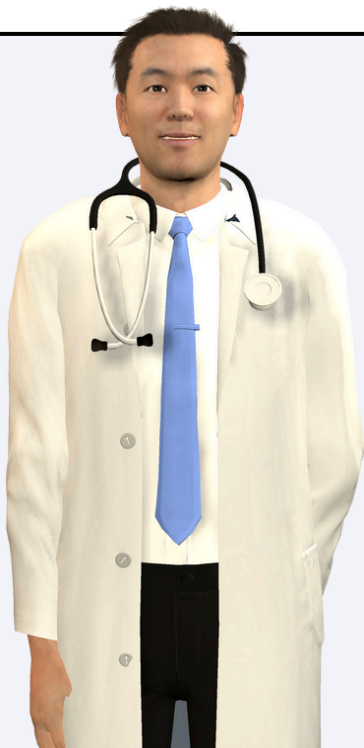# bodyswaps

Bodyswaps technical setup guide

Bodyswaps delivers immersive VR training focused on soft skills. This guide supports IT administrators with device preparation, network setup, software deployment, and ongoing maintenance post-license purchase.

Device specifications - VR

While other devices may be compatible, the models listed below are the ones we've tested and officially support.

Supported Models	Notes
Meta Quest 2 (Consumer)	Supported for all app versions
Meta Quest 3, 3s	Fully supported
Vive Focus+, 3, 4	Fully supported
Pico Neo 3, Pico 4 Ultra, Pico 4 Enterprise	Eye tracking not yet supported on Neo 4

Device specifications - PC & Mac

Windows	Mac
 • OS: Windows 10 • CPU: Intel i5 or better • RAM: 8GB • Storage: 2.5GB free • GPU: OpenGLES 3.2 compatible • Input/Output: Microphone + Speakers or Headphones	 • OS: 13 Ventura or newer • CPU: M1 or newer recommended • RAM: 8GB • Storage: 256GB free • Input/Output: Microphone + Speakers or Headphones

Also compatible with many Chromebooks, email **support@bodyswaps.co** to find out more

Web streaming (Premium feature) supported browsers: Google Chrome, Microsoft Edge

Device specifications - Mobile

Android	iOS
• OS: Android 7.1 (Nougat) or newer • CPU: Quad Core with OpenGLES 3.2 GPU SoC • RAM: 4GB • Storage: 800MB • Sensors: Gyroscope • Recommended: Samsung Galaxy S8+, Galaxy Tab S4 or A8	• iPhone 6S or newer • iPad 8th Gen or newer • iOS 11+ • Storage: 800MB

Network & internet configuration

Bandwidth   Each device requires approx. 0.36 Mbps during voice recognition

Firewall & Internet Access
- Devices must connect to the public internet
- Ensure the following domains/IPs are whitelisted:

Protocol	URL/IP
HTTPS	europe-west1-bodyswaps-v2-eu.cloudfunctions.net/
HTTPS	europe-west2-bs-uk-prod.cloudfunctions.net/
HTTPS	northamerica-northeast1-bs-ca-prod-ae246.cloudfunctions.net/
HTTPS	us-central1-bs-us-prod.cloudfunctions.net
HTTPS	bodyswapscognative.cognitiveservices.azure.com/
HTTPS	westeurope.api.cognitive.microsoft.com
HTTPS	westeurope.tts.speech.microsoft.com/cognitiveservices
HTTPS	eastus.api.cognitive.microsoft.com
HTTPS	eastus.tts.speech.microsoft.com/cognitiveservices/
HTTPS	storage.googleapis.com/bodyswaps-public
HTTPS	108.128.247.206
HTTPS	46.137.22.30
HTTPS	3.123.182.185
HTTPS	3.125.217.59
HTTPS	18.223.93.86
HTTPS	3.23.58.161

Downloading the app

Get the app

For the latest app store links and APK installers (including PC, Android, Quest, Pico, and Vive):

➡️ **Visit our Help Centre:**
https://support.bodyswaps.co/hc/en-us/articles/download-bodyswaps

(Bookmark this page to access the most current files and platform-specific guidance.)

Subscribe for product updates

Stay informed about new features, headset support, and version updates.

✉️ Subscribe to our Product Updates Email

Device usage modes

Bodyswaps offers three usage modes within the app, each designed to support specific deployment scenarios. These modes primarily determine how the app handles user logouts.

To change or update your device's usage mode, please contact us at support@bodyswaps.co.

Auto Logout: Never

Default

This is for learners that are using their own device or one assigned to them for an extended period of time.

- The user will remain signed in until they explicitly sign out
- The user will play the induction sequence once - the first time they launch a module

Auto Logout: Warn First

This is designed for when a device is shared between users, typically for a workshop or a when a device is booked in a library.

- Users will be signed out when the app is first launched.
- Users are asked to 'Continue' or 'Sign Out' prior to launching a new module or after twenty minutes of inactivity.

Auto Logout: Always

This is for situations where there is a rapid turn around of users on a set of headsets and you want to make sure that the users always goes through the induction sequence.

- Users will be signed out when the app is first launched.
- Users will be signed out when a user leaves a module or at the end of each module.
- New users will always play the induction sequence.

Mobile device management (MDM) platforms

ArborXR

Please email your Organization Slug and device type to support@bodyswaps.co.

To locate your Organization Slug in ArborXR, go to: Organization Settings > Overview > Organization Slug

ManageXR

Please email support@bodyswaps.co with your device type to receive a share code

Meta's Horizon Managed Services

For Shared Mode, please email your organization key to support@bodyswaps.co to be added to our private release channel. Click here for more information.

For Individual Mode, you're welcome to add Bodyswaps to your fleet via the Meta Horizon Store within your Admin Center.

Integrations

LMS

We currently support LMS integrations with Moodle, Canvas, Blackboard, and Brightspace.

To get started, please complete an LMS Request Form.

Our support team will then contact you with setup instructions.

SSO

To learn more about our SSO integration options, please refer to our SSO Help Centre Article.

If you're interested in setting up SSO via SAML for your account, please submit a request using our Integration Request Form

User Support

Resources to help your team get started and stay supported in Bodyswaps.

Customize Your Support Contact

You can customize the Bodyswaps invitation emails to include your own support email address. This allows learners to reach out directly to your team with any questions or issues related to onboarding or access.

To add or update your support email, please contact us at support@bodyswaps.co.

Learn with Bodyswaps Academy

Bodyswaps Academy is your go-to learning hub for deploying, managing, and maximising the impact of Bodyswaps in your organisation.

👉 Access Bodyswaps Academy

Community Portal

A one stop shop for deployment support and successful deployment examples you can browse for inspiration.

Knowledge Centre

A range of technical support articles on Bodyswaps Go and support for learners and administrators.

Bodyswaps Go

Log in to manage your users, enrol learners into classes, track individual learner progress and view aggregated usage stats

Module Library

View the full range of Bodyswaps modules.

Optional accessories & maintenance tools

Charging & storage

- RedBox VR Charging Stations
- Anker Charging Docks (Amazon-available)

Sanitisation

- CleanBox (UV cleaning)
- RedBox VR Uvisan Cabinet

Audio

- Over-ear headphones recommended for shared environments