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Meta Quest VR

Setup, room safety, comfort, kids and family — explained in plain English, one step at a time

A plain-English guide for families and grandparents

Take your time — you can't break it

Written for you by Bill — Bill's Home Tech

(330) 200-8042 · BillsHomeTech.com

For Meta Quest 3 & Quest 3S · facts current November 2026

What's Inside

This is your Meta Quest manual. Read it in any order and at your own pace — there is no test, and you can't fall behind. Whether a headset just arrived as a gift, you're setting one up for a grandchild, or you'd like to visit faraway places and stay active yourself, every feature comes with what it actually does *for you* and slow step-by-step directions anyone can follow. It covers the Meta Quest 3 and Meta Quest 3S. If a screen looks a little different on yours after an update, the idea is still the same.

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PART 1

Getting to Know VR and the Quest

What virtual reality is, which Quest is which, and the few buttons and parts that run everything. Start here.

CHAPTER 1

A Note from Bill

Hello, and welcome. Maybe a Meta Quest headset is on a grandchild's wish list this year. Maybe one just came home in a box and you've been asked to "get it working." Or maybe you've heard about people standing on a mountaintop or walking the streets of Rome from their own living room, and you'd like to try it yourself. Whichever brought you here, this guide is for **you**.

I'm Bill. Helping folks feel at home with their technology is what I do every day, and I wrote this guide the way I'd explain it sitting next to you: patiently, in plain English, with no gamer slang. If I use a word you don't know, I'll stop and explain it right then.

You truly can't break it by exploring

A virtual reality headset looks like something from a science-fiction movie, but it's really a small computer you wear on your face. Pressing the wrong button won't delete anything important or spend money by itself, and there is always a way back to the main menu. The two things that *do* matter are physical: keeping a clear space around you so you don't bump into furniture, and stopping when your body says "enough." This guide spends real time on both.

WHAT THIS DOES FOR YOU

Why this matters

Used sensibly, a Quest can take you places you might not travel to anymore, give you a gentle workout on a rainy Ohio afternoon, and let you play a round of mini golf with a grandchild who lives three states away. Knowing how the setup, the safety boundary and the family settings work lets you say "yes" with confidence.

What this guide covers

- What VR is, and how the **Quest 3** and **Quest 3S** differ — with honest prices.
- Unboxing, charging and first setup with the **Meta Horizon** app on your phone.
- Your **Meta account** and Horizon profile.
- The **boundary** that keeps you from walking into the coffee table, and **passthrough**, which lets you see the room.
- Comfort: fit, lens spacing, wearing glasses, motion sickness and breaks.

- Kids and teens: Meta's age rules, parent-managed accounts and **Family Center** supervision.
- The **Meta Horizon+** subscription, apps worth trying, and showing what you see on the TV.
- Privacy, scams aimed at headset owners, and simple fixes when something goes wrong.

And I'm only a phone call away

This guide will carry you a long way on your own. But if you ever get stuck — the headset won't pair with your phone, or you'd like the children's accounts set up before the holidays — call me at **(330) 200-8042**. No question is too small, and there's no such thing as a silly one.

So clear a little floor space, find a comfortable chair, and let's get started together.

— Bill

CHAPTER 2

What VR Is, in Plain Words

VR stands for **virtual reality**. You wear a headset that covers your eyes, and two small screens — one for each eye — show a picture that surrounds you. When you turn your head, the picture turns with you, just as the real world does. Your brain is convinced, at least a little, that you're somewhere else: a beach, a museum, a mini-golf course, the top of a skyscraper.

The words you'll hear

Word	What it means
Headset	The part you wear. On a Quest, the whole computer is inside it — no game console or PC needed.
Controllers	The two handheld pieces, one for each hand. In VR you see them as hands or pointers.
Hand tracking	The headset can also watch your bare hands, so some apps work without controllers.
Boundary	An invisible fence you draw around your safe space. If you get close to it, a wall appears in the headset (Chapter 9). Meta used to call it the Guardian.
Passthrough	The headset's cameras show you the real room, in color, without taking it off (Chapter 10).
Mixed reality	Pictures and games placed on top of your real room — a game board on your real table, for example.
Standalone	Works on its own over Wi-Fi. Quest headsets are standalone.

What people actually do with a Quest

- **Travel without the suitcase.** Walk the streets of a city you visited decades ago, or one you never could.
- **Exercise at home.** Boxing, dancing and rhythm workouts that feel more like play than a treadmill.
- **Play together from far away.** Mini golf, card games or fishing with family in other states.
- **Watch on a giant screen.** Videos and movies on what looks like a theater-sized screen.
- **Games.** From gentle puzzles to fast action — the grandchildren will have opinions.

GOOD TO KNOW

It takes a few minutes to get used to

The first time, most people say "wow" and then feel a little unsteady. That's normal. Start sitting down, keep sessions short, and choose calm apps first. Chapter 13 explains how to avoid feeling queasy.

TIP

Sit for the first try

For a first session, sit in a sturdy chair without wheels or arms that get in the way. You'll still be able to look all around you, and you won't have to worry about balance while your brain adjusts.

