A person holding a tablet

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Balance productivity and wellbeing

# Introducing Microsoft Viva Insights

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Easily stay on top of key tasks

## Pin the Viva Insights App in Microsoft Teams today!

We’re excited to announce the launch of Viva Insights on <insert date>.

Privacy-protected insights and actionable recommendations to help make the most of your day.

Balance   
productivity and wellbeing

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Better understand your work habits

Mindfully disconnect from work