BetterMe for Business Zoom User Guide

BetterMe

Workouts at work

3 min	3 min	3 min
Stretch at Your Desk	**Stress-Busting Yoga**	**Easy Cardio on the Ch**
Reduce neck and shoulder stiffness	Find release through mind-body practice	Push through your mid afternoon slump

Meditations at work

2 min	3 min	2 min
Pre-Meeting Breathing	**Clear Mind Meditation**	**Breathe Into Work**
Unwind and get ready for the meeting	Calm nerves and handle work-related stress	Stay focused, calm, an productive

Contents

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Installation

BetterMe

How to access BetterMe through Zoom

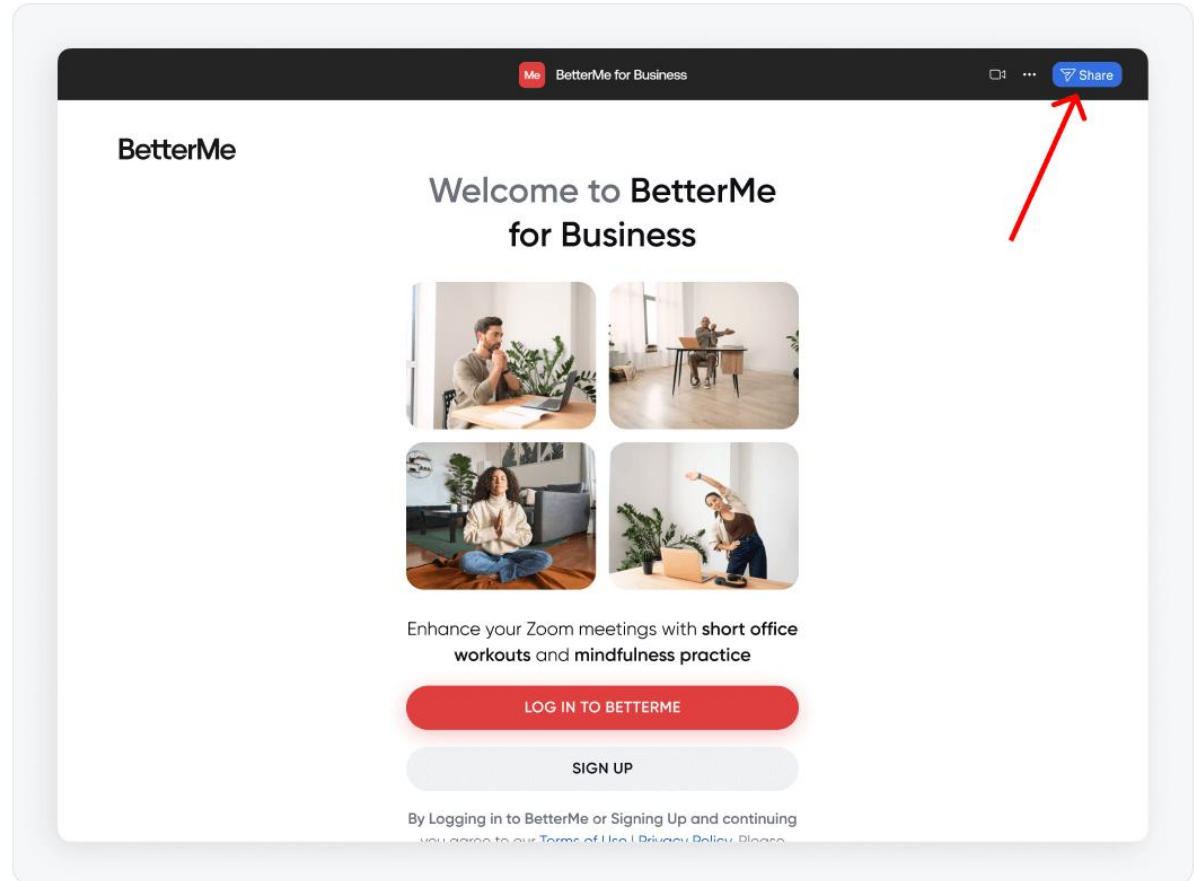You can install and access BetterMe for Business through Zoom via:

- In-app sharing

- Zoom Marketplace

BetterMe

Via in-app sharing

To share the BetterMe app, click on the paper plane "Share" button in the top right corner of the application.

