Bodyswaps

Meta Quest
Set Up Guide

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Welcome! 👋

This guide will provide step by step instructions on setting up your Meta Quest 2 or 3 and Bodyswaps app!

1. Download the Meta Quest app

2. Unbox the Quest 2 or 3

3. Adjusting your fit

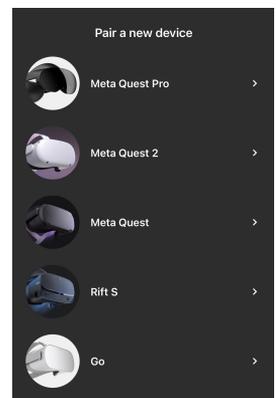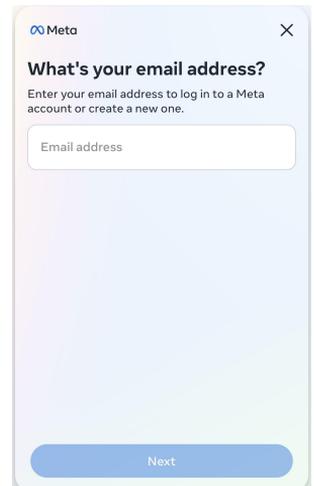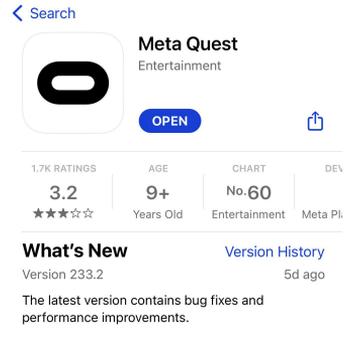4. Set-up the headset

5. Download Bodyswaps

Download the Meta Quest app

The first step in setting up your Meta Quest 2 or 3 is to download the Meta Quest app via the Apple App Store or on Google Play on a mobile device.

You will then be asked to create a Meta account.

Once you've created your Meta account, the next step will be to pair to your new Meta Quest headset. But first, you'll need to **set up the headset!**

Unbox the Meta Quest 2 or 3

What's included in the box: Meta Quest 2, two controllers, a charger, silicon cover and glasses spacer (image below).

Or: Meta Quest 3, two controllers and a charger.

Remove the pull tabs from the controllers to activate the controllers.

- Turn on the headset by holding the power button down for 2-3 seconds.

- Squeeze the triggers on both controllers to automatically pair the controllers to the headset.

Adjust your fit (Meta Quest 2)

There are different ways the Quest 2 can be adjusted to increase comfort and improve clarity:

- The two symmetrical side straps can be adjusted to tighten or loosen the fit. The top strap can also be adjusted to better distribute headset pressure on top of the head.
- If you wear glasses, try the glasses spacer. To do so, gently remove the facial interface foam from the headset. Attach the glasses spacer to the headset. Re-insert the facial interface foam over the glasses spacer.

- Adjust the lens IDP to, which is the distance between each eye, until you get the clearest picture. To do so gently move each lens with your thumbs to either 58mm, 63mm or 68mm.

Adjust your fit (Meta Quest 3)

To ensure a proper fit when using your Quest 3:

- Start by loosening the back and top straps, then place the headset in a comfortable position against your face.
- Pull the straps over the back of your head and tighten the split straps.
- Adjust the top strap to take weight off your face and hold the headset comfortably in place.
- You can adjust the angle of the headset to improve comfort by holding the headset with both hands and tilting it up or down on the headset arms.
- Use the lens adjustment wheel on the bottom left-hand side of the headset to change how close together the lenses are.

- With the headset off, you can also use the depth adjustment buttons to adjust how far the lenses are from your face or glasses:
  - Tilt the headset arms upwards.
  - Locate the eye-relief buttons next to the lenses inside the facial interface.
  - Hold down the button on one side, while holding the edge of the interface and slide the interface forwards or backwards to adjust the distance.
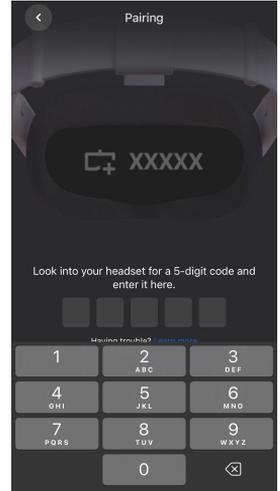 - Repeat on the other side.

