

Bodyswaps

Meta Quest 2 Set Up Guide

Welcome! 🙌

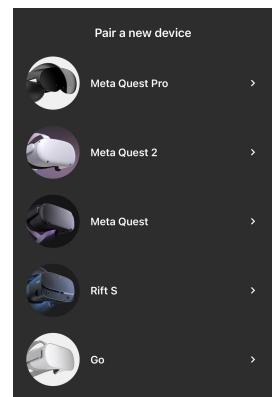
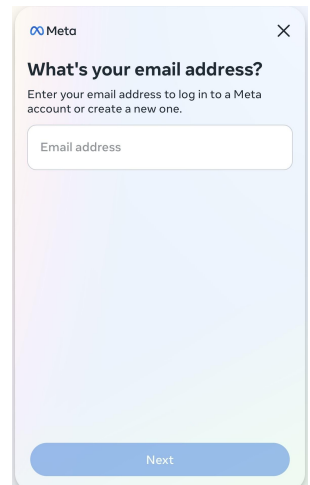
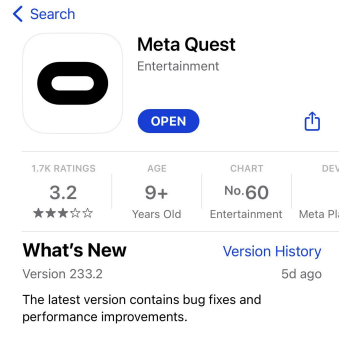
This guide will provide step by step instructions on setting up your Meta Quest 2 and Bodyswaps app!

1. Download the Meta Quest app
2. Unbox the Quest 2
3. Adjusting your fit
4. Set-up the headset
5. Download Bodyswaps



Download the Meta Quest app

- The first step in setting up your Meta Quest 2 is to download the Meta Quest app via the [Apple App Store](#) or on [Google Play](#).
- You will then be asked to create a Meta account. **Of note**, each Meta headset, needs to be linked to a different Meta account or Facebook account. This is an OS feature designed to reduce piracy and affects all applications, not just Bodyswaps.
- Once you've created your Meta account, the next step will be to pair to your new Meta Quest 2 headset. But first, you'll need to **set up the headset!**



Unbox the Meta Quest 2

Now for the exciting part, unboxing your Meta Quest 2!

What's included in the box: Meta Quest 2, two controllers, a charger, silicon cover and glasses spacer.

Remove the pull tabs from the controllers to activate the controllers.

- Turn on the headset by holding the power button down for 2-3 seconds.
- Squeeze the triggers on both controllers to automatically pair the controllers to the headset.



Adjust your fit

There are different ways the Quest 2 can be adjusted to increase comfort and improve clarity:

- The two symmetrical side straps can be adjusted to tighten or loosen the fit. The top strap can also be adjusted to better distribute headset pressure on top of the head.
- If you wear glasses, try the glasses spacer. To do so, gently remove the facial interface foam from the headset. Attach the glasses spacer to the headset. Re-insert the facial interface foam over the glasses spacer.

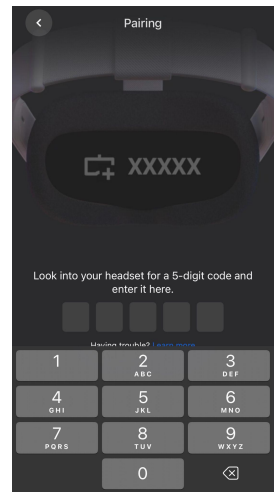


- Adjust the lens IDP to, which is the distance between each eye, until you get the clearest picture. To do so gently move each lens with your thumbs to either 58mm, 63mm or 68mm.

Set-up the headset

Once the fit has been adjusted, now is the time to put on the headset!

- You will be prompted to select the language, check for clarity and to connect to a wifi network.
- A video will play reviewing the Quest 2's safety guidelines.
- The Meta Quest 2 will automatically start an update. You do not need to wear the headset while it is updating.
- You will then be prompted to pair the headset with the meta profile. To do so, look into the headset for a 5 digit code and enter it into the Meta Quest app.
- After successfully pairing the headset, you will be asked to create a guardian boundary.



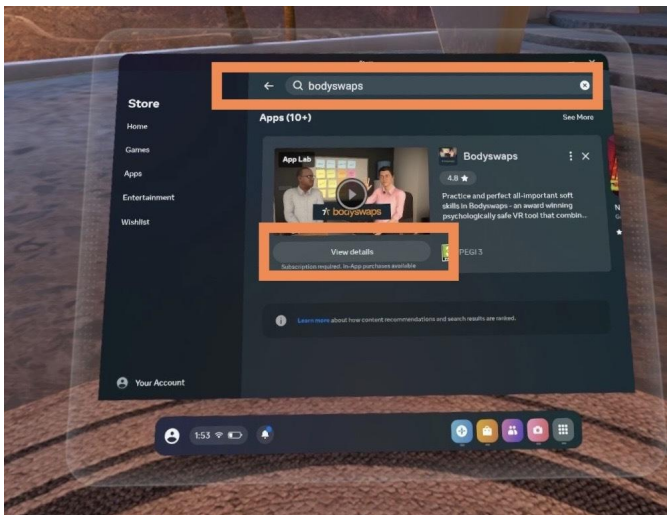
Download Bodyswaps

Welcome to the Virtual world! 🧐

To download the Bodyswaps app, you will need to go to the Quest App Store.



Search for the Bodyswaps app in the search bar, it will appear under the 'App Lab'. Select 'View Details'. This will then prompt you to download the app.



Download Bodyswaps

Once the Bodyswaps app has been downloaded, you will need an access code to enter the app. An access code can either be generated via [Bodyswaps Go](#), or [via a link generated by a Bodyswaps class](#).



Welcome

It appears you are running Bodyswaps for the first time on this device.

To progress you'll need to enter the code that has been generated for you via our website.

If you don't have one, you can continue to try out our demo content.

RUN IN DEMO

HELP

1

2

3

4

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6

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8

9

0

DEL

SUBMIT

**Happy
Bodyswapping!**

 **bodyswaps**