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Via Zoom market place

You can also install the BetterMe for Business app using Zoom.

You need to go to the Apps section and search for "BetterMe for Business".

1. Go to apps

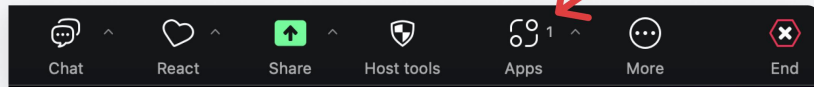2. Type "BetterMe for Business" in the search bar and install.
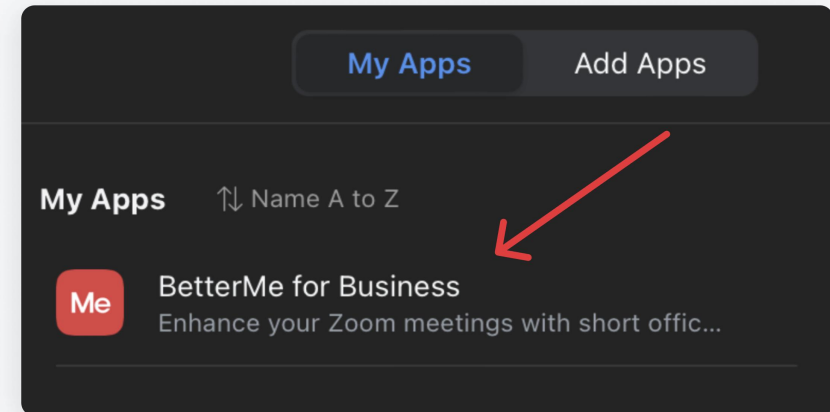
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Usage

Opening the application

When in a meeting, click "Apps" at the bottom of the window.

Find the BetterMe for Business app.
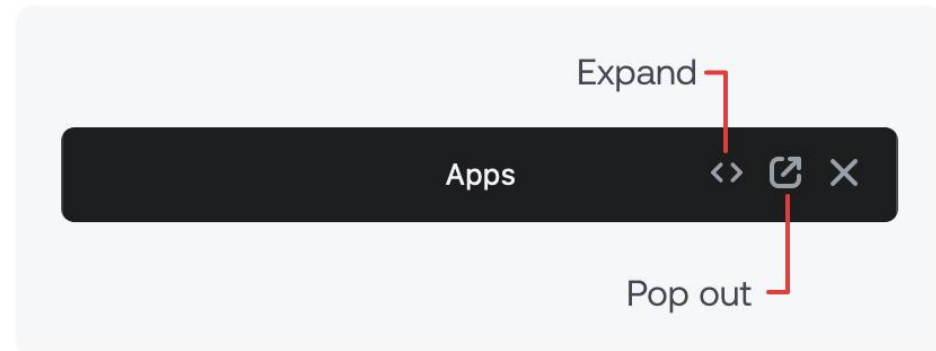Please note that it needs to be installed:

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Opening the application

The app will load in the side menu by default.

