



An Extended Guide · No. 917

Your Meta Devices, Made Simple

Ray-Ban glasses, Quest, and your
Facebook/WhatsApp accounts

Tech Made Simple — Service Made Personal

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A Note From Bill

Meta is one company wearing a lot of hats. It makes the Ray-Ban and Oakley smart glasses folks are wearing around town, the Quest headsets the grandkids ask for, and it also runs Facebook, Instagram, and WhatsApp. That is a lot of different things under one roof, and it is easy to feel lost. This little book sorts it out in plain English and walks you through each piece one step at a time. No jargon. No judgment. No rushing.

What's in this guide

- What the Ray-Ban and Oakley Meta glasses actually do, and how to set them up
- The little recording light, and being polite about filming other people
- How the glasses can read menus and describe things for weak eyes
- Setting up a Meta Quest headset safely, and casting it to the TV
- How Facebook, Instagram, WhatsApp, and your Meta account fit together
- Locking your accounts down, and getting a hacked Facebook back

★ You do not have to do this alone

I help folks all over Atwater and Portage County make sense of exactly this kind of gear. If any page here makes your eyes cross, that is my cue, not your failing. Call me at (330) 200-8042 and I will sit down at the kitchen table and set it up with you.

The 60-Second Version

If you read nothing else, read this. These are the things that matter most, in the order they matter.

- ❑ The glasses pair to the free **Meta AI** app on your phone; the Quest pairs to the **Meta Horizon** app
- ❑ You sign in to all of it with ONE Meta account, using an email you actually check
- ❑ Turn on two-factor for Facebook, and two-step verification for WhatsApp
- ❑ The tiny light on the glasses means the camera is on; do not hide it from people
- ❑ Set the Quest play boundary before you put the headset on, so you do not walk into a wall
- ❑ If your Facebook gets hacked, go to facebook.com/hacked from a device you normally use

! The one that saves the most grief

Meta will never text or email you a link demanding you log in right now or lose your account. That urgency is the scam. When something feels pushy, stop, do not click, and open the real app yourself. We cover the big Facebook and Marketplace scams later in this guide.

Which Meta Thing Do You Have?

Meta makes several very different products, and the names get jumbled together. Here is the lay of the land so the rest of this book makes sense.

- **Smart glasses** — Ray-Ban Meta and Oakley Meta. They look like ordinary glasses but have a camera, tiny speakers, and a voice helper. A newer display model even shows a small screen in the lens.
- **Meta Quest** — the Quest 3 and the more affordable Quest 3S. These are headsets you wear over your eyes for games and virtual reality, and they can show your real room in color too.
- **Your accounts** — Facebook, Instagram, and WhatsApp. These are apps on your phone, all owned by Meta, tied to one **Meta account**.

You do not need all three to use any one of them. The glasses work without a Quest, the Quest works without glasses, and your Facebook works without either. Use whichever pages here match what is on your kitchen table.

✓ One account rules them all

The same Meta account signs you in to the glasses app, the Quest, and your Facebook. Getting that one login right, and safe, is the single most useful thing in this whole guide.

What The Meta Glasses Actually Do

Ray-Ban Meta and Oakley Meta glasses look like normal sunglasses or eyeglasses. The clever bits are hidden in the frame. Here is what they can do for you.

- **Take photos and short videos** hands-free, by tapping a button on the arm or asking out loud, so you keep both hands free
- **Play sound** through tiny open-ear speakers by your temples, for music, podcasts, or turn-by-turn directions, without blocking your ears
- **Make and take phone calls** so you can talk while you garden, cook, or walk the dog
- **Answer questions** — say "Hey Meta" and ask about the weather, a word, or what you are looking at

Because the speakers are open, you still hear the doorbell, the traffic, and the person next to you. And because they are real Ray-Ban and Oakley frames, you can have your prescription put in them.

✓ They are glasses first

You wear them like any other pair. If the tech never appeals to you, they still work perfectly well as plain glasses. Nothing is forced on you, and nothing runs unless you ask it to.

Setting Up Your Glasses

Everything the glasses do runs through one free phone app. Meta used to call it Meta View; today it is the **Meta AI** app. Set it up once and you are done.

- ❑ Install the **Meta AI** app from the App Store (iPhone) or Google Play (Android)
- ❑ Open it and sign in with your Meta account, or make one with an email you check
- ❑ Charge the glasses fully in their case before the first pairing
- ❑ In the app, follow **Add device** and hold the glasses close to the phone
- ❑ Say yes to Bluetooth and Wi-Fi so photos can move to your phone

The folding case is also the charger. Pop the glasses in when you are done and the case tops them back up several times before the case itself needs a plug. Keep it in your purse or on the nightstand.

