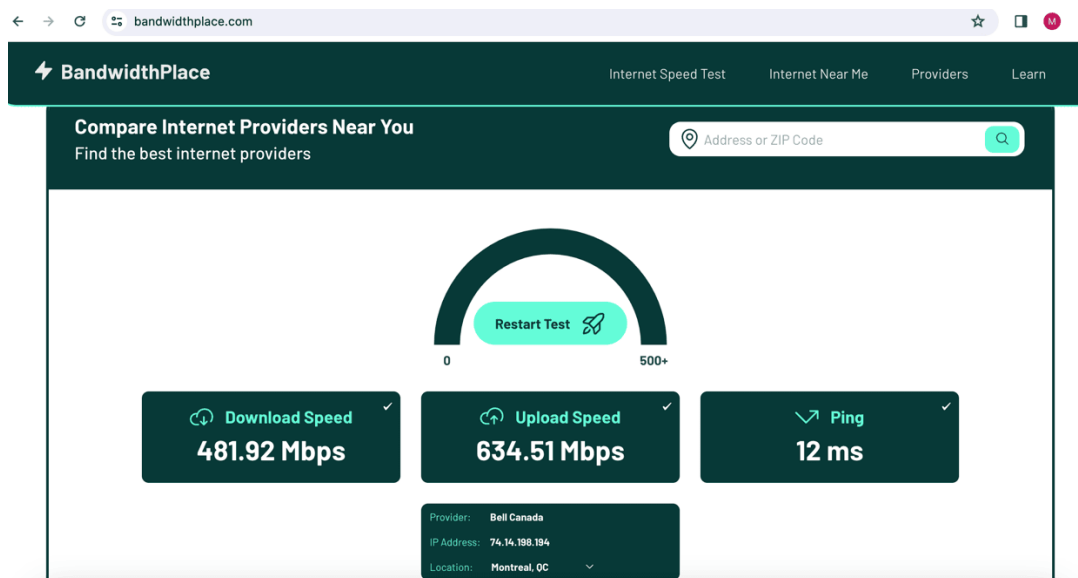
As we continue to rely on virtual communication, it's essential to ensure that our internet connectivity meets the demands of reliable video conferencing. To this end, I'd like to provide you with some **guidance on determining the appropriate internet speed for seamless video conferences.**

Please visit the testing site here <http://www.bandwidthplace.com>.



To begin, please follow these steps:

1. Click the "Begin Test" button on your internet speed testing tool.
2. Allow the tool to complete its cycles and take note of the two displayed speeds.
3. Below is the example of the test results at the PMVC head office downtown Toronto.



While your speed might exceed the minimum requirements for the OTN video platform, it's crucial to consider potential factors that could impact your video conferencing experience. Our experience has shown that even minor fluctuations in speed, coupled with additional usage factors, can lead to significant disruptions in internet quality during video conferences.

Therefore, I strongly recommend **aiming for an internet speed of at least 5 to 10 Mbps for both download and upload. This range will provide a buffer against unexpected fluctuations and guarantee a reliable video conferencing experience.**

Feel free to run the speed test multiple times from various locations within your office or clinic. By doing so, you can identify the optimal location that consistently meets or exceeds the recommended speed range. It's worth noting that internet speeds can vary based on factors such as local internet usage and time of day, so testing from different locations will give you a better overall perspective.

Keep in mind that neighbouring high internet usage and time-of-day variations can lead to significant changes in internet speed. However, adhering to the recommended speed range will help you overcome these challenges and ensure a smoother video conferencing experience.

If you encounter any difficulties or have further questions, please don't hesitate to reach out. I'm here to assist you in optimizing your internet connectivity for successful video conferencing.

Thank you for your attention to this matter, and I hope you find this information helpful.