Click on Start > Control Panel > Network and Sharing Center
Click on Set up a connection or network on the left hand side of the screen
Click on Connect to a workplace and then click Next.
Click on Use my Internet connection (VPN)
In the Internet address field type vpngate.umsmed.edu
In the Destination name field type UMMC VPN Connection
Click the Don't connect now; just set it up so I can connect later button in the lower left hand corner and click Next
Leave the Name, Password and Domain fields empty (blank) and click the Create button.
Click the Close button
Click the Manage Network Connections link on the left hand side of the screen
Right mouse click on the UMMC VPN connection icon.
Left click on the properties tab.
Click on the Networking tab
Click on the Type of VPN field and choose L2TP over IPSEC
Click on the IPSEC setting button.
Choose the Use preshared key for authentication button
In the Key field type: ummcusers

Please note that this is a case sensitive field and lower case should be used
Click OK..... Click Ok
Double click the UMMC VPN Connection
Type in your VPN/Active Directory Username and Password
Click Connect
You should then see this
And then this
Once this screen disappears you have successfully logged into the UMMC network.

When you are ready to disconnect you can click the Disconnect link on the Control Panel > Network and Sharing page under the UMMC VPN Connection.