

Virtual and blurred backgrounds

Reduce background distractions for your colleagues or increase your own privacy by blurring your background or using a virtual background for your Webex calls and meetings. You can select from a set of built-in virtual backgrounds or use your own images.

You can do either, before or during a call or meeting, and Webex will remember your selection for your next call or meeting in Webex.

Changing your virtual background before or during a call or meeting

Before, or even during a call or meeting, you can:

- Blur your background
- Use one of our built-in virtual backgrounds
- Upload and use one of your own images as your virtual background

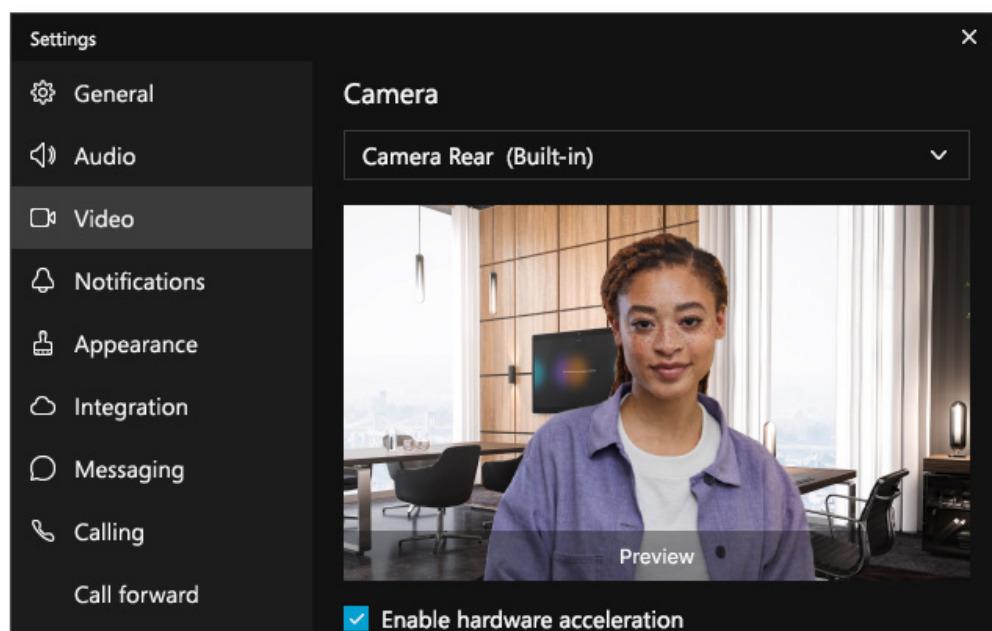
Want to know more?

Check out [webex.com](https://www.webex.com):

- [See how to use a virtual or blurred background in calls and meetings](#)
- [Join the Webex User Community](#)

Upload up to three images in a range of file formats

You can upload up to three of your own images in any of the supported file formats, including .jpg, .jpe, .jpeg, and .png.



Join the conversation

Share your story about virtual backgrounds, blurred backgrounds, and more in the webex online community.

[Visit the Community](#)