★ I will pair it with you

Pairing is the part folks get stuck on, because the phone, the glasses, and the app all have to shake hands at once. If it will not connect, do not fight it. That is a five-minute fix on a visit, and I am glad to come do it.

Using The Glasses Day To Day

Once paired, most of what you do is either press the button on the arm or just talk. Here are the everyday moves.

- **Take a photo** — a short press of the top button on the right arm
- **Record a video** — a longer press starts it; press again to stop
- **Ask something** — say "Hey Meta" then your question, plain as day
- **Music and calls** — start them on your phone as usual; the sound comes through the glasses
- **Send photos to your phone** — open the Meta AI app and let them copy over

There is a small charging light and a battery reading inside the app, so you always know how much is left. A full charge is meant for a day of normal use, more if you mostly listen and less if you film a lot.

✓ **Speak like you mean it**

The voice helper hears you best when you talk in a normal, unhurried voice and keep it simple. "Hey Meta, take a photo" beats a long rambling sentence every time. No shame if it mishears; just try again.

The Recording Light, And Filming Others Politely

Smart glasses can quietly make people nervous, because folks cannot always tell if they are being filmed. Meta built in a light to help, and there is some plain courtesy that goes a long way.

- A small white **light on the front** of the glasses turns on when the camera is running — it flashes for a photo and stays lit for video
- That light is the signal to everyone around you that the camera is on
- Meta now shuts the camera off entirely if anyone tries to cover or tamper with that light, on purpose
- In stores, locker rooms, restrooms, and doctors' offices, take the glasses off or leave the camera alone

! Recording people can be a legal matter, not just a rude one

Some states, including California, Illinois, and Florida, require every person to agree before you record a private conversation. Ohio is more relaxed, but good manners travel everywhere. Never hide the light, and just ask before you film someone. When friends visit and worry about the glasses, my guide on smart-glasses privacy walks through it kindly.

The simplest rule is the golden one: film the way you would want to be filmed. A quick "do you mind if I get a picture?" keeps everyone comfortable and keeps you out of trouble.

Glasses That Can See For You

One of the kindest things these glasses do is help folks whose eyes are not what they were. You look at something and simply ask, and the glasses tell you what is there.

- **Read the fine print** — "Hey Meta, read this" and it reads a menu, a label, or a piece of mail aloud
- **Describe the scene** — ask what is in front of you and it names objects, colors, and surroundings
- **Call a real person** — the **Be My Eyes** service connects you to a live volunteer who sees through your glasses and talks you through it

You turn these helpers on in the Meta AI app under the accessibility settings. They work hands-free, so you can hold your cane, your grocery bag, or the railing while you get the help you need.

★ This one is close to my heart

I have set these up for folks who had all but given up on reading their own mail. Watching them read a bill out loud again, hands free, is the good part of this job. If low vision is your reason for the glasses, let me help you get the reading features dialed in right.

Meet The Meta Quest Headset

A Meta Quest is a headset you wear over your eyes. It puts you inside games, exercise classes, travel tours, and virtual rooms, and it can also show your real room in full color right through the front.

- **Quest 3** is the higher-end headset, with the sharpest picture and the best see-through color view of your real room
- **Quest 3S** does the same jobs for less money, with a slightly simpler screen — a fine place to start
- Both come with two hand controllers, and both can also read your bare hands so you can point and pinch
- Everything you buy and play is tied to your Meta account, so it follows you if you upgrade later

It runs on its own, with no console or computer needed. You charge it, put it on, and you are in. The grandkids will show you the games; this guide makes sure the grown-up parts are set up safely first.

✓ Start seated

Your very first time, sit in a chair in the middle of the room. It is gentler on your balance and your stomach while you get your bearings. You can stand and move around once it feels natural.

Setting Up Your Quest

Like the glasses, the Quest sets up through a free phone app — this one is called **Meta Horizon**. Have your Wi-Fi password handy.

- ❑ Install the **Meta Horizon** app from the App Store or Google Play
- ❑ Charge the headset and turn it on
- ❑ In the app, tap **Menu** then **Devices**, then pair your Quest 3 or 3S
- ❑ Sign in with your **Meta account**, connect to your home Wi-Fi, and let it update
- ❑ Put the headset on and follow the on-screen setup to fit and focus it

If you owned an older headset years ago, you may remember an **Oculus** login. Those are gone now; everyone uses a Meta account. If you are stuck on an old Oculus sign-in, that is a known snag we can sort out together.

