

# Instant Meeting

## Introduction

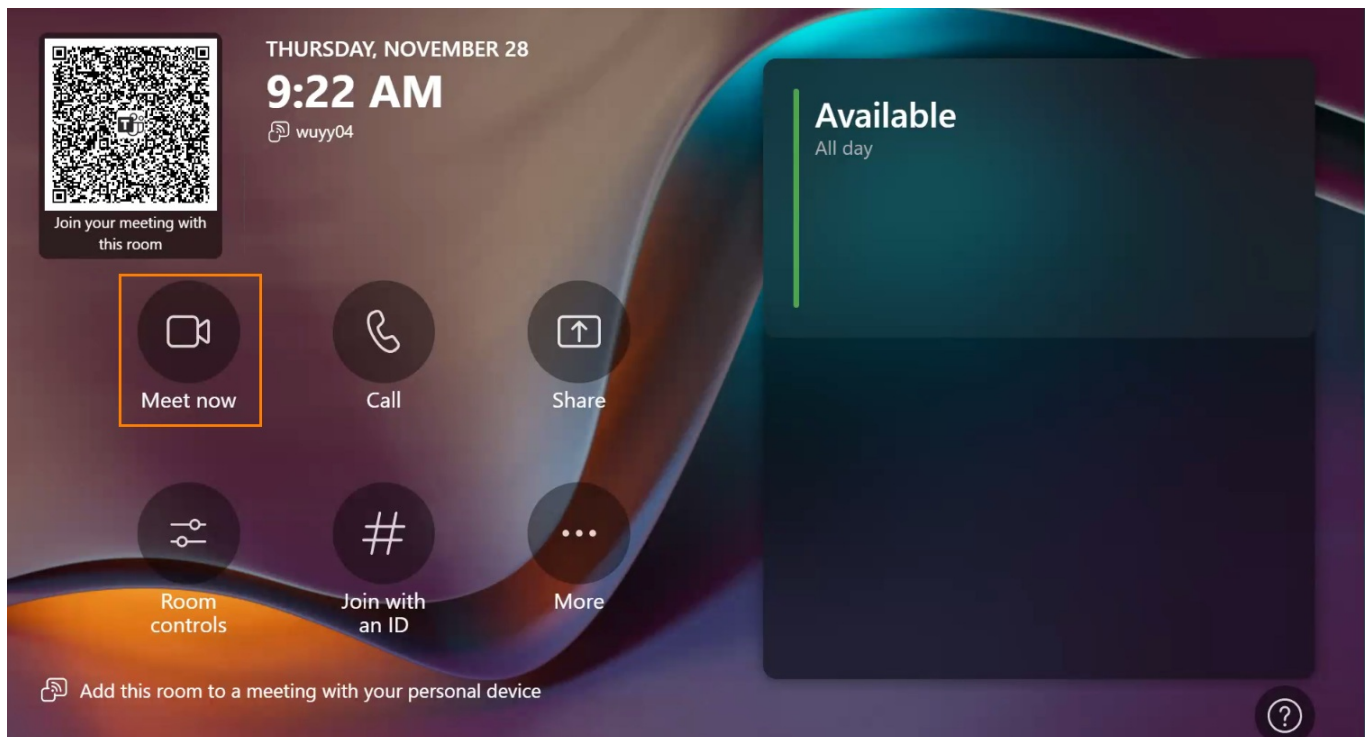
After completing the [Quick Setup](#), you can log in to your Skype account and use the Microsoft Teams Rooms application (MTR) to start a meeting.