If you want it to go full screen, press the "<>" icon.
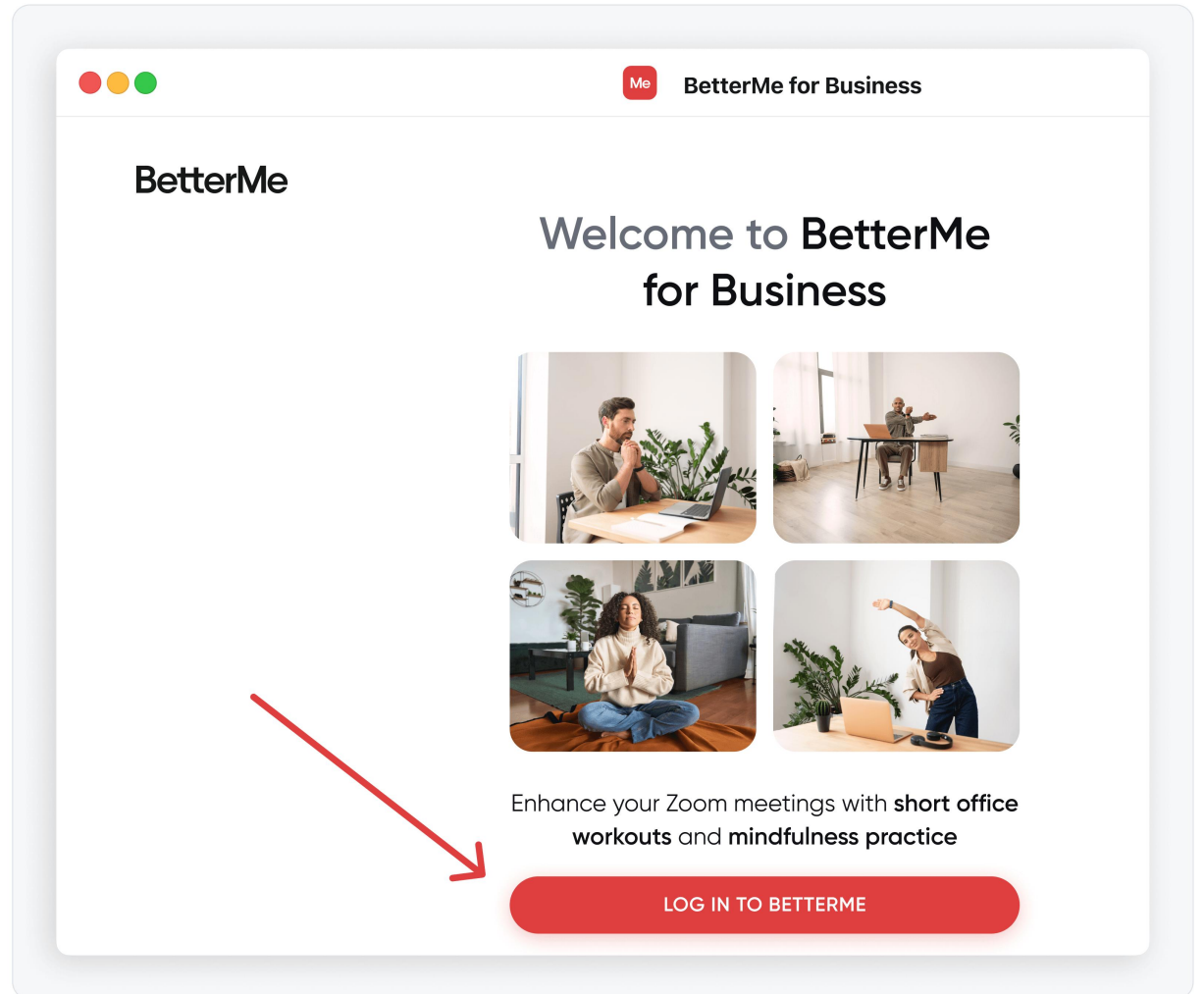To open it in a new window, click " ⧉ " and then "Pop out".

Expand

Apps   <> ⧉ ✕

Pop out

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Logging in

To log in, click "Log in to BetterMe"

Enter your login and password - and you're in.

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Logging in

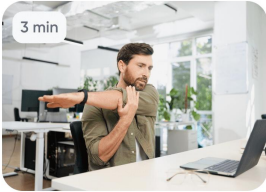You can also login to BetterMe or create an account via our mobile app.

Log In To BetterMe Business for Zoom

Enter your email

Enter your password   SHOW

CONTINUE

Forgot password?

