



UPDATING YOUR **VR HEADSET**

SkillsVR Support Guide



STEP-BY-STEP GUIDE

Meta Device Updates

How to Update Meta Quest Devices Manually

- » Open the Universal Menu: Press the Meta button on your right controller.
- » Access Quick Settings: Select the Clock icon in the menu.
- » Go to Settings: Choose the gear icon to open Settings.
- » Select Software Update: Scroll to System, then select Software Update.
- » Download Update: If an update is available, click Download Update.
- » Ensure your headset is connected to Wi-Fi and remains charged during the update.

How to Enable Automatic Updates on Meta Quest

- » Open the Universal Menu: Press the Meta button on your right controller.
- » Access Quick Settings: Select the Clock icon in the menu.
- » Go to Settings: Choose the gear icon to open Settings.
- » Enable Automatic Updates: Scroll to System, then select Software Update and toggle Automatic Updates to On.
- » Your device will automatically download and install updates when connected to Wi-Fi and turned on.

To avoid storage issues when updating:

- » Remove Unnecessary Apps: Uninstall unused apps to free up space.
- » Use a Content Library: Skills^{VR} Stores your training apps for easy installation.
- » Check Storage Regularly: Keep an eye on available space for updates.

STEP-BY-STEP GUIDE

PICO Device Updates

How to Update your Pico Device Manually

- » Turn on the Headset: Put on your headset and power it on.
- » Connect to Wi-Fi: Ensure your headset is connected to a stable internet connection.
- » Access Quick Settings: Select the 'Quick Settings' icon located at the bottom right corner of the dock.
- » Go to Settings: Select the 'Settings' icon at the top right corner of the menu.
- » Navigate to General: In the settings menu, select the 'General' option on the left side.
- » Check for Updates: On the right side of the screen, select the 'System Version' tab, which will automatically check for an update.
- » Install the Update: If an update is available, a notification will appear. Click 'Upgrade Now' to start the installation.

How to Enable Automatic Updates on Pico Devices

- » Turn on the Headset: Ensure the headset is powered on and connected to Wi-Fi.
- » Access Quick Settings: Click the 'Quick Settings' icon in the dock.
- » Go to Settings: Tap the 'Settings' icon in the top right corner.
- » Enable Auto-Updates: In the 'General' settings, toggle the automatic updates setting to On.
- » With automatic updates enabled, your Pico headset will check for and install updates when connected to Wi-Fi and powered on.

To ensure you have enough space for updates:

- » Remove Unused Apps: Uninstall apps that are no longer needed.
- » Monitor Storage: Regularly check available storage to prevent space-related issues.

Still can't find the
**answer you're looking
for?**

Contact Support



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