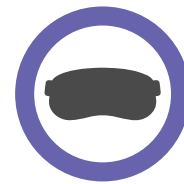# How to Set Up a Meta Quest Headset
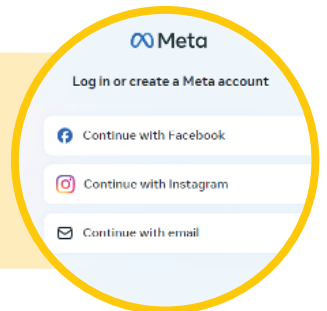
Start with the comprehensive guide from Meta

OneLab VR

Follow these steps to **set up your headset:**

1. Create a new Meta account at auth.meta.com and select the "Continue with Email" button.

Meta
Log in or create a Meta account
- Continue with Facebook
- Continue with Instagram
- Continue with email

2. Install Meta app on your mobile device.
Search for Meta App in your mobile device app store. Once installed, sign in with the account you created using your email. Follow the prompts.

Android
GET IT ON Google Play

iPhone
Download on the App Store

Note:
You will need a Wi-Fi connection and a mobile device (phone or tablet) to complete this process.

3. Charge your headset with the included USB-C cord; be sure each of the controllers has AA batteries installed

6. Adjust head straps and distance between lenses
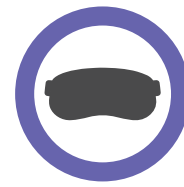
4. Power on Headset
Press and hold power button until you hear a chime

5. Choose your preferred language
(Meta Quest default language is English)

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7. Join Wi-Fi network

Click on quick settings in the headset taskbar to connect to Wi-Fi.

8. Acknowledge license agreement

9. Headset software will update

10. Connect headset to mobile Meta App

Open the Meta app and select the Menu button at the bottom, then select the Devices button and follow the prompts for your Meta Quest headset. If your headset does not connect automatically, you may need to enter the PIN displayed in the headset.

11. Set up 'Guardian' boundary

Follow the prompts to set the floor position and define a boundary. Give yourself at least 6.5 square feet of open space. You also have a stationary option if you have limited space.

12. The headset is now ready to use

PLAYSPACE

New to VR?

Try Meta's First Steps app to get some practice using the controllers, navigation, and other tips. To find new apps go to the Meta Store.

For Tech Support

please check Meta's support at
meta.com/help/