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←

Create Account in mobile app — BetterMe: Health Coaching

Me

Download **BetterMe: Health Coaching** on

 App Store   Google Play

150+ million
users have chosen BetterMe

1 Tap **CREATE ACCOUNT** on the Welcome Screen

2 Enter your corporate email and create a new password

3 Tap **CONTINUE** and check your inbox

4 Confirm email within an hour to access the app
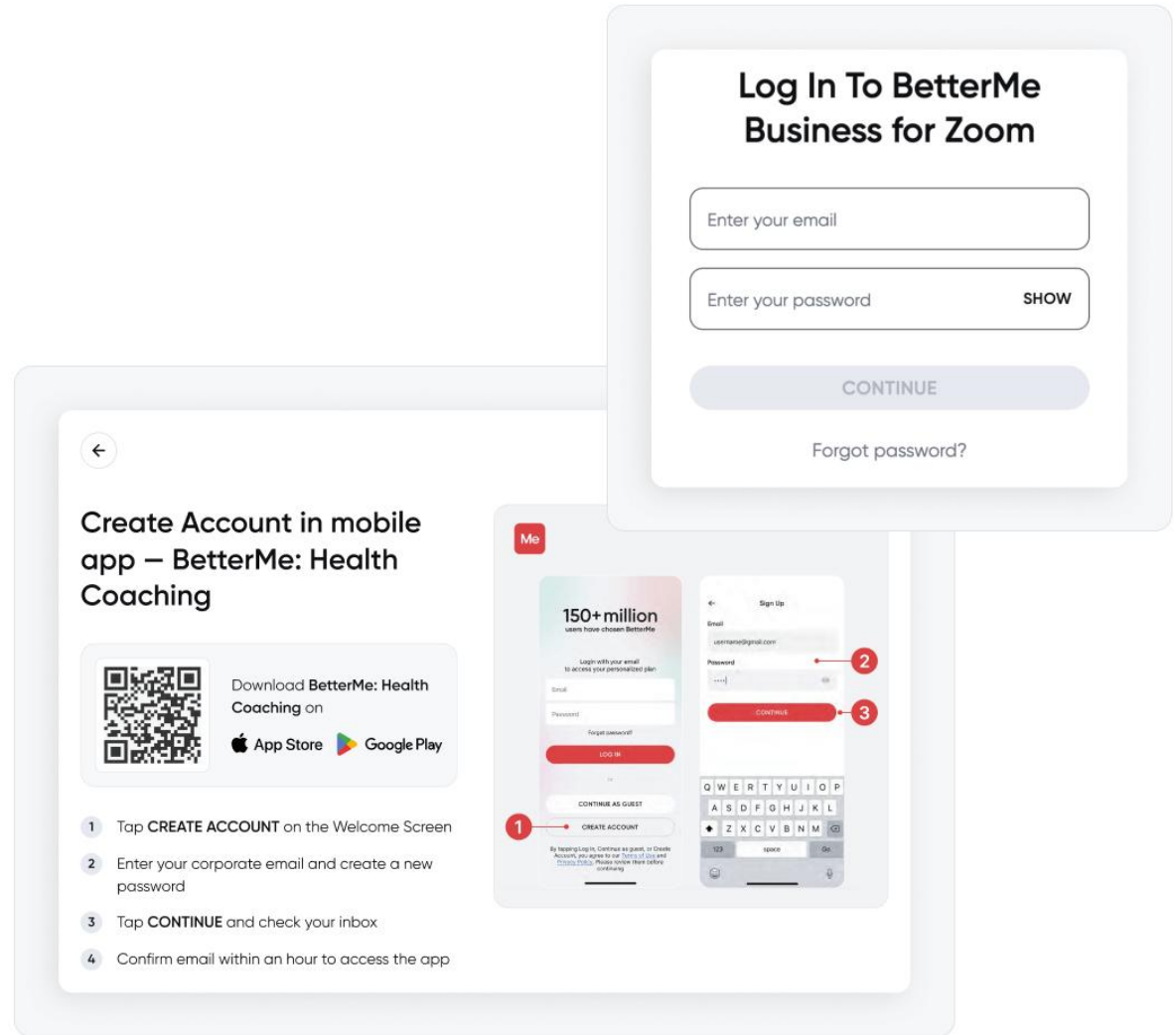
Playing content

Once you are logged in, you can go through our video content library and choose what you want to watch.