CHAPTER 3

Quest 3 or Quest 3S: Which Is Which

As of November 2026, Meta sells two headsets: the **Meta Quest 3** and the less expensive **Meta Quest 3S**. They run the same apps and games and use the same Meta account. The main differences are the lenses, the picture sharpness and the price.

Models and U.S. prices

Model	Storage	U.S. list price (Nov. 2026)
Meta Quest 3S	128 GB	$349.99
Meta Quest 3S	256 GB	$449.99
Meta Quest 3	512 GB	$599.99

Meta raised these prices on April 19, 2026, citing higher memory costs; before that the Quest 3S started at $299.99 and the Quest 3 was $499.99. Stores run holiday sales and bundles, so treat these as a starting point. Neither headset takes a memory card, so the storage you buy is the storage you keep.

How they differ

Feature	In plain words
Lenses and picture	The Quest 3 has more advanced lenses and a sharper picture. The 3S uses simpler lenses, so the picture is a little softer, especially toward the edges.
Lens spacing	The Quest 3 adjusts smoothly with a wheel. The 3S has three set positions (Chapter 12).
Glasses	The 3S comes with a **glasses spacer**; the Quest 3 has eye-relief buttons that move the face cushion forward or back.
Storage	128 GB or 256 GB on the 3S; 512 GB on the Quest 3. For a handful of apps, 128 GB is plenty.

FROM BILL

Buying one as a gift?

For most families and first-time users, the Quest 3S at 128 GB is the sensible choice — it plays everything the Quest 3 does. The Quest 3 is worth the extra money mainly for someone who will use it a lot and cares about the sharpest picture. And buy from a store you know, not a too-good-to-be-true website (more on that in Chapter 23).

GOOD TO KNOW

What about a newer headset?

There's always talk in the news about Meta's next headset. As of November 2026, the Quest 3 and Quest 3S are the ones on store shelves, and Meta continues to update them with new features.

CHAPTER 4

What's in the Box & the Buttons

Let's take a slow tour. Once you know these few pieces, the rest of the Quest makes sense.

The pieces in the box

Piece	What it does
The headset	The front holds the screens, cameras and computer. The strap goes around the back of your head.
Two Touch controllers	Left and right. Each runs on a battery; if you see a small paper tab sticking out, pull it so the battery connects.
Power adapter and USB-C cable	For charging the headset. Use the ones in the box when you can.
Glasses spacer (Quest 3S)	A plastic frame that adds room for eyeglasses (Chapter 12).

The buttons that matter most

Button	What it does
Power button	On the side of the headset. Press to wake or sleep it; hold it for the power options (restart or power off).
Meta button	On the right controller, marked with the Meta logo (an infinity-like loop). Press it any time to bring up the main menu. This is your "take me home" button.
Menu button	On the left controller, with three lines. Usually opens an app's own menu.
Trigger	Under your index finger. Squeeze it to choose or "click" — like a mouse button.
Grip	Under your middle finger. Squeeze it to grab and hold things.
Thumbstick	Pushes in any direction to move or scroll.
A, B, X and Y	Buttons for your thumbs; each app uses them differently.
Volume	Small buttons on the headset itself — feel along the edge for them.

TIP

The Meta button is your front porch

If you ever find yourself somewhere you don't recognize, press the **Meta** button on the right controller. The main menu appears in front of you and nothing is lost — the app waits in the background.

Pointing and choosing

1. Hold a controller normally. A thin beam of light comes out of it in the headset.
2. Point the beam at the button or picture you want.
3. Squeeze the **trigger** under your index finger to choose it.
4. To scroll a list, push the thumbstick up or down while pointing at it.

HEADS UP

Wear the wrist straps

Each controller has a wrist strap. Slip your hand through it and snug it up. In an excited moment, people swing their arms — a strap keeps a controller from flying into the TV.

PART 2

Setting It Up

Charging, the Meta Horizon app on your phone, your Meta account and finding your way around the menus. About an hour, start to finish.

CHAPTER 5

Before You Start: Charge & Get the App

A little preparation makes first setup smooth. You'll need the headset charged, the Meta Horizon app on your phone, your Wi-Fi password, and a clear spot to stand or sit.

Your checklist

- **Charge the headset fully** with the power adapter and cable from the box. Meta says a full charge with the included adapter takes about two and a half hours.
- **A smartphone** (iPhone or Android) with the free **Meta Horizon** app installed. This used to be called the Meta Quest app, and before that the Oculus app.
- **Your Wi-Fi network name and password.** Write them on the cheat-sheet in Chapter 26.
- **An email address** you check, for your Meta account.
- **A clear space** — at least enough room to stretch your arms out in every direction (Chapter 10).

Installing the Meta Horizon app

1. On an iPhone, open the **App Store**. On an Android phone, open the **Google Play Store**.
2. Search for **Meta Horizon**.
3. Make sure the maker listed is **Meta Platforms** (or Meta Platforms Technologies), then tap **Get** or **Install**.
4. Turn on your phone's **Bluetooth** and make sure the phone is on your home Wi-Fi — the app uses them to find the headset.

