

Meta Quest 3: Quick Start Guide



Basic Controller Buttons

Menu Button (Left Controller): Opens the menu in certain apps.

Meta Button (Right Controller): Hold to re-center view. Push to open the app menu or exit the app.

Trigger Button: For selecting.

Grip Button: Used for grabbing (no apps use this button).

Headset Buttons

Volume buttons are on the right side of the headset.

Change background to passthrough or not: Round button next to volume controls

Power button (right side of headset): Turn on/off, hold down. Tap to sleep.

Connect to Wi-Fi

From the Home screen, press Menu (left controller).

Go to Quick Settings → Wi-Fi.

Select your network and enter the password.

Boundaries Options (Change in Quick Settings).

Seated or standing use in small spaces: Select Stationary Boundary during setup or in Quick Settings.

Roomscale Boundary: For light movement in a larger space. Select Roomscale Boundary during setup or in Quick Settings. Ensure a clear area of at least 6.5 ft x 6.5 ft. The boundary can be changed in Quick Settings.

Casting to a Screen

The headset and screen must have access to the internet

Open quick settings in headset → Select Cast → Type in URL from headset in browser and enter code.

Troubleshooting

Screen not centered? → Push the Meta button (right controller) for 2 seconds to reset the view.

App frozen? → Hold Meta Button → Quit app.

Unresponsive? → Hold Power button 10 sec to restart.

No tracking? Ensure good lighting & clear sensors.

Won't turn on? Charge the headset fully.

Headset Responsibility

The headset you have been provided is yours to keep, even if you cancel your subscription. This headset comes with no warranty. If the headset breaks, we can replace it for a fee.

To keep your headset in good shape:

- Handle with care — do not drop, throw, or swing the headset or controllers.
- Remove the headset with clean hands and place it gently on a table or case.
- Keep away from direct sunlight to protect lenses.

For issues with the Meta headset, please contact Meta directly.



Arche XR Mental Health Suite Quick Start Guide

1. Turn on headset → Put headset on and adjust the strap and lens width.
2. Follow the onscreen guide and confirm.
3. Create a new boundary (choose stationary).
4. Select the app you want to experience!

Need help or want to report issues or improvements with Arche XR?

Contact us at: support@archexr.com