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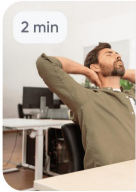## Workouts at work

3 min

Stretch at Your Desk

Reduce neck and shoulder stiffness

3 min

Stress-Busting Yoga

Find release through mind-body practice

3 min

Easy Cardio on the Chair

Push through your mid-afternoon slump

2 min

Neck and Shoul...

Stretch your upp... desk

Meditations at work

2 min
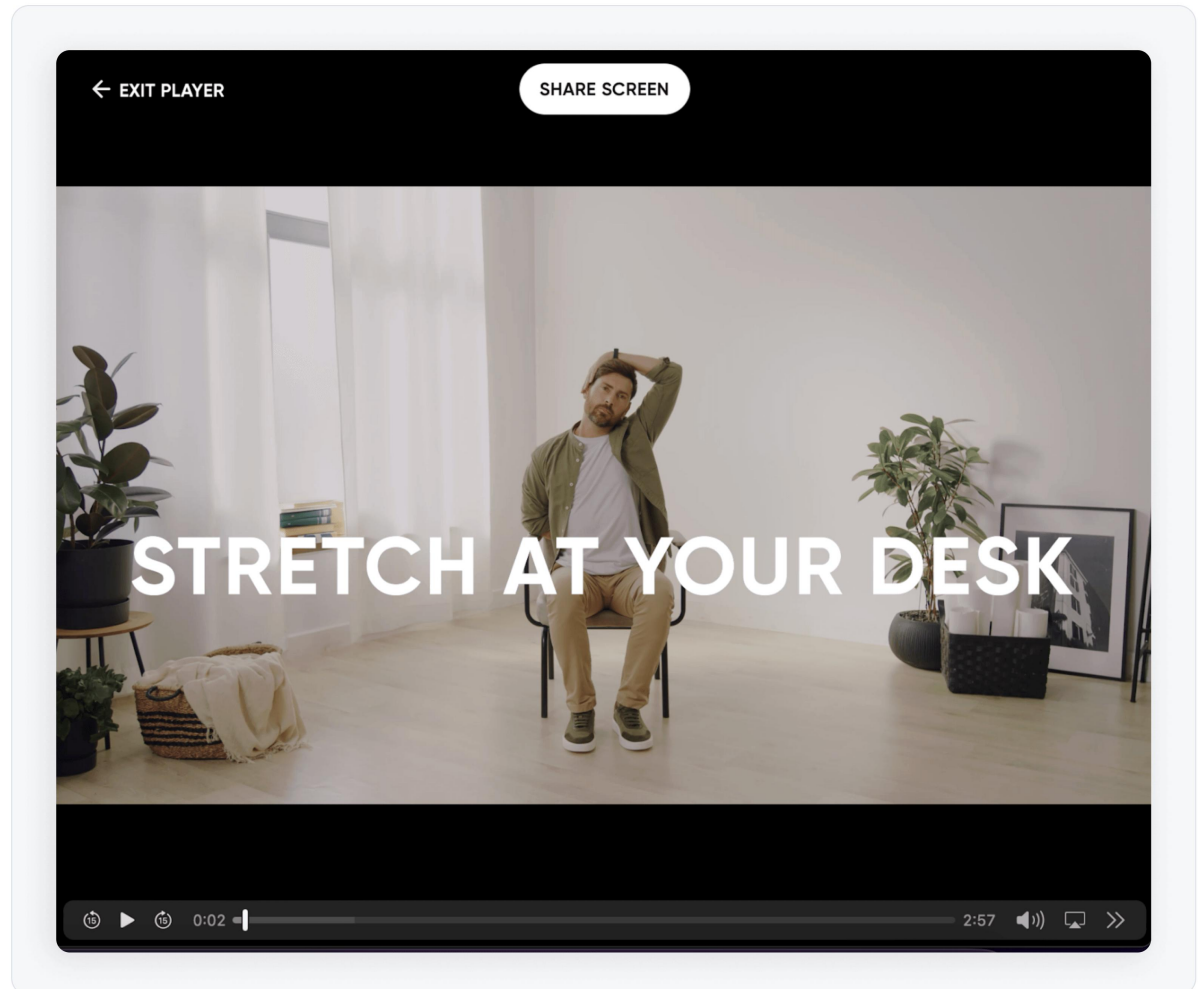

3 min

2 min

3 min
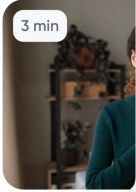
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Playing content

Click on your chosen video.

