

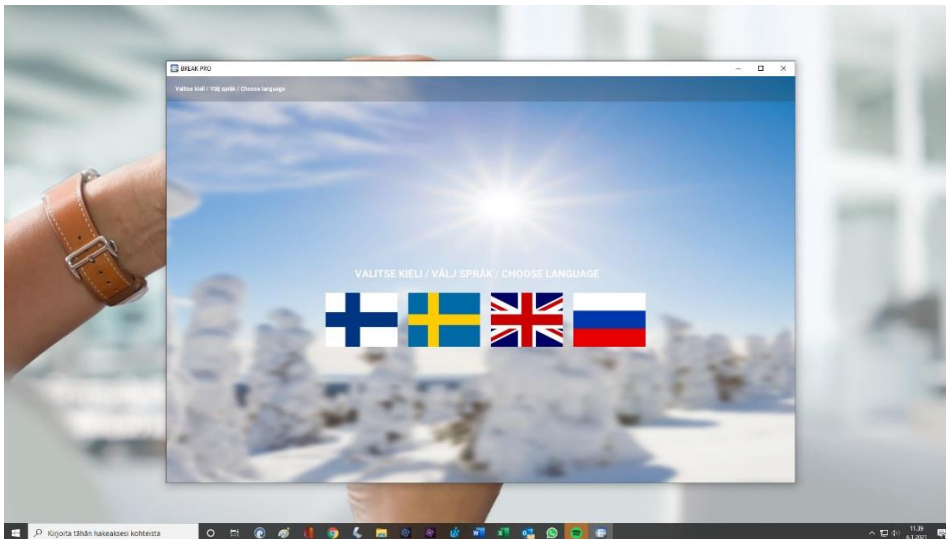
## Get up and stay active – new application reminds you to take mini breaks

We provide access to the BREAK PRO Break Exercise application for our personnel.

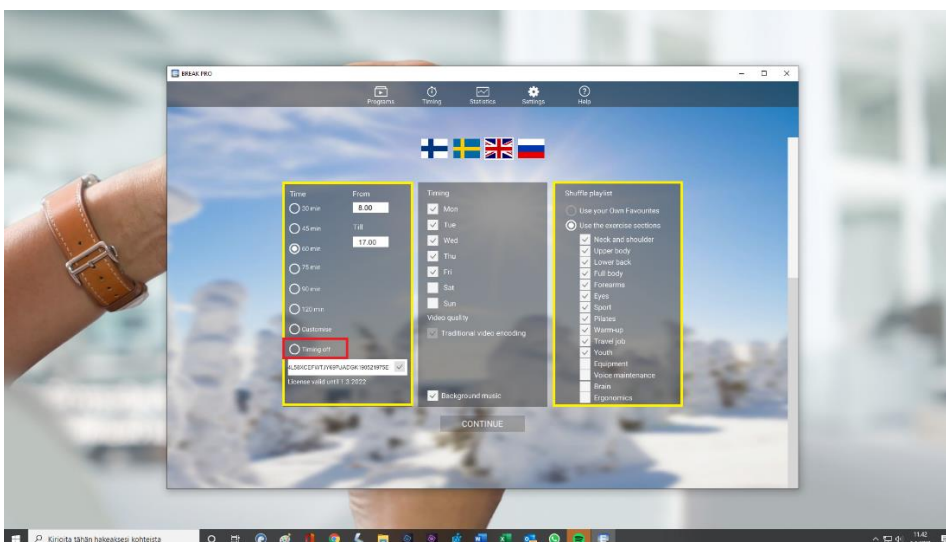
The application is installed on your computer by the IT department.

The application reminds you to take breaks and helps you remain active during your workday.

