



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