

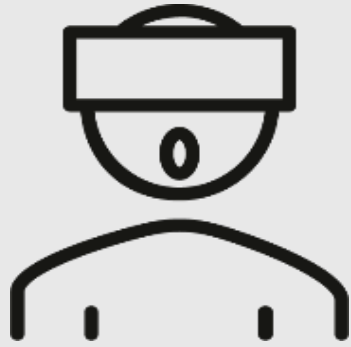


Getting Started with

Meta Quest



What are we covering?



Meet your Headset

Think of the headset like your mobile phone – a device with various platform capabilities that developers can use to build applications. The Meta Quest 2 is one of many headsets.

This document will provide the reader with and the right resources to get setup for success in the headset and key tips and tricks .

Getting Started with

Meta Quest

After reviewing this document, you will be able to:



Understand how to setup and use your Meta Account and Quest 2 headset



Know where to find additional information and support

Getting Started with Meta Accounts

Use your smartphone or PC to setup your Meta account

A new way for people to log into their VR headsets that doesn't require a Facebook/Instagram account

- Meta Horizon profiles; you can choose how you appear to others by customizing your username, avatar, and other information, promoting flexibility and control
- If you've been logging into your VR device with your **Facebook account**, you can continue to do so **until January 1, 2023**, at which point you'll need to create a Meta account and Meta Horizon profile to continue using your Meta VR device.

