Virtual backgrounds can be changed before you join a meeting or during a meeting. This feature is only available when using the WebEx Meetings desktop application or the WebEx Meet mobile app. You will not be able to change or blur your background if you are using the WebEx online web application.

**Before joining a call via the desktop application:**
1. Click **Start video** to turn on your camera.
2. Click **Change background** and select the background/blur option you would like to use.

**During a call via the desktop application:**
1. Click the down arrow next to the camera icon at the bottom of the window.
2. Select **Change virtual background** and select the background/blur option you would like to use.
3. Click **Apply**.
Change or Blur Background on WebEx

**During a call via the mobile app:**
1. Select the camera icon to turn your camera on
2. Select **Virtual Background** and select the background/blur option you would like to use
3. Select **Apply**