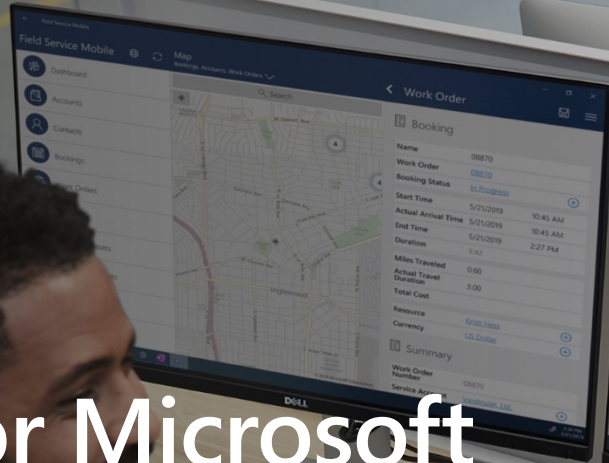


Breakthru for Microsoft Teams

Empower hybrid workers with collaborative apps in Teams



Agenda

-
- Microsoft Teams powers hybrid work collaboration
 - Get to know Breakthru for Teams
 - See it in action: Breakthru for Teams

Hybrid work is here to stay

80%

of leaders say they plan to make major changes to their flexible work policies¹

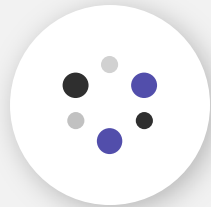
73%

of employees want flexible remote work options to stay¹

Hybrid workplaces need collaborative collective break-taking



Counter burnout, build team morale and energy



Create a culture of mental and physical well-being



Increase engagement, build resilience, manage stress ^{*}_—

25X

On average, information workers switch between 10 apps up to 25 times a day²

Create a collaborative environment in Microsoft Teams

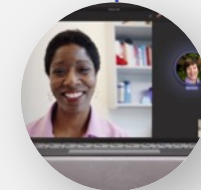
- Stay organized with teams and channels
- Schedule and conduct team meetings
- Quickly share and access files
- Add apps in Teams to expand collaboration



Meet



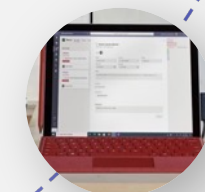
Chat



Call



Collaborate



Integrate

So, why should you use **Breakthru** inside Microsoft Teams?

Build a healthy break-taking habit with Breakthru in Microsoft Teams



Increase productivity and enhance wellness



Lead with empathy and improve morale



Break the ice and heighten engagement

Increase productivity and enhance wellness



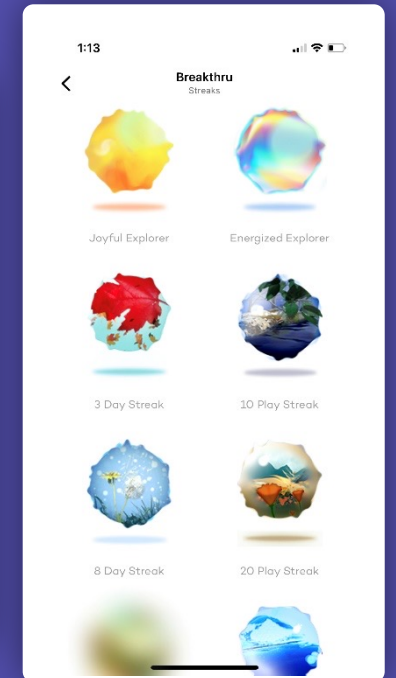
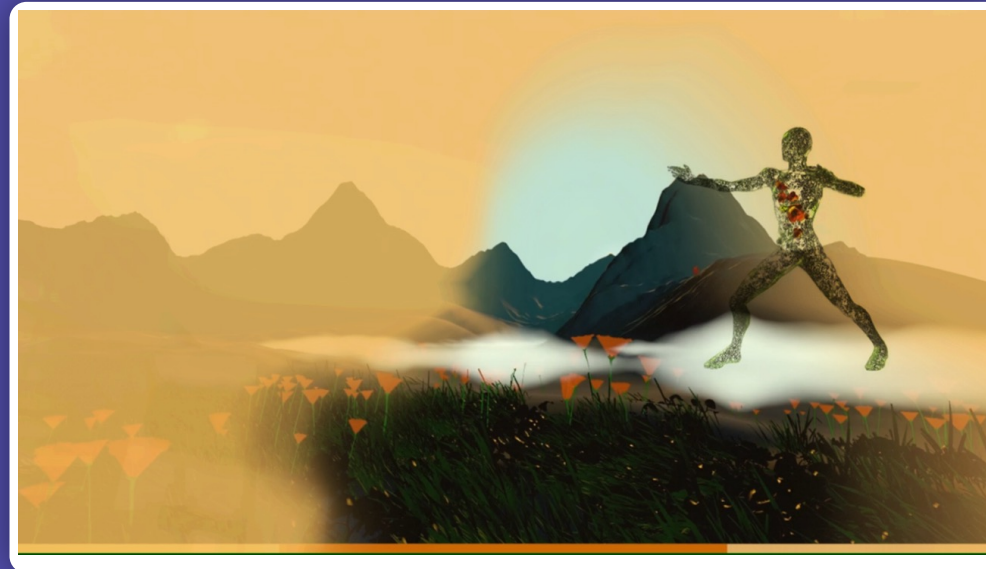
Manage your workday energy and task-shift with ease