! Only buy from inside the headset

Games and add-ons should be bought through the official store on the Quest itself. Websites and emails promising cheap Quest credits or free games are how scammers phish your Meta account. If it is not the built-in store, do not hand over your password.

The Boundary Keeps You From The Wall

Because the headset covers your eyes, the Quest draws a safety fence around your play space so you do not bump into furniture. Meta calls it the boundary, or Guardian. Set it every time you move rooms.

- When you set up, you draw your play area on the floor with a controller
- A glowing wall appears in the headset if you get near the real edge
- Clear the space first — move the coffee table, the lamp, and the dog's bed
- Leave arm's-length room on every side so you can swing without hitting anything

If you take the headset to another room, draw a fresh boundary there. It only takes a moment, and it is the difference between a fun evening and a knuckle on the wall.

✓ Shoes off, socks on carpet

A rug or carpet under your feet tells you when you are drifting off your spot without even looking. It is a simple old trick that keeps you centered in your safe zone.

Staying Comfortable, Settling Your Stomach

Some folks feel a little queasy in virtual reality at first, the way you might on a boat. It almost always fades as you get used to it. A few habits make it far easier.

- Start with **calm, seated** experiences — a tour, a painting app, a card game — before anything fast
- Keep sessions short at first, ten or fifteen minutes, then take a break
- Adjust the fit and the focus dial until the picture is crisp; a blurry view makes it worse
- Stop the moment you feel off, take the headset off, and look at something far away

Good light in the room, a cool space, and a bit of fresh air all help. Most people who ease in slowly find the queasiness is gone within a few sessions and never comes back.

✓ Snug, not tight

The headset should rest on your face without pressing hard on your nose or cheeks. Take a minute to loosen the straps and balance the weight. Comfort is not fussy; it is what keeps you enjoying it.

Casting The Headset To Your TV

Half the fun is letting the family see what you see. Casting sends the view from inside the headset out to your TV or phone, so nobody is left watching you wave your arms at nothing.

- **To the TV** — from inside the headset, open the menu, choose **Camera** then **Cast**, and pick a compatible TV or Chromecast
- **To a phone** — open the Meta Horizon app, tap **Cast**, and choose the headset
- Both the headset and the TV or phone must be on the same Wi-Fi
- Casting is also how a parent watches what a child is doing in the headset

The picture on the TV lags a hair behind the headset, which is normal. It is plenty good for the family to follow along, cheer, and take their turn.

★ Wi-Fi is usually the hiccup

When casting will not connect, it is nearly always the headset and the TV sitting on different Wi-Fi networks, or a weak signal in the back room. My guide on Wi-Fi dead spots covers the fix, or I can come make the whole house reach.

Kids And Grandkids On The Quest

Grandkids love these headsets, and there are real rules about who should use one and how. A little setup keeps the young ones safe and keeps you in the driver's seat.

- Meta sets the headset for ages **10 and up**; children 10 to 12 need a **parent-managed** account that a grown-up sets up
- Teens 13 to 17 get accounts that start private, with parental supervision available
- Use the **Family Center** in the Meta Horizon app to approve apps, set time limits, and see what they are playing
- Keep play sessions short for little ones, and always cast to the TV so you can watch along

Supervision is not about mistrust; it is about a heavy headset on a small head in a room with furniture. Stay nearby, keep the boundary tight, and make it something you do together.

! Set it up on YOUR account, not theirs

Never just hand a child your own signed-in headset with your Meta account, your saved card, and your Facebook attached. Set them up a proper supervised account through Family Center so a curious tap does not buy a game or open your private messages.

How Facebook, Instagram, WhatsApp And Meta Fit Together

This is the part that confuses almost everyone, so let us untangle it slowly. Meta owns four things you may use, and they lean on each other in ways that are not obvious.

- **Facebook** — your posts, friends, groups, and Marketplace
- **Instagram** — mostly photos and short videos, same company
- **WhatsApp** — free messages and calls, tied to your phone number
- **Meta account** — the master login that can tie these together and also signs you in to the glasses and the Quest

You can keep them separate or link them under one Meta account. Linking is convenient, but it also means one break-in can reach more of your life at once — which is exactly why the next two pages are about locking the doors.

