

Breakthru: Tiny breaks that energize teams.

Breakthru is a Teams native app that supports breaks for knowledge and frontline workers.



“As we all know, but need constant reminding of, **building breaks into our routines is crucial for productivity, mental-health, and well-being.** I would argue that my greatest productivity hack is a break. What’s the best and most rewarding break of all time in Teams? **Breakthru** (and works on your Mobile #Frontline)”

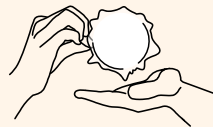
MICROSOFT CUSTOMER SUCCESS MANAGER, MODERN WORK

Microbreaks increase workday productivity.



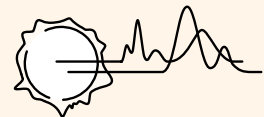
IMPROVE YOUR LIFE in 2 MINS

Short breaks in the workday:
improve your ability to concentrate
increase your happiness with your
job
help you avoid common desk
injuries



100% for TEAMS

Set team challenges, give
breakthru to a colleague or use
it as an ice breaker in
meetings.
Create custom reminders for
yourself, and unlock new
breaks over time.



RESEARCH-BACKED

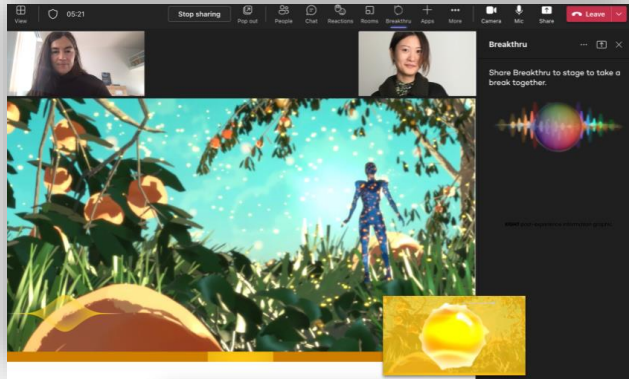
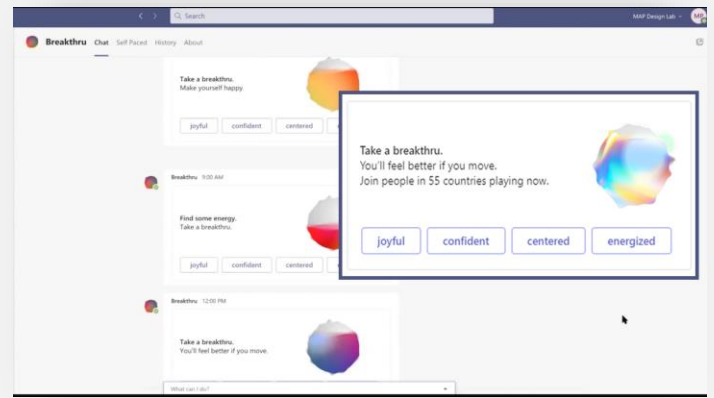
Breaks scientifically proven to
improve concentration, build
resilience, and reduce stress.
Your team accomplishes more
when they take breaks. (It’s
science).



[Check out Breakthru today!](#)

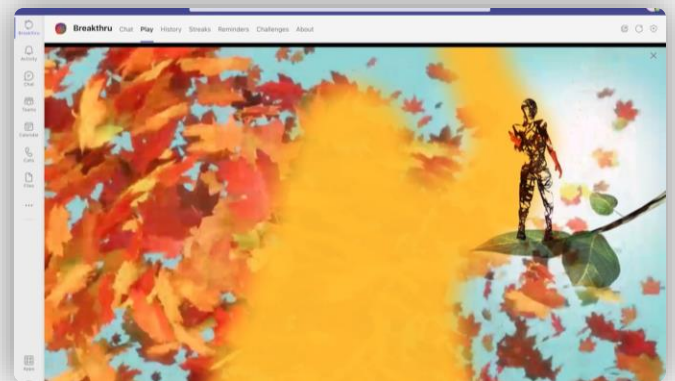
Increase productivity, enhance wellness

- Manage your workday energy and task-shift with ease
- Set 'take a tiny break' reminders, track your history, earn streaks
- Interactive movement breaks seamlessly boost your metabolism, and ability to perform at your cognitive best



Lead with empathy, improve morale

- Shareable across a team to convey appreciation and care via gifting in Teams chats and channels
- Measure and grow energy in your team throughout a week by launching a team challenge
- Increase employee engagement and retention, reduce employee burnout by making tiny breaks team culture



Break the ice, heighten engagement

- Build rapport across hybrid team members who may never have met in person through Microsoft Teams meeting integrations
- Offer team-building breaks without ever leaving Teams with easy, visible access right inside Teams
- Build a collective break-taking habit in your team or across your organization with Breakthru

Get the app now

Visit [Teams App Store](#) to get started with Breakthru for Microsoft Teams

Learn more

Visit [AppSource](#) to see the app details and experience videos

