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Bandwidth Requirements

Step one in determining whether your home internet can manage our session will be to run a SPEED TEST from your home computer. Speed Tests are very easy to access from a simple internet search. An example of a free test is <https://www.speedtest.net/>. Once you run your speed test, send me a screen shot of the results you receive.

E-Integrated SLP Services, PLLC suggests client's home internet speed test results in a minimum of 2.5-5 Mbps for both upload and download speeds. In order to seamlessly access all tools and aspects provided in the session, we suggest 2.5-5 Mbps for both up/down speeds. Although preferred, this is not a requirement.

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