Mindstream™

A fitness studio for your mind

Mindstream™ for Zoom FAQ

What is Mindstream™ for Zoom?
Mindstream™ for Zoom is designed to enable participants to access and engage with a select set of Mindstream™ sessions directly within the Zoom 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 Zoom?
1. On your desktop computer, open a web browser and go to https://marketplace.zoom.us
2. Sign in with your user account.
3. In the search bar, search for **"Mindstream."**
4. Select **Mindstream™** from the search results.
5. On the Mindstream™ app page, select **Add**.
6. You'll see a page asking you to confirm whether you want to add the Mindstream™ app to Zoom. Select **Allow** to add the Mindstream™ app.
7. You can now access the Mindstream™ app on your Zoom app.

How do I play Mindstream™ content in a Zoom meeting?
Once you're in a meeting, follow the steps below:

1. Select **Apps**, then select "Mindstream™."
2. Select **Share App Screen**. You are now presenting the Mindstream™ sessions page.
3. Click on a session you would like to share.
4. We recommend going to the control pane, selecting **More** and setting **Share Computer Audio** to **Off** for an optimal listening experience.
5. Press **Play**. You are now sharing a Mindstream™ session with meeting participants.

Is Mindstream™ for Zoom only available in English?
Mindstream™ for Zoom has sessions spoken in English and Spanish. However, you can use closed captioning in additional languages. More Mindstream™ content is available via your EAP portal.

Download the mobile app by scanning this QR code.
group code: northwestern

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What data is collected by Mindstream™ and Zoom?
Mindstream™ will only receive the email address associated with the Zoom account and the name of the self-entered organization.

I have more questions about Mindstream™ for Zoom. Who can I contact?
If you cannot find the answer to your question, please email contact@curalinc.com.

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Support for everyday issues. Every day.