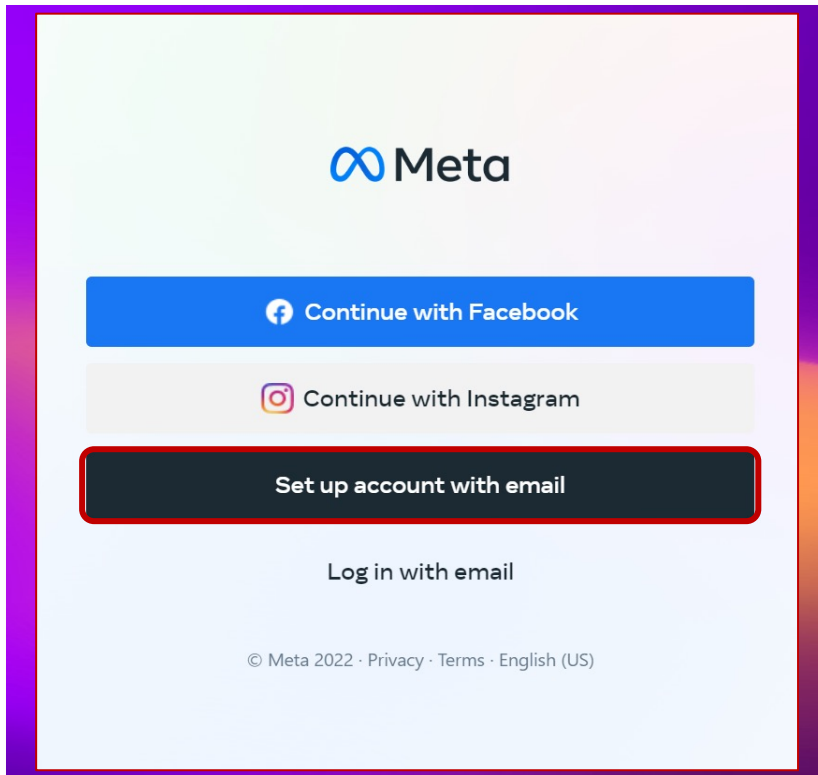


Getting Started with Meta Accounts

Meta.com/setup: Navigate to Link

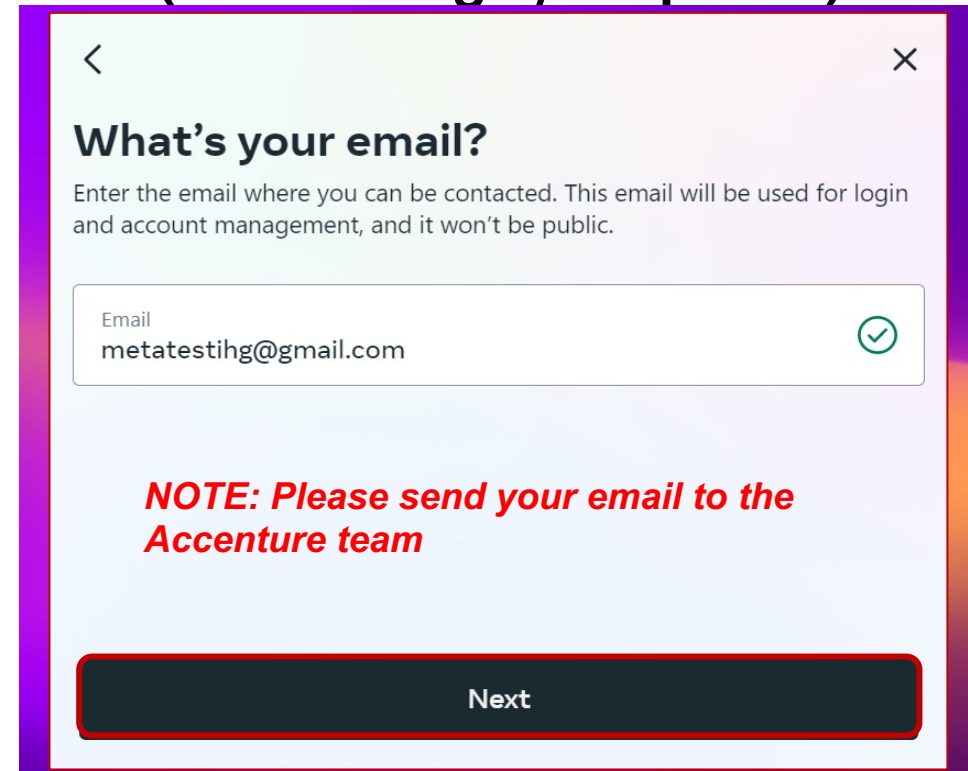
(https://auth.meta.com/setup/?utm_source=meta.com&utm_medium=redirect)

Creating a new Meta Account



The image shows the Meta account creation screen. At the top is the Meta logo. Below it are three buttons: 'Continue with Facebook' (blue), 'Continue with Instagram' (light gray), and 'Set up account with email' (dark gray with a red border). Below these buttons is a link 'Log in with email'. At the bottom, there is a copyright notice: '© Meta 2022 · Privacy · Terms · English (US)'.

Register Email (used for login/not public)



The image shows the email registration screen. At the top left is a back arrow, and at the top right is a close button (X). The title is 'What's your email?'. Below the title is a description: 'Enter the email where you can be contacted. This email will be used for login and account management, and it won't be public.' Below this is an email input field with the text 'Email' and 'metatestihg@gmail.com' (with a green checkmark icon). Below the input field is a red note: 'NOTE: Please send your email to the Accenture team'. At the bottom is a dark gray button with a red border labeled 'Next'.

Getting Started with Meta Accounts

Credentials

Name Entry

Birthdate Entry

Password Creation

<×

Enter your name

This name will be used for account recovery and for communication about your account. It won't be public.

First name

Meta

✓

Last name

Test

✓

Next

<×

What's your birthday?

Use your own date of birth, even if this account is for a business or something else. This information won't be public. [Why do I need to provide my birthday?](#)

Month

September

▼

Day

19

▼

Year

1997

▼

Next

<×

Create a password

Create a password with at least 8 letters and numbers. It should be something others can't guess.

Password

.....

