

How to Select Hide Self View on VM

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Some users avoid seeing their faces during video calls because it can be distracting or make them feel self-conscious. Constantly viewing their image might lead to overanalyzing their appearance, causing discomfort or anxiety. Others find it unnecessary since their focus is on the conversation, not themselves, and prefer minimizing visual clutter for better engagement.

There are two ways to use the Hide Self View; (1) **Test Call** and (2) **During the Call**

Test Call (Before the Call)

1. Go to **Contacts**.
2. Search for **Test Call** contact and hover over it, then click on the **video call** icon

Note: The Test Call contact is automatically added as your first contact once your VSee Messenger account is created so there is no need to add this contact yourself. This is best used before you get into a call to check your audio and camera.

Once you are in the test call, you will see 2 preview screens of yourself. Your actual video screen will be seen on the upper right corner of the video call window.

1. Click on the **arrow-down** button of the video camera icon.
2. Select **Hide Self View**.

After clicking it, you will no longer see your video feed in the top right corner. Now, when you get into an actual call, you don't have to set up the Hide Self View option.

You can unhide the Self View option by following the same steps.

A. Click on the **arrow-down** button of the video camera icon.

B. Select **Unhide Self View**.

During the Call

When you get on a call and you feel distracted looking at your video feed, you can hide your self-viewing option.

1. Click on the **arrow-down** button of the video camera icon.
2. Select **Hide Self View**.

After clicking it, you will no longer see your video feed in the top right corner. You will only see the participant(s) of the call.

You can unhide the Self View option by following the same steps.

A. Click on the **arrow-down** button of the video camera icon.

B. Select **Unhide Self View**.

*Note: You cannot select the Hide Self View using the **Open my Video** option on your Profile.*

Need more assistance? Send us an email at help@vsee.com or check out the [Help](#) section under the Profile Menu of your VSee Clinic.

Tags

hide own camera feed

Hide self view