



HOW TO: META QUEST PRO SETUP GUIDE

SkillsVR Support Guide | Meta



STEP-BY-STEP GUIDE

Meta Quest Pro

Welcome to your new Meta Quest Pro headset! This guide will walk you through the setup process to ensure you have a smooth and enjoyable virtual reality experience.

» Safety Usage	2
» Getting Ready	3
» Powering On	3
» Controllers	3
» Re-centering the Screen	3
» Headset Adjustment	4
» Status Indicators	5
» Sleep and Wake Modes	5
» Hardware Reset	5
» Other Adjustments	5

Important Safety and Usage Tips

- » Avoid Direct Sunlight: Never expose the Meta Quest Pro to direct sunlight, as this can cause permanent damage to the lenses and screen.
- » Use the Protective Cover: Always use the included protective cover when storing or traveling with your headset to prevent scratches on the front faceplate.
- » Clean the Device Properly: Use a microfiber cloth to clean the faceplate and lenses. Clean the straps and forehead pad with non-abrasive, anti-bacterial wipes. Use compressed air to clean sensors and ventilation ports.

STEP-BY-STEP GUIDE

Getting Ready

- » Ensure the headset is on and open the Meta Horizon app.
- » Go to Devices, select your headset, then tap Pair New Controller.
- » Controllers will blink blue and white in pairing mode and will show a solid blue light when paired successfully.

Using the Controllers

- » Thumbsticks: Navigate your virtual environment.
- » Trigger: Select objects.
- » Grip button: Grab objects or make a fist.
- » Buttons: Perform actions in apps.

LED Lights on Controllers

- » Green: Fully charged.
- » Yellow/Orange (solid): Charging.
- » Red: Dead battery or low charge.



Re-centering the Screen

- » To re-center the screen, press and hold the Menu button on the right controller. This will reset your viewpoint to the default position in VR.

Install Batteries in the Controllers

- » Remove Insulating Paper: Remove the paper tab from each controller's battery compartment to activate them.
- » Insert Batteries: Ensure that the batteries (pre-installed AA batteries) are placed correctly in the controllers.



STEP-BY-STEP GUIDE

Headset Adjustment

Fitting the Headset on Your Head:

- » Place the headset on your head, ensuring that it comfortably covers your eyes.
- » Adjust the rear fit wheel at the back of the headset to tighten or loosen the strap. The goal is to secure the headset so it stays in place without feeling too tight.
- » Position the headset so that your eyes are aligned with the center of the display.
- » You may notice a small gap between the bottom of the headset and your cheek. This is normal and ensures that the headset is positioned correctly.

Adjusting the Tilt:

- » Use the tilt wheel located at the top of the headset to adjust the angle of the lenses.
- » Adjust the tilt to ensure that the headset feels balanced and that the display is in your line of sight without causing strain on your eyes.

Adjusting the IPD (Interpupillary Distance):

- » IPD refers to the distance between your eyes. Adjust the IPD slider to move the lenses closer together or further apart for a clear image.
- » Slide the IPD wheel to the right or left until you find the most comfortable setting. The Meta Quest Pro supports a wide range of IPD, so adjust according to your comfort level.
- » If you wear glasses, you may prefer a slightly larger IPD setting to ensure comfort and clarity.

Using the Light Blockers:

- » The Meta Quest Pro has an open periphery design, meaning you will see some light from your surroundings in your peripheral vision.
- » If you want to block out more light, use the included partial light blockers.
- » Installing the Light Blockers: Align the left and right light blockers with the magnetic connectors on the front of the headset. The magnets will snap them into place.

Depth Wheel Adjustment:

- » The depth wheel controls the distance of the lenses from your eyes. Adjust this to find the most comfortable and clear view.
- » This adjustment is especially useful for people who wear glasses, as you may prefer more distance between your face and the lenses.
- » To adjust, gently lift the headset and turn the depth wheel to move the lenses forward or backward. Find a setting where the image is sharp and clear without causing strain.

Ensuring Comfort:

- » Once all adjustments are made, ensure that the headset feels snug but not tight.
- » The weight should be evenly distributed across your head, and you should feel no excessive pressure on your forehead or face.
- » If you feel any discomfort, revisit the adjustments to ensure an optimal fit.

STEP-BY-STEP GUIDE

Sleep and Wake Modes

- » Sleep Mode: When you remove the headset, it will automatically enter sleep mode. Simply put the headset back on to wake it up.
- » Wake Mode: Press any button on the controllers to wake the headset from sleep.

Hardware Reset

Resetting the Headset:

- » If you encounter issues, you can perform a hardware reset by holding the power button for 30 seconds to restart the device. This can help resolve minor software glitches.

Factory Reset:

- » If needed, perform a factory reset through the settings menu in the Meta Horizon app or by following the on-screen instructions in the headset.

Other Adjustments

Eye Tracking Calibration

- » If enabled, you can calibrate eye tracking in the settings to improve the comfort and accuracy of the fit.

Adjusting Rear Fit Wheel

- » Loosen or tighten the rear fit wheel to better distribute pressure across your head and provide a more comfortable fit.



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