👁

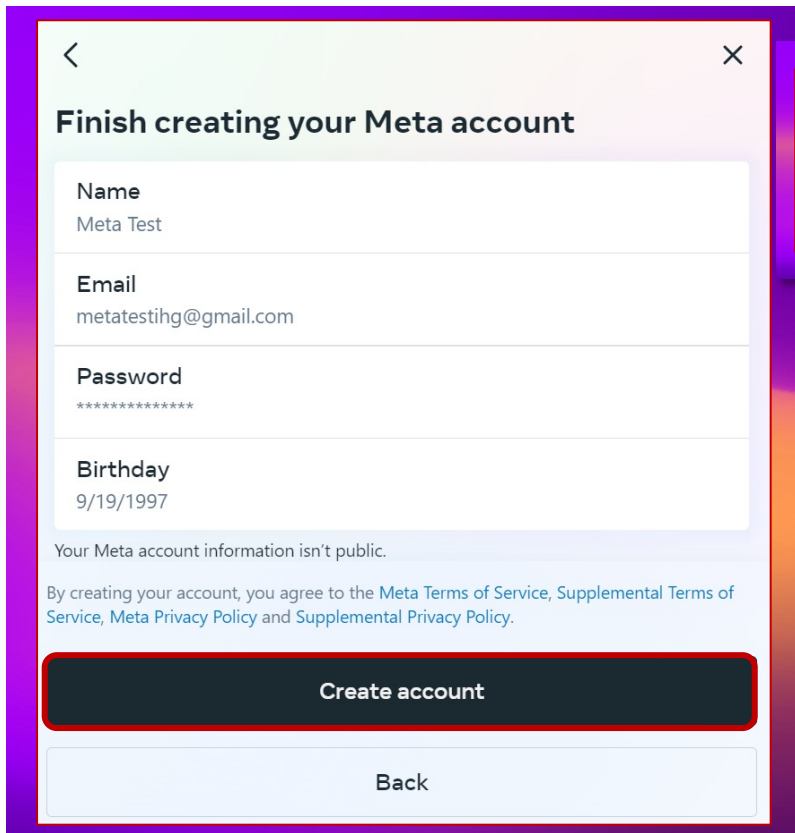
Next



Getting Started with Meta Accounts

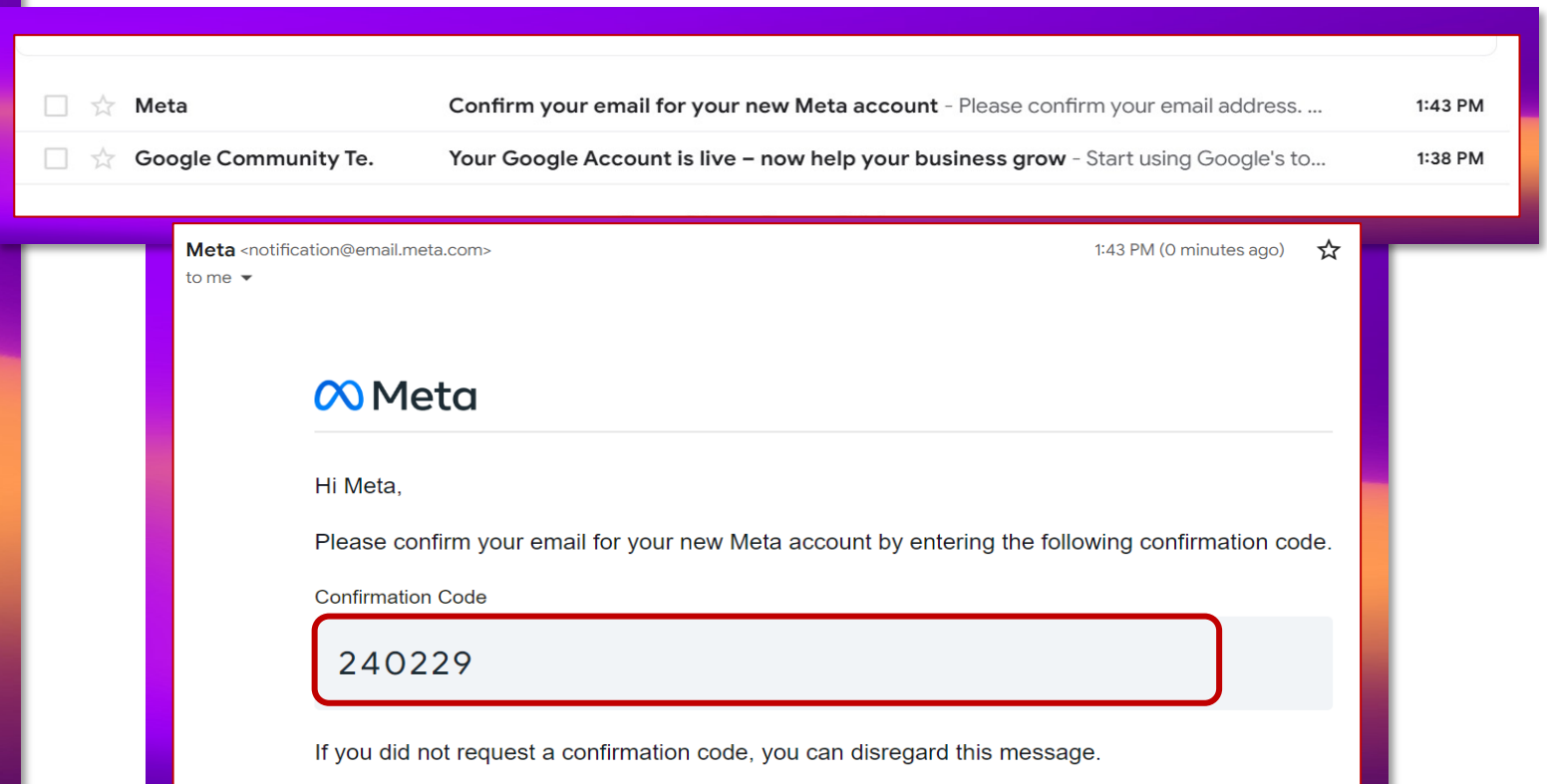
Account Creation & Confirmation

Confirm Credentials and Create Account



A screenshot of the Meta account creation confirmation screen. The screen has a light green header with a back arrow and a close button. The title is "Finish creating your Meta account". Below the title are four input fields: "Name" (Meta Test), "Email" (metatestihg@gmail.com), "Password" (masked with asterisks), and "Birthday" (9/19/1997). Below these fields is a note: "Your Meta account information isn't public." followed by a link to the Meta Terms of Service, Supplemental Terms of Service, Meta Privacy Policy, and Supplemental Privacy Policy. At the bottom are two buttons: "Create account" (highlighted with a red border) and "Back".

Locate Confirmation Code using Register Email




A screenshot of an email inbox. The top row shows an email from "Meta" with the subject "Confirm your email for your new Meta account - Please confirm your email address. ..." and a timestamp of "1:43 PM". The bottom row shows an email from "Google Community Te." with the subject "Your Google Account is live - now help your business grow - Start using Google's to..." and a timestamp of "1:38 PM". Below the inbox is a preview of the email from "Meta <notification@email.meta.com>" to "me" at "1:43 PM (0 minutes ago)". The email content includes the Meta logo, a greeting "Hi Meta,", and a request to confirm the email by entering a confirmation code. The confirmation code "240229" is displayed in a red-bordered box. At the bottom, it says "If you did not request a confirmation code, you can disregard this message."

Getting Started with Meta Accounts

Confirmation & Creation Completion

Enter Code

 Meta ✕

Enter the confirmation code

To confirm your account, enter the 6-digit code that was sent to metatestihg@gmail.com.

Confirmation code


240229

✓

Continue

I didn't get a code

Account Complete; Adjust Account Info & Other Settings

 Meta Quest PRODUCTS ▾ EXPERIENCES APPS & GAMES SUPPORT LOG OUT

Meta account
Password and security
Download Your Information
View Your Information
Other Settings

Meta account

Email	metatestihg@gmail.com	Edit
Name	Meta Test	Edit
Birthday	September 19, 1997	Edit
Language	English (US)	Edit