## Before You Begin

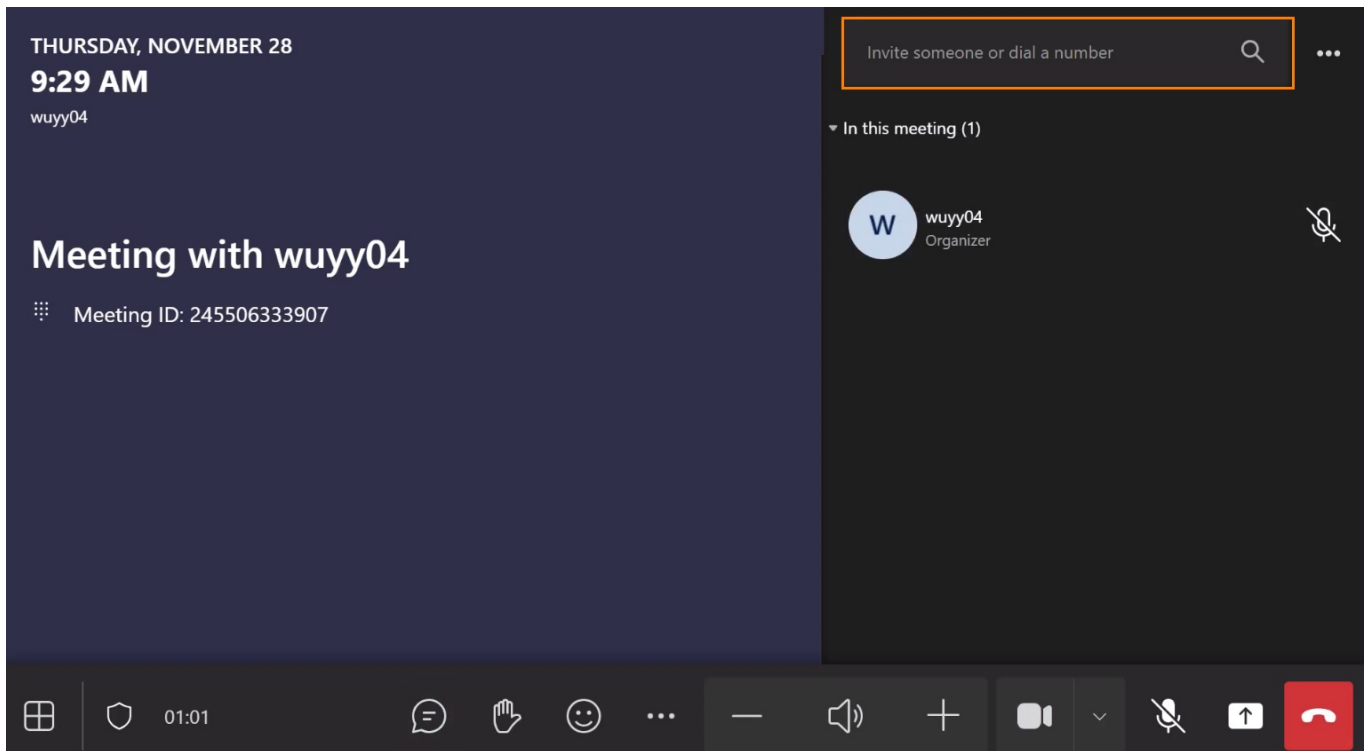
Ensure that you are in the Microsoft Teams mode. Learn more about [Switch Account](#).