Set-up the headset

Once the fit has been adjusted, now is the time to put on and set up the headset!

- You will be prompted to select the language, check for clarity and to connect to a wifi network.
- A video may play reviewing the Quest's safety guidelines.
- The Meta Quest 2 or 3 will automatically start an update. You do not need to wear the headset while it is updating.
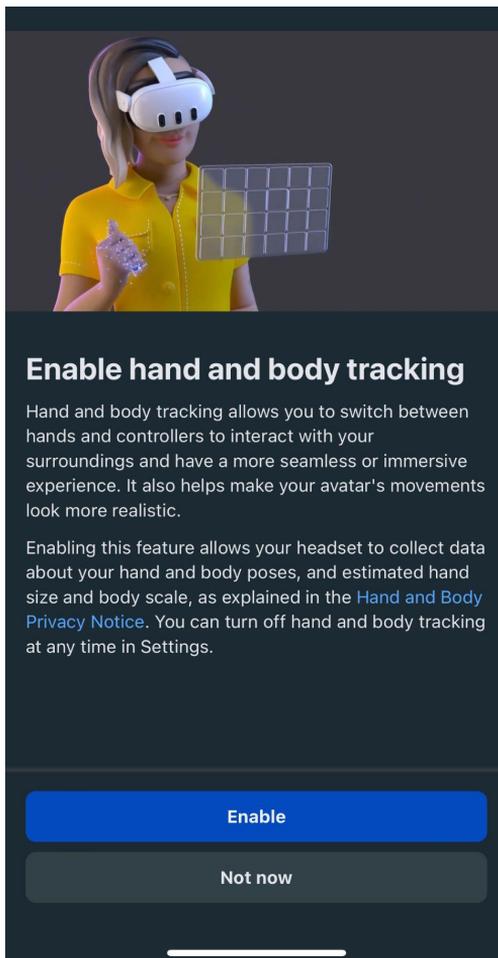
Set-up the headset

- You will then be prompted to pair the headset with the meta profile.
- There are two options:
    1) Look into the headset for a 5 digit code and enter it into the mobile Meta Quest app.
    2) If you would like to purchase Meta Quest for Business MDM, you can choose to 'Connect your headset to your organisation' and follow the prompts. You will not need to download the Meta Quest mobile app if you choose this option.

- After successfully pairing the headset, you will be asked to create a guardian boundary.

Set-up the headset

- The Quest 3 will also ask you within the Meta Quest mobile app whether you would like to enable hand and body tracking.
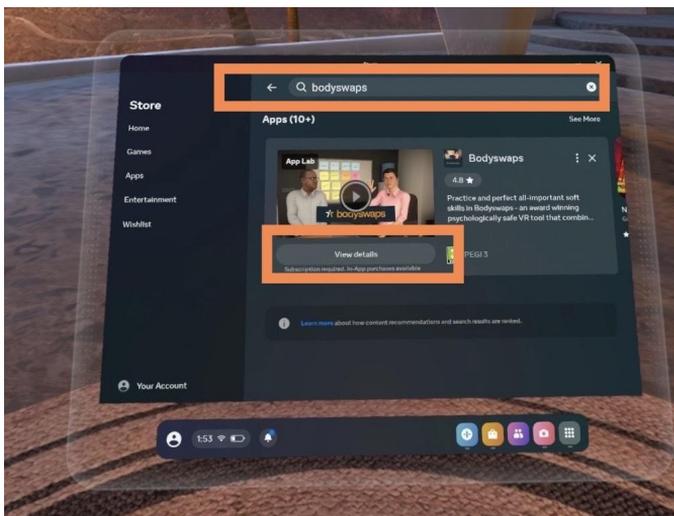
Download Bodyswaps

Welcome to the Virtual world! 🙌

To download the Bodyswaps app, you will need to go to the Quest App Store.

Search for the Bodyswaps app in the search bar, it will appear under the 'App Lab'. Select 'View Details'. This will then prompt you to download the app.

Download Bodyswaps

Once the Bodyswaps app has been downloaded, you will need an access code to enter the app. An access code can either be generated via Bodyswaps Go, or via a link generated by a Bodyswaps class.

Happy Bodyswapping!

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