DELETE YOUR ACCOUNT

Getting Started with

Meta Quest

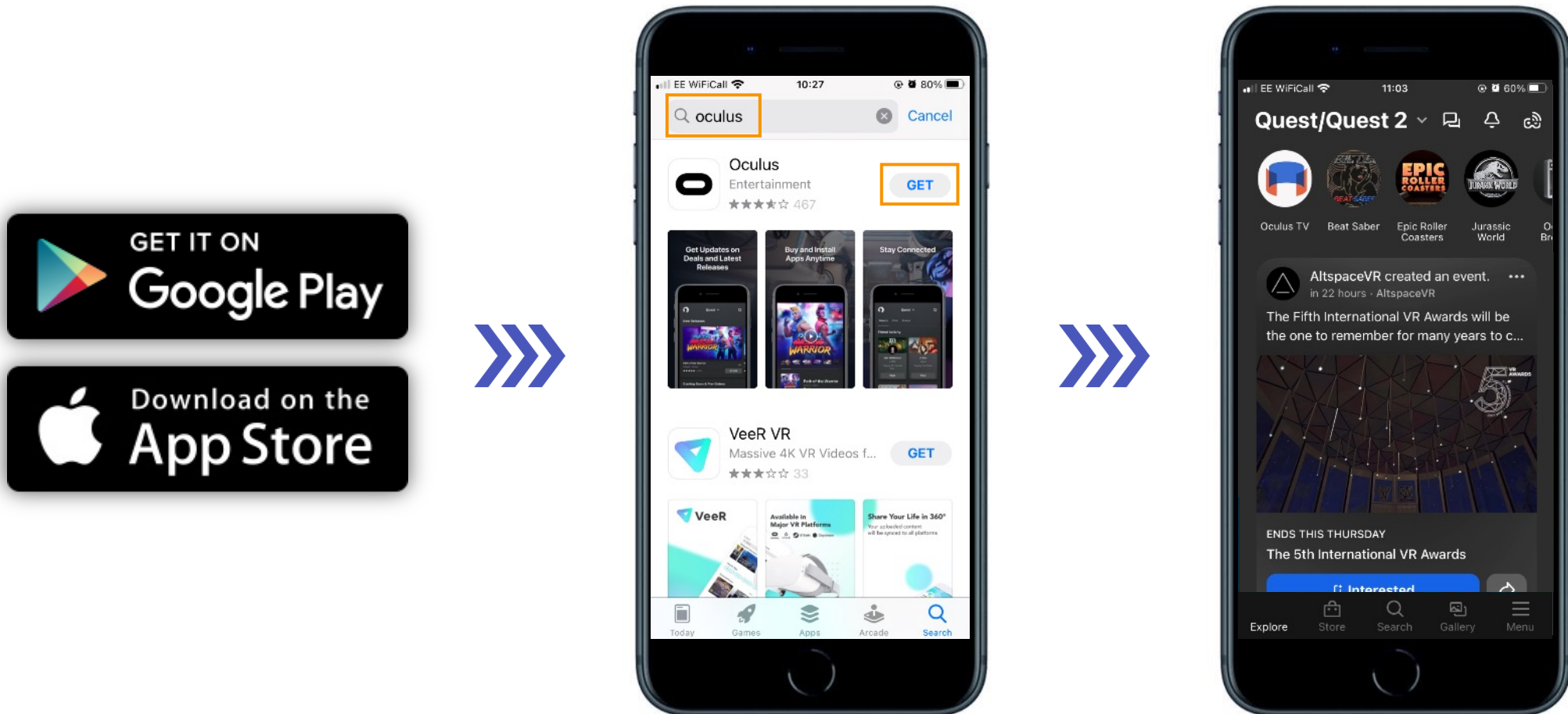


Meta Quest app and headset overview

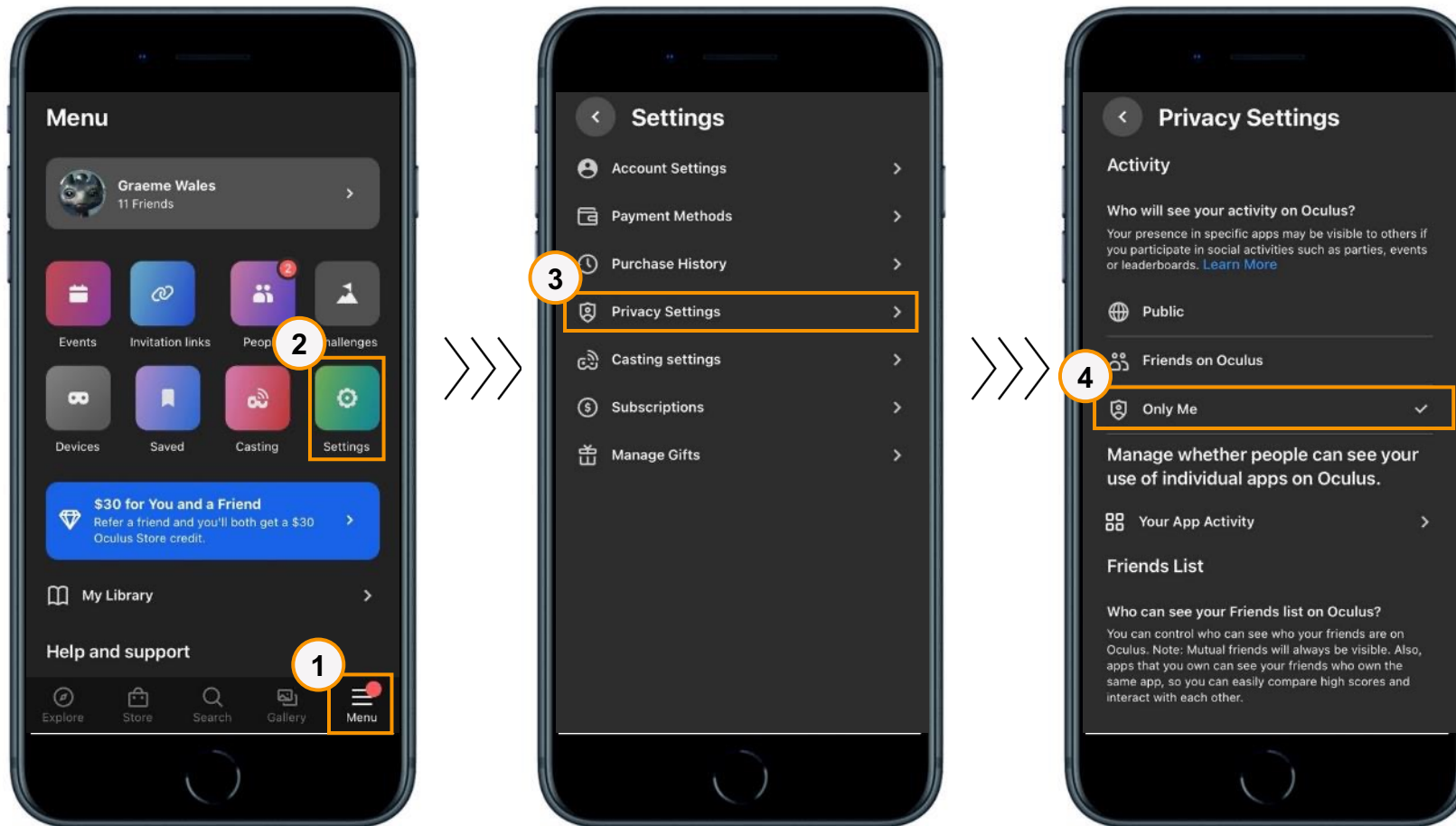
- Installing the Meta Quest app
- Mobile App Features
- What's in the Box
- Steps to Success

Installing the Meta Quest App

Before you use your Meta Quest headset, you will need to install the Meta Quest App onto your mobile device. The Meta Quest PC app is not required.



Privacy settings



1. Open the Meta Quest app on your phone, and tap **Menu**
2. Tap **Settings**
3. Tap **Privacy Settings**
4. Tap **Only Me**. This means none of your Meta Quest activity will be shared with Facebook friends

