

Video Interview Tips for Healthcare Travelers

Feeling a little “uhhh” about video interviews? You’re definitely not the only one! With a few simple tricks, you’ll go from camera-shy to camera-ready in no time. Need a deeper dive? [Click here for our blog post.](#)

Before the Interview

- ✓ **Test your setup:** Check the invite to see which platform the facility uses. Download the app and test your camera, mic, and Wi-Fi at least 30 minutes early.
 - ☀️ Don’t forget to allow access to your camera and microphone for the app. If you forget to do this, go to **Settings > Privacy > Camera/Microphone** to grant permission for the app you’re using
- 📱 **Using your phone?** Prop it up horizontally, keep it steady, and plug it in.
- 💡 **Lighting:** Face a window or use a ring light. Avoid bright light behind you.
- 🔧 **Background:** Pick a clean space or click on one of our virtual backgrounds below.
- 🔌 **Charge up:** Keep your device plugged in throughout the call.
- 💬 **Bonus Tip:** Ask your recruiter for a quick test run before your interview. They’ll help you troubleshoot and feel more confident on camera!



Platform Links

- **Zoom:** [Apple App](#). [Google Play App](#).
 - [Virtual background instructions](#)
- **Teams:** [Apple App](#). [Google Play App](#).
 - [Virtual background instructions](#)
- **Google Meet:** [Apple App](#). [Google Play App](#).
 - [Virtual background instructions](#)

During the Interview

- 👕 **Wear scrubs** or professional clothing.
- 📹 **Look at the camera** to make eye contact.
- 😊 **Smile, sit up straight and speak clearly**—confidence shows!
- 🔕 **Silence notifications** and minimize distractions.
- ⚠️ **Bad Wi-Fi?** Turn off your video or switch to audio-only.

After the Interview

- 📅 **Note next steps** or follow-up timelines.
- 📱 Reach out to your recruiter to let them know you’ve interviewed.

Virtual Backgrounds

