Unplug the thunderbolt 3 cable to Black Magic Design Intensity Pro or the Intensity Studio 4K

RESTART THE COMPUTER

Plug in the thunderbolt cable

Blackmagic Intensity Pro is connected via the Thunderbolt cable to the computer.

Must use the thunderbolt 3 to thunderbolt 2 adapter shown here

Make sure the Headphones are plugged into headphone jack on IMac
DON'T USE THE "ROLLS" HEADPHONE SPLITTER FOR PROTOOLS MONITORING
Turn on the OLED LG or the Panasonic Plasma using the Remote – Make sure TV is set to HDMI it should be already!!

On the Panasonic press HDMI on the LG Remote press the "RCA Input" Icon shown here. Right by the "Netflix" button on the LG Remote.

Go to >Apple>System Prefs

System Prefs>Sound>Output>Make sure it is set to Headphones

System Prefs>Blackmagic Desktop Video and click on it
Make sure you see the Blackmagic Ultra Studio or the Intensity Extreme Interface in the System Preferences

Launch ProTools
When ProTools opens click "Cancel" on the Quick Start Dialog.

We do not want to open a session yet.

Need to set up the routing and Playback Engine first.

Go To Setup > Playback Engine

On the Playback Engine Drop Down choose **Built-in Output**

Click OK

Now go to Input and Output setup

Go to >Setup>I/O
Make sure the Output Tab looks like this if not :

Click "Default" on the I/O setup

Then Click OK

Now that the routing and hardware is set up open the ProTools session if you have one created already or make a new session.
Navigate to the session and open it

Next Import the video into the project
Choose Import Video

Navigate to the video file that you want to view in the ProTools session
Choose to import at Session Start

Choose to enable the Video Engine
Click Yes here

If you would like to use the audio off the video file choose to save it to the default Audio Drive folder
Last step is to open up the Input and Output view in ProTools

Go to > View> Edit Window Views> I/O >

Choose the format 1080 or 720 23.98fps

Choose the Playback Quality - Note if there is stuttering choose Draft but Full should work

Make sure all the audio outputs are routed to the Built In Output 1-2 Stereo

Then you should see image on the TV and hear audio on your headphones.

If you do not see image on the Monitors redo the entire rebooting process again and make sure you unplug the thunderbolt cable and power cycle the Black Magic Intensity. It should fix it.