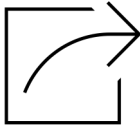
Mobile App features



Set a screen lock



Install apps remotely



Cast your screen and sync media



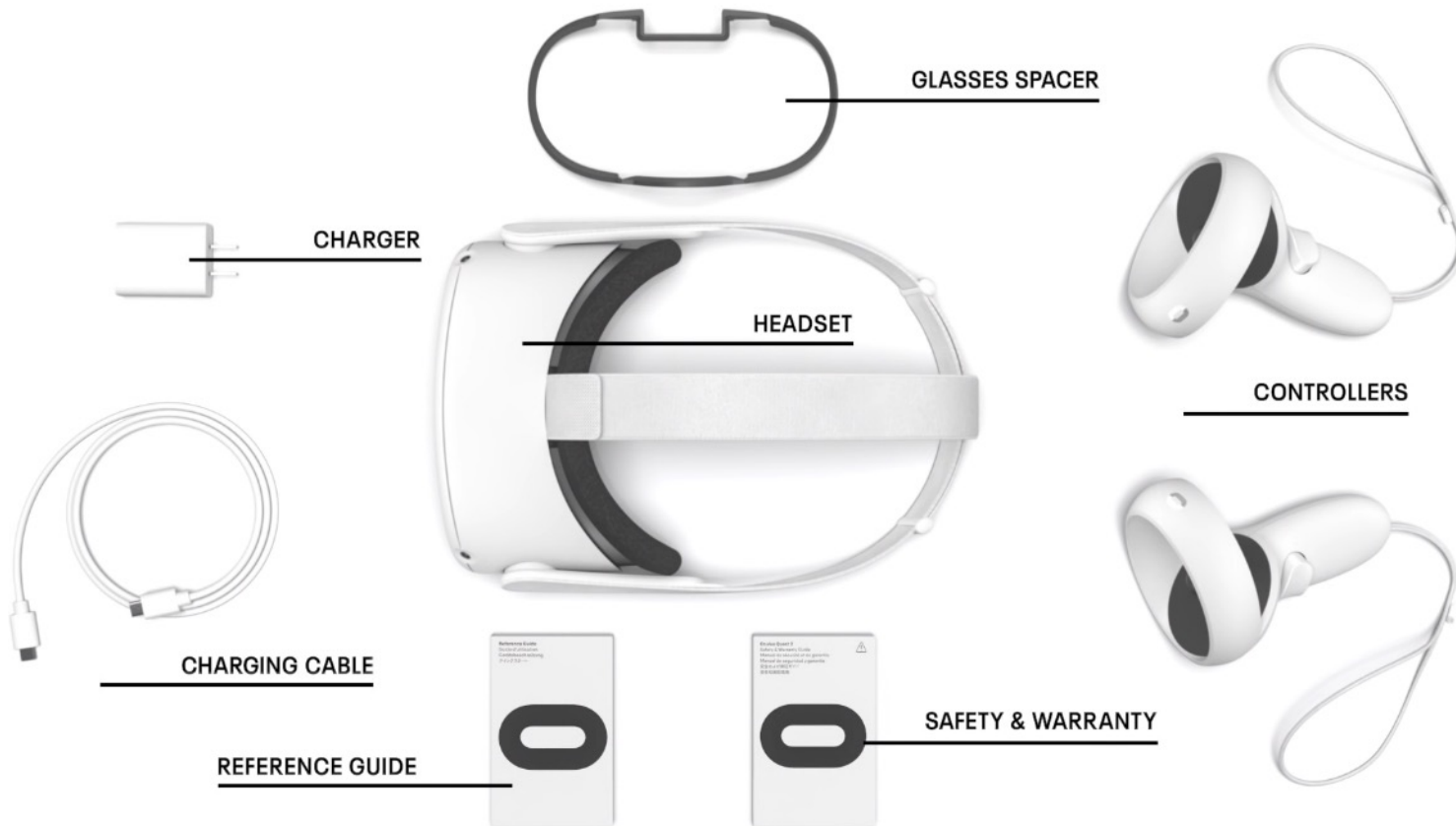
See charge levels of your devices



Not needed when the Meta Quest is in use



What's in the box?

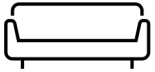


Ready to get started?
Watch the [Meta Quest Unboxing Video](#)

Steps to Success



Make sure your headset is fully charged – it takes 2.5 hours to charge to get 2 to 3 hours of battery life



Find somewhere comfortable to sit for the setup



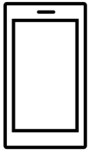
If you wear glasses, [install](#) the included spacer and read the Meta Quest [Wearing glasses](#) guide



Enable **Passthrough Mode** (**Settings**, then **Guardian**). This lets you double tap the side of the headset to see through the built-in cameras – great for staying safe!



Steps to Success



Have your phone to hand – you'll need it to setup your headset and know your Facebook password or Meta Account



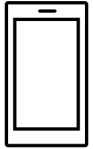
Make sure you're at least an arm's length away from anything that you could bump or knock over



How does it work?



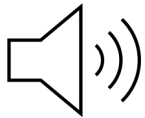
Your new headset is a standalone, wireless VR experience. You don't need your phone or laptop to use it



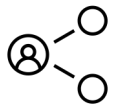
The Quest 2 is like any other smart device – it has its own marketplace from which you can install apps



The headset tracks the position of your head and hands using sensors on the outside of the visor. What you do will be mirrored in the virtual world



Your headset has speakers built into the headband, so no need for headphones!



This is a new and exciting way to communicate and share with colleagues.

