



Mindstream™

A fitness studio for your mind

Mindstream™ for Microsoft Teams FAQ

What is Mindstream™ for Microsoft Teams?

Mindstream™ for Microsoft Teams is designed to enable participants to access and engage with a select set of Mindstream™ sessions directly within the Microsoft Teams meeting interface. With this integration, users can seamlessly incorporate Mindstream™ into their workday by accessing Mindstream™ sessions with others during meetings or individually.

How do I set up Mindstream™ for Microsoft Teams?

Once you sign into your Microsoft Teams account, please follow the steps below on a desktop computer using Chrome or Edge as a web browser. It will also be available in the Microsoft Teams client app (a downloadable Teams app that can be used separately from a browser). Please note that this integration is not available on other web browsers.

1. Select **Apps** in the vertical toolbar on the left
2. In the top search bar, search for “**Mindstream™**”
3. Click **Add** at the top of this page
4. Enter your **organization name**

Once you complete Step 4 above, you can access Mindstream™ through Microsoft Teams.

How do I play Mindstream™ content in a Microsoft Teams meeting?

Once you're in a meeting, follow the steps below while sharing your screen.

1. Select **Apps**, then search “Mindstream™” and select **Add to a meeting** in the drop-down menu on the **Add** button.
2. Search for your meeting name to add **Mindstream™** to your meeting.
3. You should now see Mindstream™ at the top of your screen in the meeting window. When you select **Mindstream™**, a search bar will open at the top right-hand corner of your screen.
4. You can get started by selecting one of our pre-selected sessions and playing it for your meeting group.



Download the mobile app
by scanning this QR code.
group code: [northwestern](#)





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Is Mindstream™ for Microsoft Teams only available in English?

Mindstream™ for Microsoft Teams has sessions in English and Spanish. However, you can access closed captioning in other languages on Mindstream™ via your EAP portal.

What data is collected by Mindstream™ and Microsoft Teams?

Mindstream™ will only receive the email address associated with the Team's account as well as the name of the self-entered organization.

Is Mindstream™ available within Outlook?

Yes, Mindstream™ is available on the left menu on the Outlook inbox page.

I have more questions about Mindstream™ for Microsoft Teams. Who can I contact?

If you cannot find the answer to your question, please email contact@curalinc.com.



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