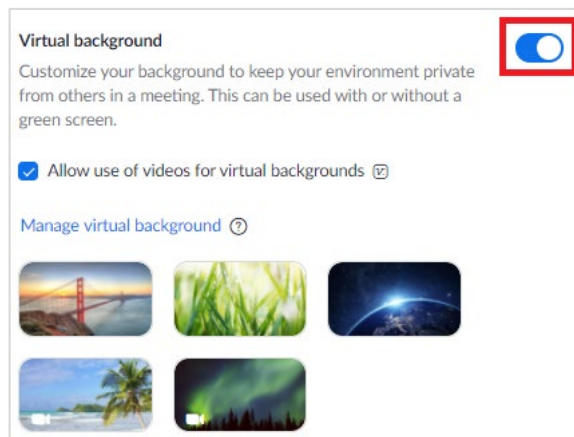# Setting up a virtual background for the desktop application

Purpose

- A virtual background can protect your privacy and provide a more appropriate setting for your virtual health visits.

Requirements

- **Virtual background** needs to be enabled for your account.

    1. Sign into your Zoom for Virtual Health Visits account on the web browser - https://zoom.us/.

        o This can't be done through the desktop application.

    2. Click **Settings** and scroll to the **In Meeting (Advanced) section.**

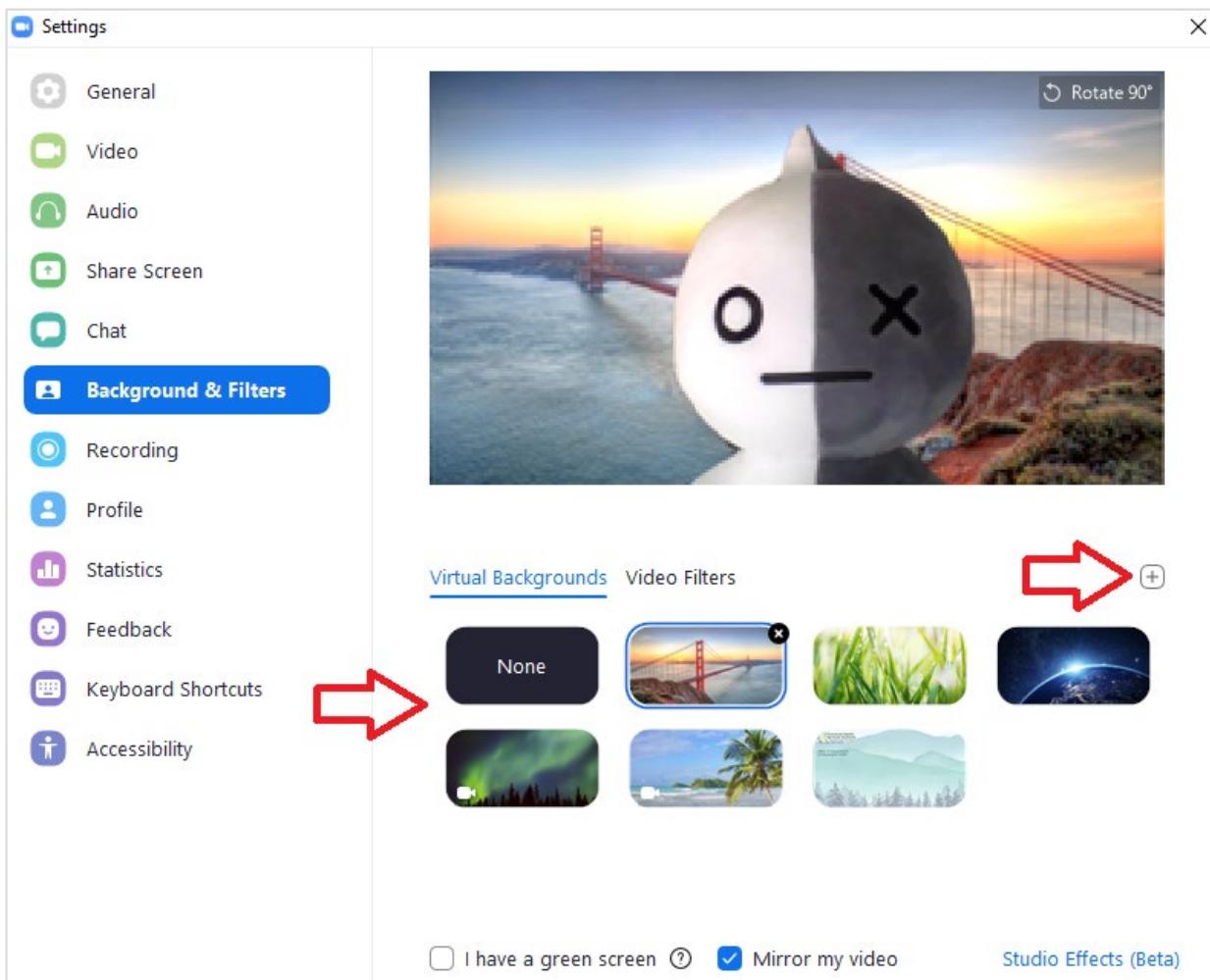   3. Scroll to **Virtual background** and toggle to 'on'.

Choosing a virtual background for virtual health visits

1. Sign in to the Zoom desktop application

6. In the top right corner, click **Settings (the gear icon).**

7. Click **Background & Filters**.

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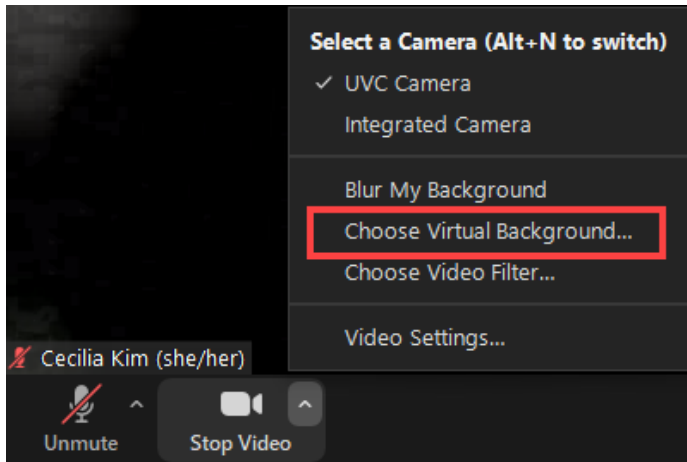
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8. Select one of the available backgrounds or add your own image or video background by clicking '**+**'.

9. The selected image will be your virtual background during meetings launched on this device.

10. Optional: if you have a green background, select **I have a green screen** for better quality.

11. To remove the virtual background, follow steps 1-3 above and select **None** as the virtual background.

Changing the virtual background during a virtual health visit

1. Next to the **Start/Stop Video** button in the toolbar, click ∧ and **Choose Virtual Background,** or **Blur My Background** for a quick option**.**

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2. Choose '**None**' to remove the background or select an image to change the virtual background.

For the best virtual background performance

- Ensure that your real background is a solid color and uniformly light, or use a green screen.
- Make sure that your clothing is not the same colour as your real background.

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