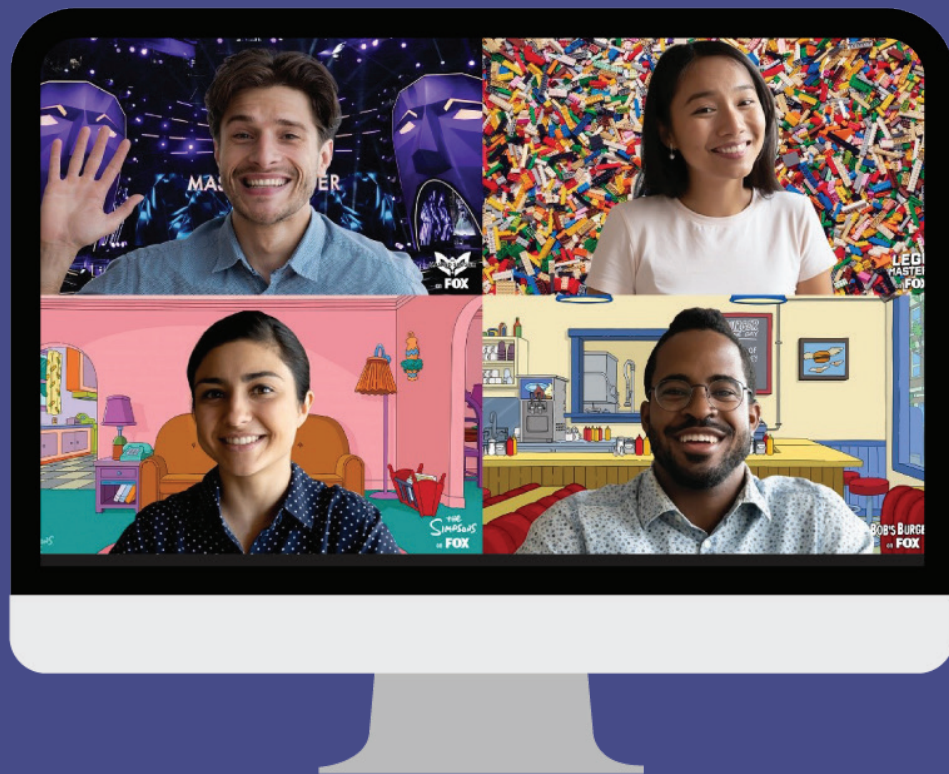


# Show up how you want to show up



## Personalize your virtual background:

- 1 Go to your Calendar tab
- 2 Click on 'Meet now' to start a meeting with yourself
- 3 Select 'Start meeting'
- 4 In the pre-join screen, select 'Background filters'
- 5 Select the background you'd like to use
- 6 Click 'Join now' to use your chosen background

**Learn helpful tips and how to best adapt MS Teams to your needs!**  
[communications.vpfo.ubc.ca/ms-teams](https://communications.vpfo.ubc.ca/ms-teams)