

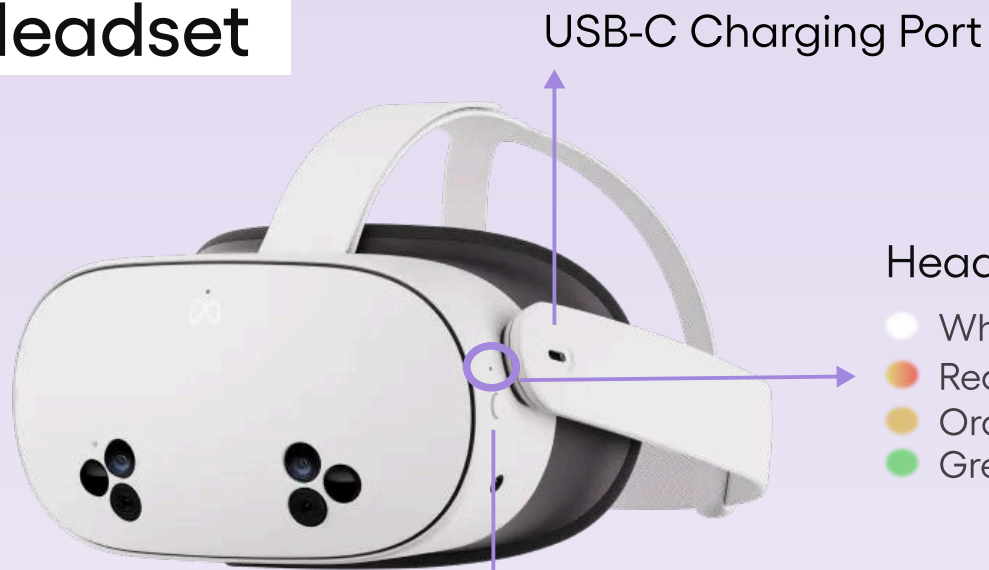


Quick Start Guide:

Meta 3S Headset

How to set up the VR Headset

Headset



USB-C Charging Port

Headset Status Indicator

- White: powered on
- Red/Yellow: charging, low battery
- Orange: charging
- Green: fully charged

Power Button
Long press to turn on/off
Short press to wake up from sleep mode



Volume Buttons

Controllers



Thumb stick

Trigger Button
Press to select objects or interactions



Controller Status Indicator

- Meta Button (Right Controller)**
 - Press to open the universal menu
 - Press and hold to reset the headset orientation

- Menu Button (Left Controller)**
 - Pause an environment

Grip Button
Grabs objects

Battery Compartment

*You can press any button to wake the controllers after you turn on your headset.



Quick Start Guide:

Meta 3S Headset

How to set up the VR Headset

1. Power On the Device

- **Press the power buttons** on the headset until the white lights appear.
- You can **press any button to wake the controllers** after you turn on your headset.



2. Wearing the Headset

- 1. Back sliders**
Slide both adjusters toward your ears to tighten the strap for a secure fit.
- 2. Top strap adjustment**
Detach the self-fastening strip and pull up to improve support and reduce pressure on your cheeks.
- 3. Lens adjustment & Glasses spacer**
Adjust the lenses left or right for the clearest view. Use the included spacer for extra room if wearing glasses.



Disclaimer



Some XRHealth applications involve physical activity, including full arm movements. For your safety, it is advised to use XRHealth while seated. Ensure that your play area is safe and free from any objects. Improper use of Virtual Reality experiences involving movement may lead to accidents.