Our media player has all the standard controls.

If you want to share your screen in the meeting with audio included, find the instructions in the next section.
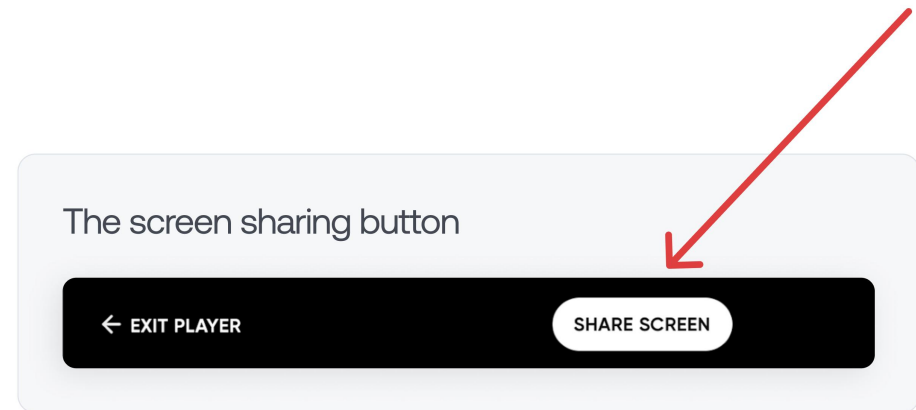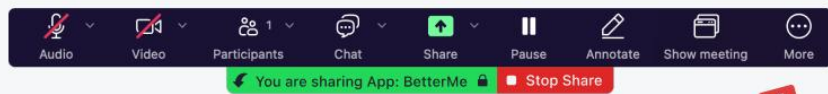
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Sharing content in a meeting

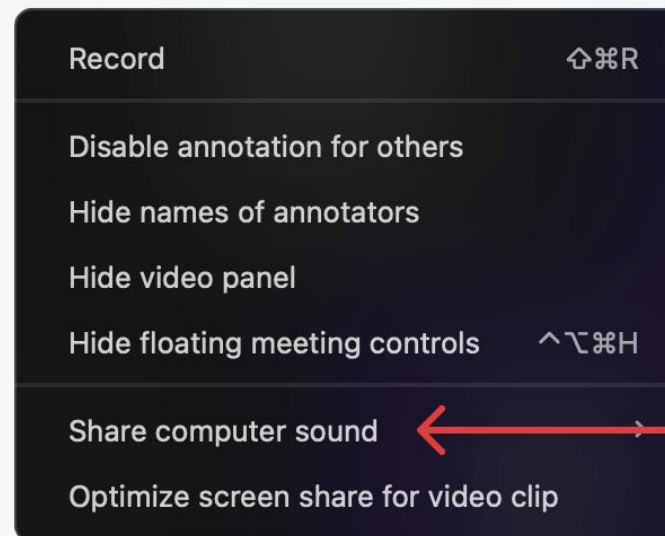Once you pick your content and click on it, a "Share Screen" button will appear.

By clicking on it, you will share the app in the meeting. If the app is in the side menu, the content will pop out.

