

Welcome to Humu for Teams

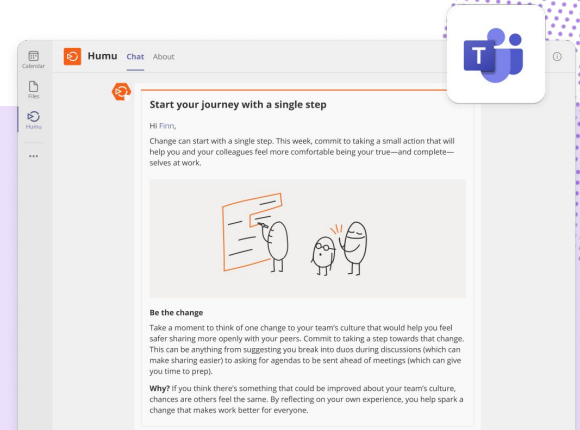
A personalized virtual coach for you and your team.

EMPLOYEE GUIDE

What is Humu?

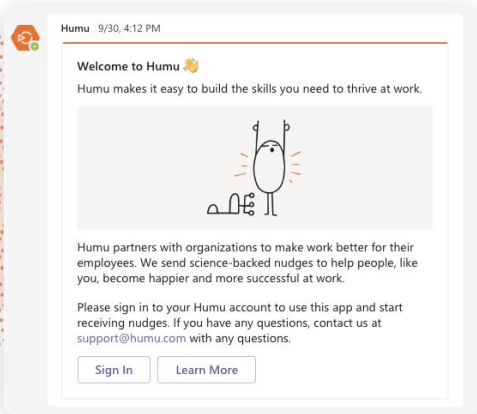
Humu helps teams take action on what matters most, from making an organization-wide impact, to moving forward your individual professional goals. And soon, Humu will be powering a personalized, virtual coaching experience for you on Teams!

In the coming days, Humu will begin sending nudges—action-based recommendations that are backed by Nobel prize-winning science—to your team. Taking action on nudges is proven to make it easier for teams to tackle new challenges by empowering individual members and helping everyone build better habits together!



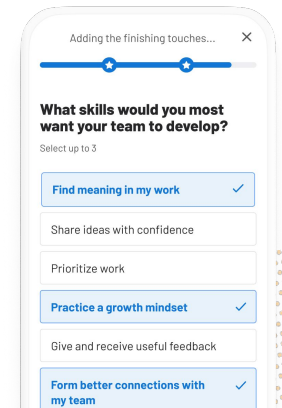
Where will Humu show up for me?

Your Humu Admin is working behind the scenes to get the app up and running in Teams. All you need to do is wait for Humu to send your first message and follow the prompt to Sign In, using your Humu login information.



Note: you will need to Sign In in order to receive nudges in Teams.

Nudges will also be delivered via email. Your first email will include details on how to further customize your nudge journey. While nudge delivery is uniquely designed to meet you exactly where you are in the moment, **we strongly recommend taking a few minutes to configure your preferences so that your experience is also tailored to include your professional development goals!**



Important shortcuts

In your Humu for Teams app, type:

- **"info"** to learn about Humu and nudges, or get help
- **"settings"** to manage your settings
- **"feedback"** to send feedback to Humu about your experience or report technical issues

What's next?

Look out for your first message from Humu—in Teams and email—to get started!