American Heart Association.

American Heart Association. Go Red for women.

HOW TO:

ZOOM BACKGROUNDS

There are many ways you can **Go Red** this February, including your Zoom background! It's a fun and easy way to help raise awareness and show your support for the Go Red for Women® movement. Get it up and running before your next call with these super easy steps!

COMPUTER

1. Download your favorite background from WearRedDay.org.
2. Open the Zoom desktop app on your computer.
3. Click your profile picture, then the "Settings" link in the drop-down menu.
4. Click the "Virtual Background" tab* on the left.
5. In the "Virtual Background" tab, upload your favorite GRFW background.

**If you don't see this tab, login to Zoom through your web browser, go to "Meeting Settings" and make sure the Virtual Background button is toggled on under the "Meeting" tab.*

PHONE OR TABLET

1. Save your favorite GRFW background in the "Photos" app.
2. Join a meeting in the Zoom app on your device.
3. Click the "More" icon at the bottom of your screen.
4. Tap the "Virtual Background" option.
5. Upload the GRFW background from your photo album.

FREQUENTLY ASKED QUESTIONS

Q: Where can I find all these awesome Wear Red Day materials & resources?

A: You can download lots of great tools including posters, Zoom backgrounds & more at WearRedDay.org.

Q: Can I get my friends involved too?

A: Absolutely! Invite them to join in & Go Red, too. You can start a team to fundraise together at WearRedDay.org.

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