✓ Write down which email is which

The most common tangle I see is not knowing which email address goes with which account. Keep one plain sheet of paper that lists each account and its email and phone number. It is worth its weight in gold the day something goes wrong.

Two Simple Locks For Every Account

You do not need to be a computer whiz to be safe. Two habits stop the great majority of account break-ins cold. Do these once for each account.

- ❑ Use a **strong, different password** for each account, not the same one everywhere
- ❑ Turn on **two-factor** for Facebook: Settings then Password and Security then Two-Factor Authentication
- ❑ Turn on **two-step verification** for WhatsApp: Settings then Account then Two-Step Verification
- ❑ Add a recovery email and a phone number you still control to each account
- ❑ Save the backup codes somewhere safe on paper, not just on the phone

Two-factor means that even if a crook learns your password, they still cannot get in without a code sent to your phone. It is the single best thing you can do, and it takes about five minutes.

! Never read your code out loud to anyone

A code Meta or WhatsApp sends you is for your eyes only. No real company, friend, or "support agent" will ever need you to read it back. Anyone who asks for that code is trying to steal the account. That is the whole trick, every time.

Getting A Hacked Facebook Back

This is one of the most common and upsetting things I get called about. Take a breath — accounts can usually be recovered, and there is a proper path to do it. No shame in it; it happens to careful people.

- ❑ On a phone or computer you have used before, go to **facebook.com/hacked**
- ❑ Follow the steps to confirm it is you; a familiar device helps Facebook trust the request
- ❑ Reset your password to something brand new that you have never used
- ❑ Remove any email address or phone number you do not recognize from the account
- ❑ Log out all other sessions, then turn on two-factor so it does not happen again

Do the same for the email account tied to Facebook, because if the crook holds your email they can undo your fixes. Secure the email first, then the Facebook.

! Do not call a "Facebook support" number from a search

Facebook has no phone line that fixes hacked accounts, and the "support" numbers that show up in web searches are scammers waiting for panicked people. Use only facebook.com/hacked. My guide on recovering a hacked account has the whole walkthrough, and you can always call me at (330) 200-8042 to do it together.

Buying And Selling Safely On Marketplace

Facebook Marketplace is a wonderful way to sell the treadmill or find a used dresser. It is also crawling with scammers, and they aim squarely at polite, trusting folks. Here is how to shop and sell without getting stung.

- **Meet in a public place** in daylight, like a bank or police station lot, and bring a friend
- **Take cash** or a payment you can see land in your own app; a screenshot of a payment is not a payment
- Ignore any buyer who **overpays and asks for the difference back** — that check or transfer will bounce
- Ignore anyone who asks you to "verify" yourself with a code they text you; that steals your account

! The overpayment and "send me a code" tricks

Two scams hit sellers over and over. In one, a buyer sends too much and begs for a refund of the extra, then their original payment reverses and you are out both. In the other, they text you a verification code and ask you to read it back to "prove you are real" — that hands them a new account in your name. Never refund an overpayment, never share a code. My Facebook Marketplace safety guide lists more of them.

When a deal feels rushed or too good, that feeling is information. Slow down, and if you want a second opinion before you hand anything over, call me.

Fake Friends And The WhatsApp Code Trap

Not every threat looks like a stranger. Some of the cleverest scams wear the face of someone you know. Two show up constantly, so let us name them plainly.

- **Cloned accounts** — a scammer copies your friend's photo and name, sends you a new friend request, then asks for money or gift cards
- **The hacked-friend message** — a friend's real account, now stolen, messages you asking for a favor or a code
- **The WhatsApp code trick** — a message, even from a friend, asks you to send a six-digit code you just got by text; never do it

The code that arrives by text is the key to your own WhatsApp. If you send it, the crook takes over your account and then works down your contacts doing the same to them. No real friend will ever need it.

! When a "friend" gets strange, call them

If someone you know suddenly asks for money, gift cards, or a code, stop and telephone the real person on the number you already have. Nine times out of ten they will tell you they never sent it. That one phone call is the whole defense, and it never fails.

Keeping It All Running

A little upkeep keeps your Meta gear happy, and our Ohio weather makes some of it more important than you might think.

- Keep the Meta AI and Meta Horizon apps updated so fixes and features arrive
- Charge the glasses in their case and the Quest between sessions, so they are ready
- After a storm or a power blip, give devices a few minutes to find the Wi-Fi again
- Every so often, check that two-factor is still on for your accounts
- Store the Quest out of hot sun and off the floor; heat and dust are hard on it

Most trouble I get called for is not the device at all — it is Wi-Fi that drops in a storm, or a login nobody wrote down. A tidy sheet of your accounts and a solid home network prevent most headaches before they start.