The screen sharing button

← EXIT PLAYER   SHARE SCREEN

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Find the floating toolbar and click "More"
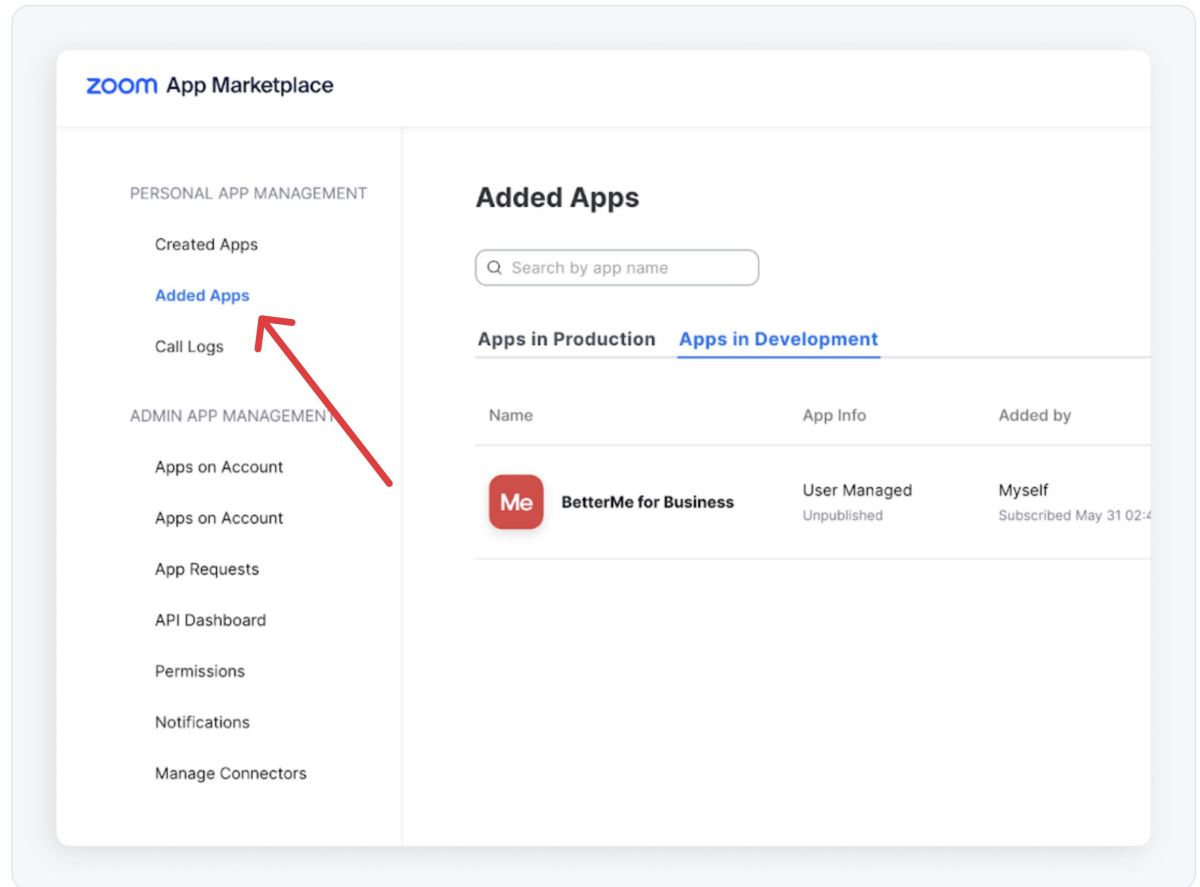
Check "Share computer sound"

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Removing

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How to uninstall the App from Zoom Marketplace

1. Log into your Zoom account and go to Zoom App Marketplace.

2. Click Manage >> Added Apps or search for the "BetterMe for Business" app.

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3. Click the "Remove" button - it's on the right of the application.

4. In the pop-up window, you can provide the reason for removal. Then click "Remove" to finish up.

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Search a published app   Develop ⌄   Manag

ed Apps

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Production   **Apps in Development**

	App Info	Added by	Shared Access Permissions	
BetterMe for Business	User Managed Unpublished	Myself Subscribed May 31 02:45 PM	Not Authorized Update	Remove

Remove App

ⓘ To request the deletion of your data in connection with your use of this app, please contact the app's developer.

Learn more about Zoom's privacy practices in the Zoom Privacy Statement.

Select the reason for removing (Optional) ⌄

Remove   Cancel