



# Video Chat

## Video Chat

- Use your phone, tablet, or computer to see and talk to others in real time.
- Free or low-cost; use WiFi to chat internationally.
- Chat across device types, but not across different apps.
- Attend meetings, classes, or health appointments (via your healthcare portal).

## Encryption

- Scrambles text, audio, & video data.
- Allows only the caller & recipient to see messages/be part of the call.
- Supports compliance with HIPAA regulations in healthcare portals.

## Encryption Types & Methods

- End-to-end encryption (E2EE): Only sender & receiver can read data.
- Cloud: Provider encrypts but has access to data in their cloud server.
- AES-128 and AES-256: Two ways providers encrypt data.

## Popular Apps with End-to-End Encryption

All apps are free and available on iOS and Android (except for FaceTime).

App	Highlights
FaceTime	 <ul style="list-style-type: none"><li>• Pre-installed on Apple devices.</li><li>• Android users can join FaceTime calls via link.</li></ul>
Facebook Messenger	 <ul style="list-style-type: none"><li>• Easily call Facebook contacts.</li><li>• E2EE, but Meta accesses unencrypted metadata.</li></ul>
Google Meet	 <ul style="list-style-type: none"><li>• Used for personal, business, or education calls/meetings.</li><li>• E2EE only for calls made through the app.</li></ul>
Signal	 <ul style="list-style-type: none"><li>• Developed by a non-profit focused on privacy and security.</li><li>• Open source, so anyone can check/improve the encryption.</li></ul>
Teams	 <ul style="list-style-type: none"><li>• Replaces Skype; primarily used in work settings.</li><li>• E2EE can be enabled, but limits functions you can use.</li></ul>
WhatsApp	 <ul style="list-style-type: none"><li>• Call friends and family across the globe using Wi-Fi.</li><li>• E2EE, but Meta accesses unencrypted metadata.</li></ul>
Zoom	 <ul style="list-style-type: none"><li>• Do not need Zoom account to join a call.</li><li>• E2EE can be enabled, but limits functions you can use.</li></ul>