★ A standing offer for the county

We get our share of storms and outages here in Portage County, and they knock gear offline. If your glasses, headset, or account will not cooperate after one, do not wrestle it for an hour. One call to (330) 200-8042 and I will come set it right.

Everyday Cheat Sheet

The quick answers, all in one place. Keep this page handy.

I want to...	Do this
Set up the glasses	Install the Meta AI app, then Add device
Take a photo with glasses	Short-press the button on the right arm, or say Hey Meta take a photo
Set up the Quest	Install the Meta Horizon app, then Devices, then pair
Draw the play boundary	Follow the on-screen setup and trace your floor space
Show the headset on the TV	In the headset menu choose Camera then Cast
Turn on two-factor (Facebook)	Settings, Password and Security, Two-Factor Authentication
Turn on two-step (WhatsApp)	Settings, Account, Two-Step Verification
Recover a hacked Facebook	Go to facebook.com/hacked from a device you use
Get help	Call Bill: (330) 200-8042

Plain-English Word List

The words the apps and boxes throw at you, in plain terms.

Q: Meta AI app

The free phone app that sets up and controls your Ray-Ban or Oakley Meta glasses. It used to be called Meta View.

Q: Meta Horizon app

The free phone app that sets up your Quest headset and lets you cast and manage it.

Q: Meta account

Your master login for the glasses, the Quest, and Facebook. It replaced the old Oculus login.

Q: Hey Meta

The phrase you say to wake up the voice helper in the glasses before you ask it something.

Q: Open-ear speakers

Tiny speakers by your temples that play sound to you without plugging your ears.

Q: Capture light

The little light on the glasses that shows others the camera is taking a photo or video.

Q: Quest

A headset you wear over your eyes for games and virtual reality; the models are Quest 3 and Quest 3S.

Q: Boundary (Guardian)

The safety fence you draw on the floor so the headset warns you before you hit a wall.

Q: Casting

Sending the view from inside a headset out to a TV or phone so others can watch along.

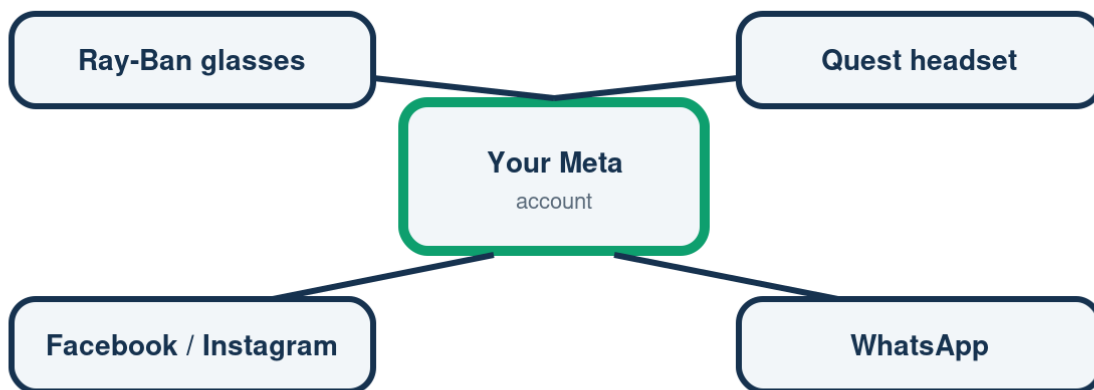
Q: Two-factor / two-step

An extra code sent to you at login, so a stolen password alone cannot get into your account.

A Picture to Follow Along

One Company, Many Hats

Glasses, headset, and apps behind one Meta login.



One company, one login, behind all of it
Ray-Bans, Quest, and the apps all sit behind a single Meta account.

Illustration - which products you use is up to you.

A Second Look

The Glasses, and Staying Safe

A capture light, open-ear sound, and one login to protect.



Turn on 2-step login for the Meta account

It protects the glasses and Facebook, Instagram, and WhatsApp at once

The little light tells others the camera is on - by design

The capture LED tells others the camera is on; 2-step login guards it all.

Illustration - features differ across glasses and headset models.



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— Bill

Prefer help without a visit?

Bill can screen-share and fix many things remotely — a flat \$49, free for Support Plan members.



A Note From Bill

A quick note from Bill.

I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that comes from using these guides. Thanks for reading, and stay safe out there.

— *Bill*



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