## Start a Meeting

1. Select **Meet now** to start your meeting.

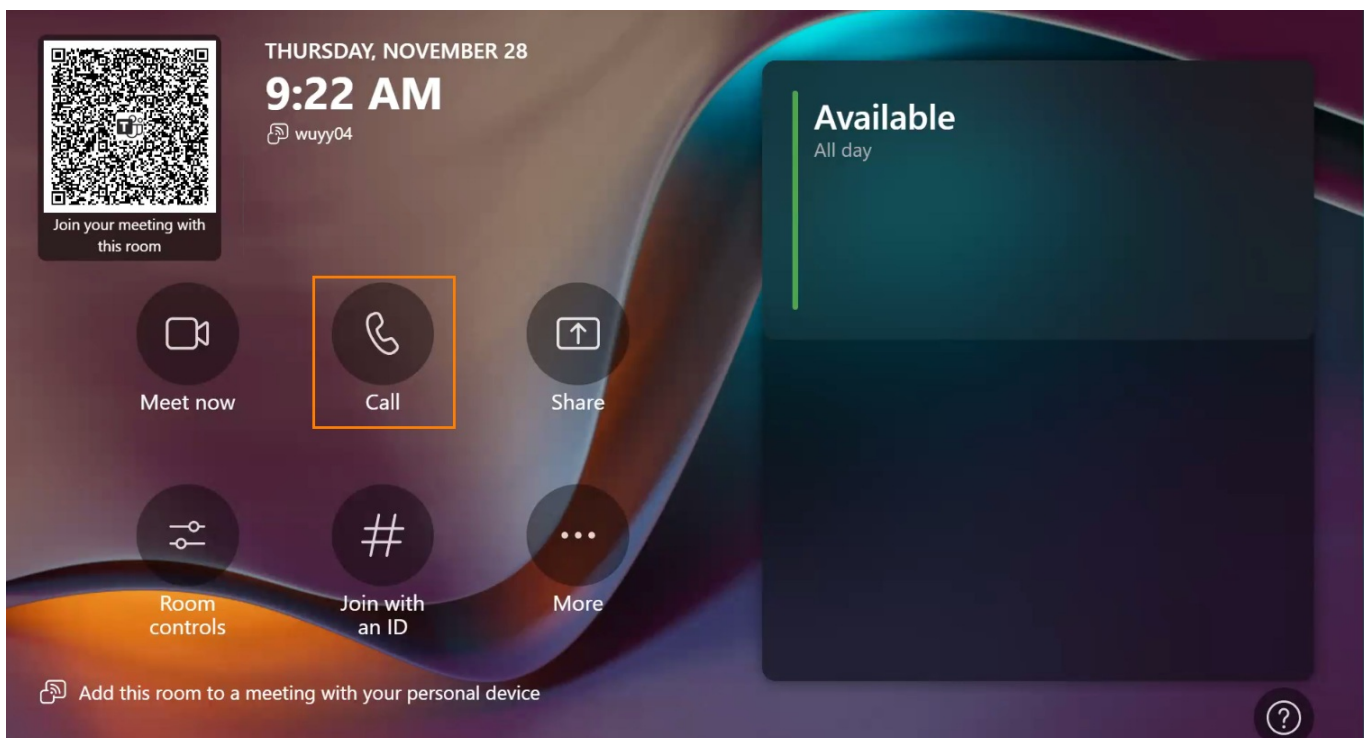


2. Invite other participants to join the meeting.



## Call Someone to Join Meeting

1. Select **Call**.



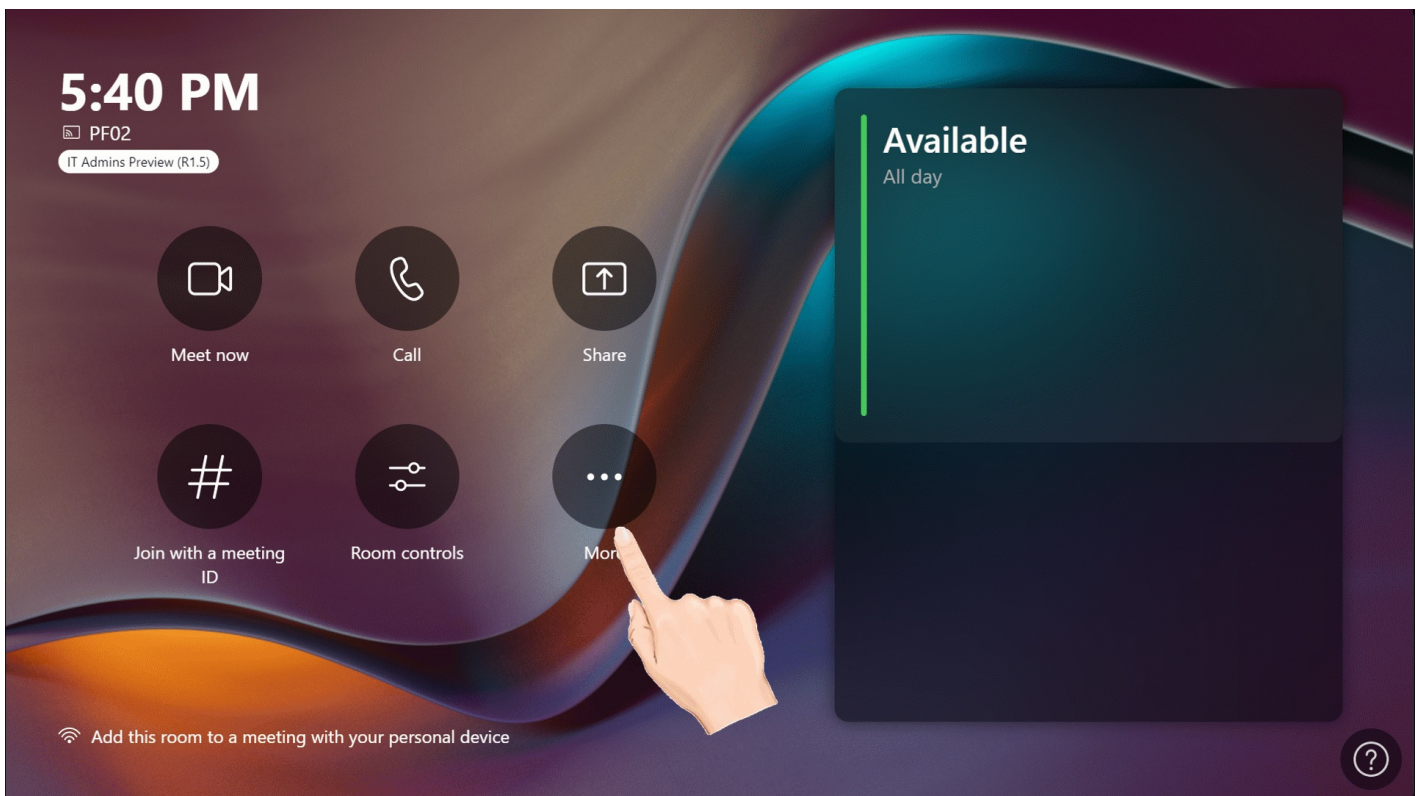
2. Type a name or number (Tip: You can call multiple people simultaneously), select **Call** and wait for the other person to enter the meeting.

**TIP**

You can search for someone's name, number, or email account.

**How do I check my email account?**

1. Go to **More > Settings**.
2. After entering the administrator password (default: sfb), you can view it in **Accounts**.

**Does MVC support reserving a meeting? How to reverse a meeting?**

The MVC Rooms system does not support scheduling a meeting but supports an instant meeting. If you want to reserve a Teams meeting, you can download the Teams client to reserve a meeting. Please refer to [Schedule a meeting in Teams](#) for more information.