Set 'take a tiny break' reminders, track your history, earn streaks



Interactive movement breaks seamlessly boost your metabolism and ability to perform at your cognitive best *



Lead with empathy and improve morale



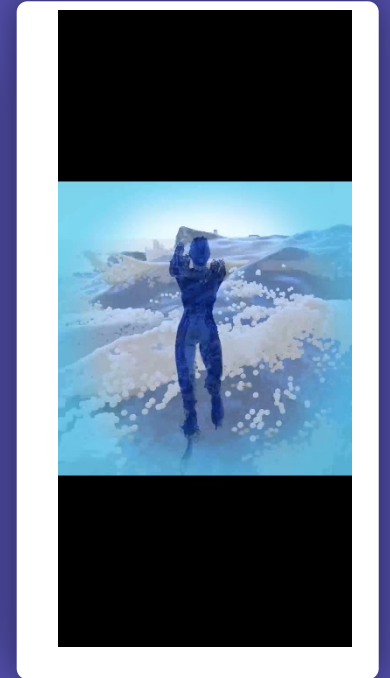
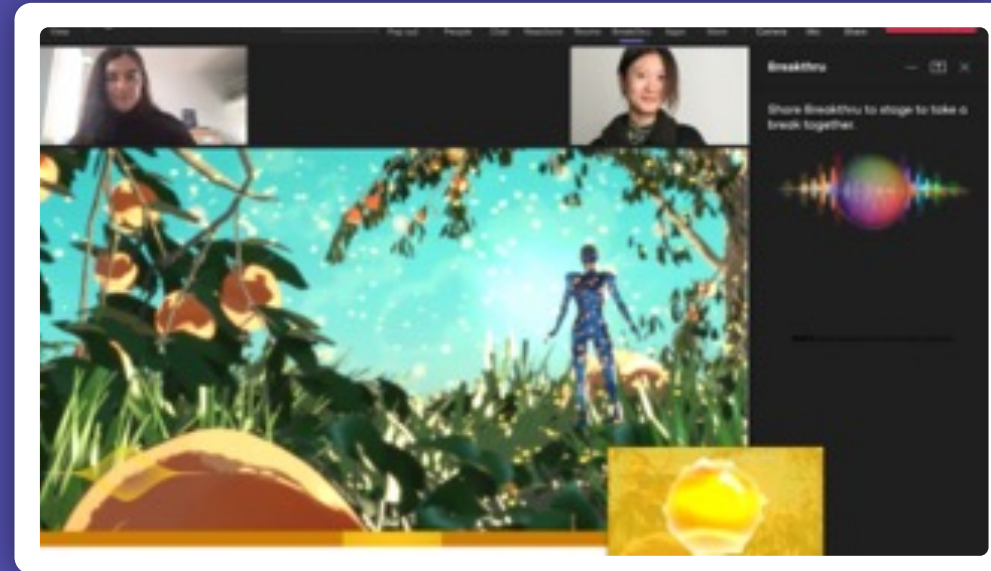
Shareable across a team to convey appreciation and care via gifting in Teams chats and channels



Measure and grow energy in your team throughout a week by launching a team challenge



Increase employee engagement and retention, reduce employee burnout by making tiny breaks team culture



