Choppy video can be frustrating during a video call. Fortunately, here are some tips that can improve call quality:

**TIP 1**  
**Restart Your Device**  
Restart your device before a call. Other software or apps might be using device power or interfere with your video or microphone. Restarting your device will assure your device is ready for video.

**TIP 2**  
**Faster Internet Connection**  
Use fast internet (with ethernet cable if possible). Video quality adapts to internet speed, so the faster your internet connection, the better the video quality you will experience.

**TIP 3**  
**Use a Newer Device if Possible**  
Use a newer device with plenty of speed. Sending and receiving video takes a lot of computer power. Old or slow device will have a harder time processing the video, which can cause choppiness.

**TIP 4**  
**Chrome & Firefox Browsers**  
When using a computer to do the video call, use the latest version of Chrome or Firefox browsers. They are the most stable and secure ways to stream video.

**TIP 5**  
**Use Headphones**  
Use headphones. While not necessary, they will help eliminate feedback or echo. Ask the person on the other end if they have headphones as well!

**TIP 6**  
**Better Lighting**  
Make sure you have great lighting during your call. If it’s too dark or too many shadows it uses a lot of bandwidth to project.