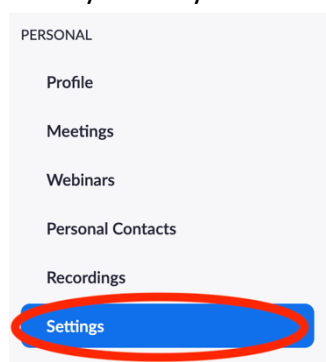You can add a virtual background on Zoom if your device meets certain [requirements](#):
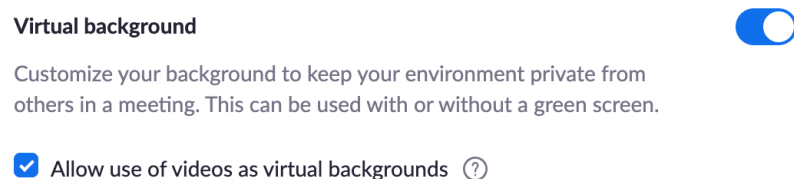
- *Mac:* Zoom desktop client, **4.6.0** or higher + macOS version **10.13** or higher
- *Windows:* Zoom desktop client version **5.2.0** or higher + Windows 7, 8, and 10 (64-bit)
- *Mobile options & more* [here](#)

First, make sure virtual backgrounds are enabled.

1. Log in to Zoom.com

2. On your "My Account" (profile) page, click "Settings" in the menu on the left-hand side.
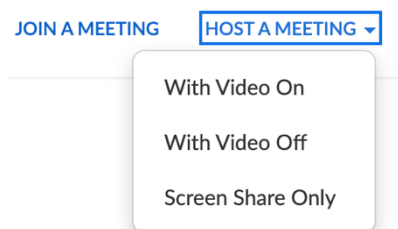

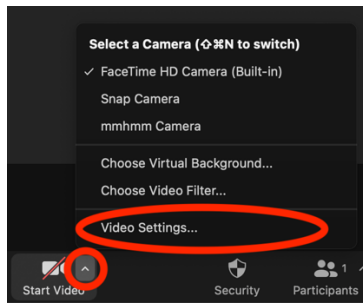3. Scroll down to "Virtual background" and make sure it's turned on.
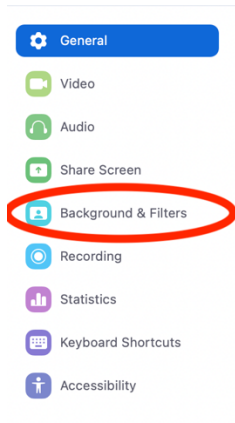

Next, upload your background of choice.

1. Start (or join) a meeting: In the upper-right corner near your profile picture, click "Host a Meeting." It doesn't matter whether the video is on or not.
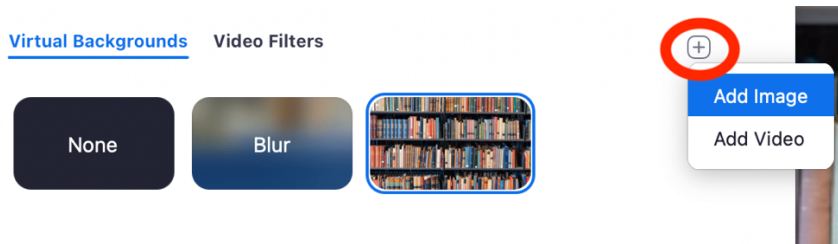

2. Start the meeting as you normally would (e.g., click "Launch Meeting," etc.).

3. Find the "Start Video"/"Stop Video" button at the bottom of the Zoom window. Click the caret (^) to open the options, and then select "Video Settings."
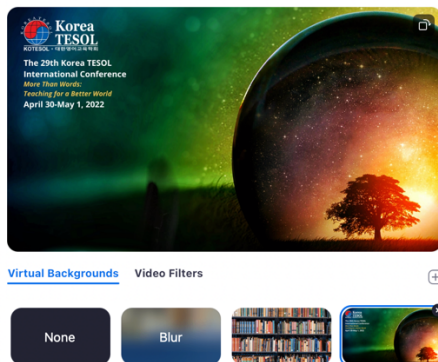
4. In the Settings menu, choose "Background & Filters."

5. You should now see an image of your current Zoom screen. Under this is a box called "Virtual Backgrounds." Choose "Add Image."

6. Find on your computer the Zoom background you'd like to upload. After you select it, it will appear in the "Virtual Backgrounds" list and also as your current Zoom screen.

7. That's it! Your background choice should automatically be saved. You can close out of that window and leave the meeting. (Or stay, if you're changing your settings during a real meeting!)