### Begin using BREAK PRO easily as follows



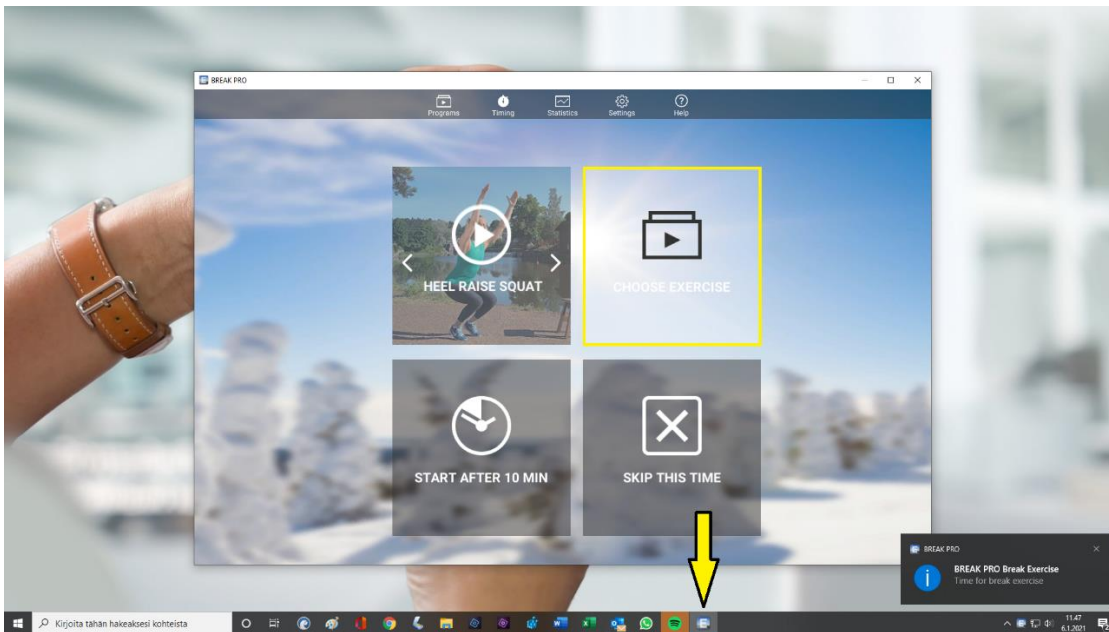
- The application is launched automatically after you restart your computer or sign in again.
- **When the BREAK PRO application is first started, you are asked to select your preferred language from Finnish (FI), Swedish (SV), Russian (RU) and English (EN).**
- If you close the application without choosing a language, the application will ask you again when you next sign into your computer. The application will not begin to provide break exercise reminders without your input.



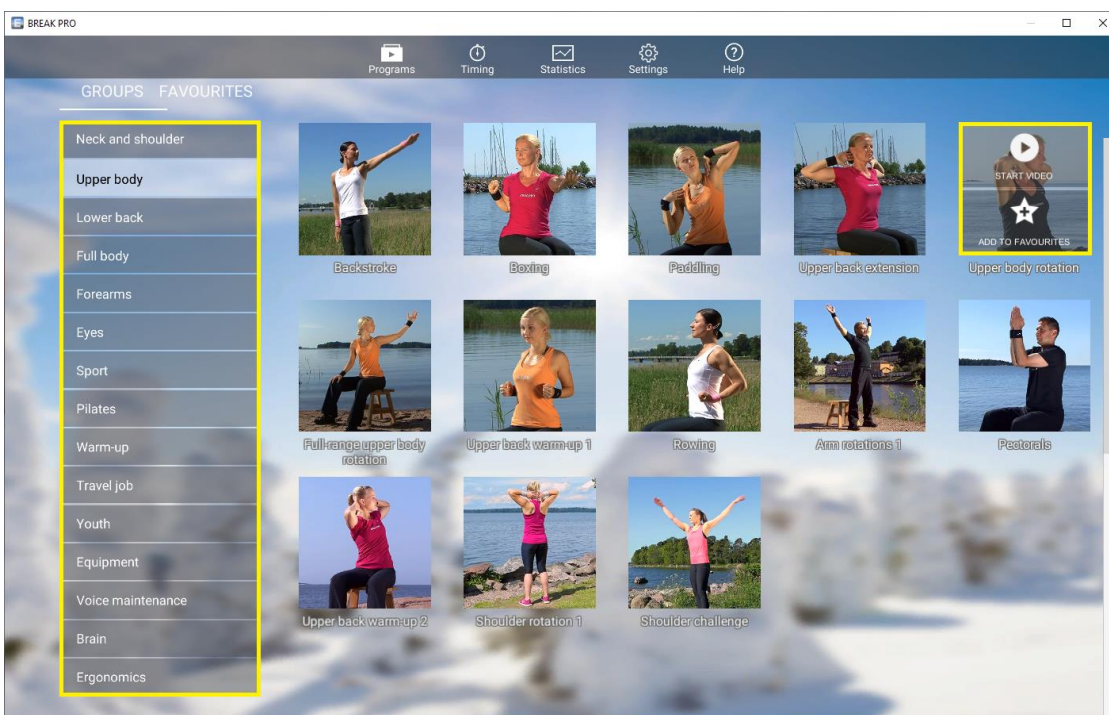
### After the language selection, the application will open the Settings page where

- You can choose the reminder interval (30–120 minutes) or times and the Shuffle playlist settings.
- You can also choose the Timing off option if you do not want to be reminded to take exercise breaks.
- Once you have confirmed your settings, the application will function automatically based on your choices. You can adjust the settings at any time on the Settings page.

## Tips for using the application



- When a BREAK PRO reminder is activated, we recommend using the CHOOSE EXERCISE button, which allows you to access the list of exercises.
- If the application does not open on top, click on the E icon in the taskbar (at the bottom of the screen in the image).



- In the GROUPS section you can browse the extensive range of available exercise options, including Mindfulness, Pilates, Voice maintenance, etc.
- You can click on the exercises to launch a video of the exercise or add it to YOUR FAVOURITES.

**ENJOY YOUR BREAK EXERCISES!**