Break the ice and heighten engagement



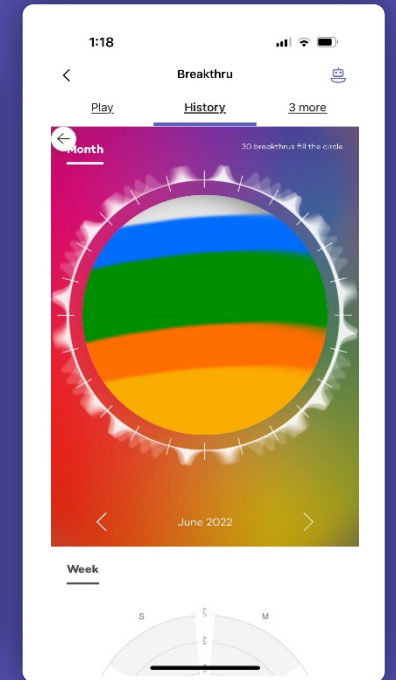
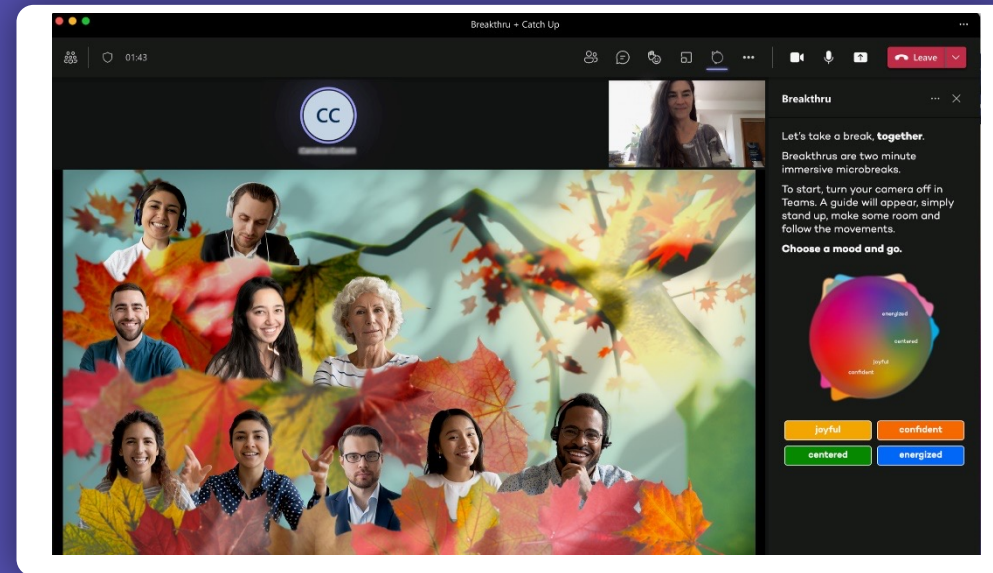
Build rapport across hybrid team members who may never have met in person through Microsoft Teams meeting integrations



Offer team-building breaks without ever leaving Teams with easy, visible access right inside Teams



Build a collective break-taking habit in your team or across your organization with Breakthru



See it in action: Breakthru in Teams



Breakthru + lululemon + Microsoft: Build energy together

Results



- Employees are able to connect and move together in the shift to remote/hybrid work
- Employees build closer, healthier relationships with their bodies
- Easy and intuitive to use as an app in Teams where employees already meet and collaborate
- Breakthru is included in lululemon's best practices guide for all new employees

“Breakthru helps us ensure that even when we’re in really intense meetings, very corporate environment, we’re not forgetting why we’re ultimately here—which is to live a healthy life.”

Jason Goldfarb

Vice President Advanced Innovation, lululemon

Why Breakthru? Happy customers say it best.

“As we all know, but need constant reminding of, **building breaks into our routines is crucial for productivity, mental-health, and well-being.** I would argue that my greatest productivity hack is a break. What’s the best and most rewarding break of all time? **Breakthru.**”

Erik Olsson

Global Customer Success Lead, Modern Work, Microsoft

“Breakthru solves a real workplace problem by helping workers stay refreshed, focused, and productive.”

Cally Kimberly

Owner, Little River Inn

“It’s beautiful and it’s simple and it’s convenient.”

