

# MMB Mighty MicroBreak Web

## MMB Mighty MicroBreak Web

takes computer users on 90-second simple and bracing microbreaks. MMB Mighty MicroBreak<sup>1</sup> operates using Intranet technology. The workouts are organized into phases, each is available for a week – or a day, or random, however the user likes. The user may choose a microbreak assistant from two animated figures, man and woman. Additional fantasy characters are also designed, in a special set only. MMB Mighty MicroBreak Web Timer is loaded and installed to user desktop from installed MMB Intranet Web Page. The program stays on tray bar until it is explicitly stopped. The official Intranet home page can be provided with a banner included in the product.

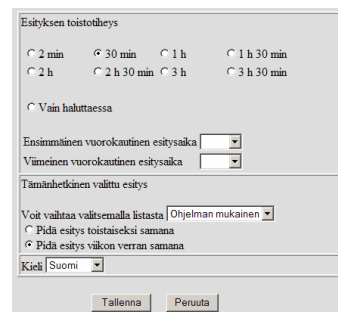


## Timer

MMB Mighty MicroBreak Web Timer queries upon intervals based on user settings whether the user would like to participate in a microbreak. The Timer can be automated to start on tray bar upon user login.

## User settings

The software operates according to user settings<sup>2</sup>. Timer Interval, show time region and programme-related settings are user-based. Additional languages are provided on particular demand. The settings are stored on the MMB Intranet Server.

A screenshot of a settings dialog box titled "Esityksen toistotheys". It contains several radio button options for intervals: 2 min, 30 min (selected), 1 h, 1 h 30 min, 2 h, 2 h 30 min, 3 h, and 3 h 30 min. There is a checkbox for "Vain haluttaessa". Below are two dropdown menus for "Ensimmäinen vuorokautinen esitysaika" and "Väläinen vuorokautinen esitysaika". A section titled "Tämähetkinen valittu esitys" includes a dropdown for "Ohjelman mukainen" and two radio buttons: "Pida esitys toistaiseksi samana" (selected) and "Pida esitys viikon verran samana". At the bottom, there is a language dropdown set to "Suomi" and two buttons: "Tallenna" and "Peruuta".

## Statistics

The software stores on the server adequate information about user activities. The statistic information can be traced by for example processing the statistical data with Microsoft Excel.

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<sup>1</sup> MMB Mighty MicroBreaker® is a registered trademark of Communication Oy (Ltd), Finland.

<sup>2</sup> MMB Mighty MicroBreak Web recognises users using a timer-related mechanism or for instance Microsoft Internet Information Server Challenge/Response authentication

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## Technical Data

### Desktop

MMB Mighty MicroBreak Web user interface requires

- Microsoft Windows 2000 SP2 or
- Microsoft Windows XP
- Microsoft Internet Explorer 5.x or later
- Javascript functionality enabled
- Microsoft Windows Media Player 6.4<sup>3</sup> or later.



The Desktop should operate at at least 300MHz and have at least 128MB of memory. Also Windows NT 4.0 SP6 may be used if required.

### Server

MMB Might MicroBreak Web server requires

Microsoft Windows 2000 Server

- Microsoft Internet Information Server

The server should operate at at least 300MHz and have at least 256MB of memory. In its standard deployment format, MMB Mighty Microbreak needs approximately 300MB of disc space for each language and figure.



### Installation

MMB Mighty MicroBreak Web is installed on an Intranet server. The Timer<sup>4</sup> installed on a user desktop requires only the components previously listed. User Desktop Timer to be installed. The Timer can be installed on user desktop by user themselves, regardless of their user rights level.

### Content and network load

MMB Mighty MicroBreak Web in its standard format utilizes Windows Media Video progressively downloadable format at 300Kbs bandwidth<sup>5</sup>. The network load will result accordingly depending on simultaneously microbreaking users.

### Security

The multimedia content does not include any executable code. The software and its contents are checked against viruses during manufacturing. As a precaution the customer should perform a virus check before installation.

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<sup>3</sup> When using Windows Media Player versiota 6.4, Windows Media Video 7 codec should be installed on the desktop. Other technologies than Windows Media may be available upon request.

<sup>4</sup> MMB Mighy MicroBreak can be set up entirely in browser-based mode with limited timer functionality.

<sup>5</sup> Standard format. A custom content technology or quality level may be implemented upon request.