Becky Haruyama

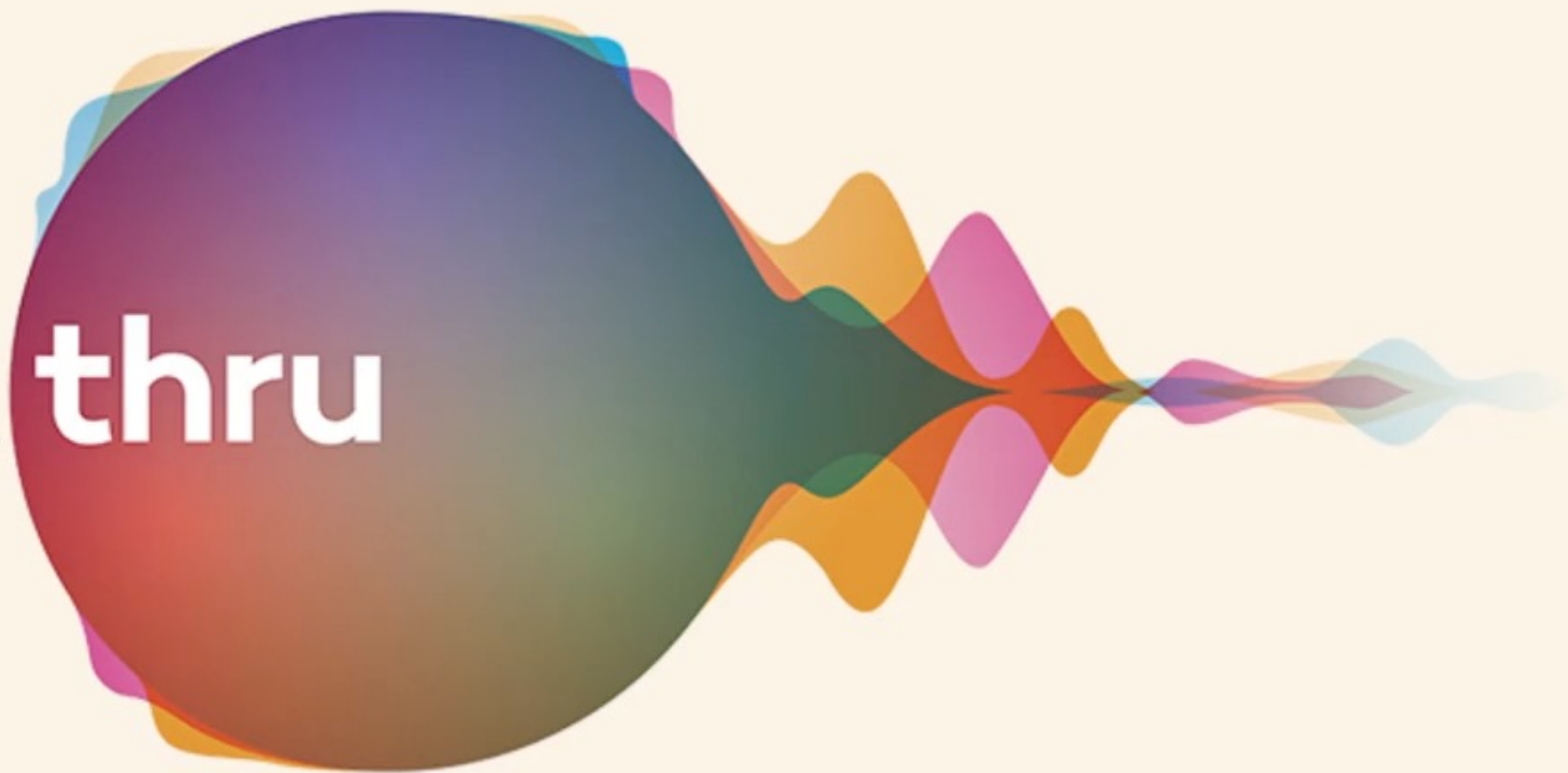
Principal Designer Director, Developer Division, Microsoft

“Breakthru as part of a packed agenda, it's really magical. It helps to bridge that human gap.”

Scott Alderton

Founding Partner, Stubbs, Alderton, Markles, LLP

break thru



**Build energy together:
Tiny breaks to share and play,
built right into your day**



**Tiny movement breaks
improve decision making and
creative thinking**



**Tiny movement breaks
stimulate curiosity, boost
motivation, and elevate mood**



**Collective break-taking builds
team rapport and improves
collaboration**



Get the app now

Visit [Teams App Store](#) to get started with Breakthru for Microsoft Teams



Learn more

Visit [AppSource](#) to see the app details and experience screenshots