GOOD TO KNOW

You only need the phone app for setup

Meta says you need the Meta Horizon app to finish pairing and setting up the headset, but you won't need it every time you play. Afterward, it's handy for buying apps, casting to the TV and managing family settings.

HEADS UP

Get the real app

Only install the app from the App Store or Google Play — never from a link in an email, text or social-media post. Look-alike apps and fake "setup helper" pages exist to steal account passwords.

TIP

Setting one up as a gift?

You can do the whole setup ahead of time, under your own account or the recipient's, so the headset is charged, updated and ready to wear on the big day. Updates alone can take a while the first time.

CHAPTER 6

First Setup with the Meta Horizon App

Setup happens partly on your phone and partly in the headset. Take it slowly, and don't worry if a screen looks a little different from what's described — Meta updates the steps from time to time.

Step by step

1. Open the **Meta Horizon** app on your phone.
2. Sign in to your Meta account, or create one (Chapter 7). When it's your first headset, the app automatically shows the device-setup steps — follow them.
3. Press and hold the headset's **power button** until it turns on.
4. Put the headset on (Chapter 11 explains the fit). Inside, follow the prompts: choose your **language**, adjust the **fit**, and connect to **Wi-Fi**.
5. The app on your phone and the headset will find each other and pair. If asked, enter the code shown in the headset into the app.
6. Let the headset download its **software update**. Leave it charging if you can; it may restart on its own.
7. Complete the remaining prompts in the headset: setting your lens spacing, drawing your boundary (Chapter 9), and a short tutorial on using the controllers.

WHAT THIS DOES FOR YOU

What this does for you

Once setup is done, the headset remembers your Wi-Fi, your account and your play space. Next time, you just put it on and press the power button.

If setup gets stuck

- Keep the phone close to the headset, with Bluetooth on, and both on the same Wi-Fi.
- Close and reopen the Meta Horizon app.
- Make sure the headset has plenty of charge; plug it in.
- Restart the headset: hold the power button and choose **Restart**.
- Meta's help pages suggest contacting **Meta Store Support** if you're still having trouble.

TIP

Do the tutorial

The short welcome tutorial teaches the controllers in a friendly way. Even if a grandchild says "skip it," it's well worth five minutes for a first-time user.

CHAPTER 7

Your Meta Account & Horizon Profile

Every Quest is signed in to a **Meta account**. It's what owns your apps and purchases, holds your settings, and connects you to friends. On top of it sits your **Horizon profile** — the name and picture (avatar) other people see in VR.

Two layers, in plain words

Layer	What it is
Meta account	Your sign-in: email, password, payment method and security. You can create one with just an email address; you don't need a Facebook or Instagram account.
Horizon profile	Your public face in VR: a username, a display name and an avatar. This is what friends and strangers see.
Avatar	A cartoon-like figure that represents you. You can choose hair, clothes and features.

Creating your account in the app

1. In the Meta Horizon app, choose to create a new account (or **Continue with email**).
2. Enter your email address and your **real date of birth**. Meta uses age to choose the right protections — so this matters for children (Chapter 16).
3. Check your email for a confirmation code and type it in.
4. Create a strong password you don't use anywhere else, and write it down somewhere safe.
5. Choose a **username** for your Horizon profile. Pick something that doesn't include your full name, address or birth year.

STAY SAFE

Keep the username anonymous

Your Horizon username is visible to other players. "GrandmaJoanKentOH1948" tells strangers your name, town and age. Something like "BlueHeron22" is friendlier and safer.

Protect the account

- Add a **payment method** only if you plan to buy apps, and consider requiring a PIN for purchases (look in the app's payment or store settings).
- Turn on **two-factor authentication** for your Meta account, so a stolen password alone isn't enough to get in. Look for **Password and security** in your account settings.
- Never share your password or a sign-in code with anyone who calls, texts or messages you — Meta won't ask for it.

WHAT THIS DOES FOR YOU

What this does for you

A well-protected account means your purchases, your grandchildren's supervision settings and your card on file stay yours, even if someone tries a phishing trick (Chapter 23).

CHAPTER 8

Getting Around: Menus, Wi-Fi & Updates

Inside the headset, everything starts from one place: the menu that appears when you press the **Meta** button on the right controller. Learn this one screen and you can find everything else.

The main menu, piece by piece

Piece	What it's for
The menu bar	A row of icons near the bottom of your view: your apps, the store, people, and more.
Library	All the apps you own. Point and pull the trigger to open one.
Store	Where you find and buy apps. Prices show before you buy anything.
Quick Settings	Tap the clock or battery area to open Wi-Fi, volume, brightness, passthrough, boundary and the full **Settings**.

GOOD TO KNOW

Menus move around after updates

Meta updates the Quest software every few weeks, and the menus get rearranged now and then. If something isn't exactly where this guide says, open **Settings** and use the search box at the top — typing "boundary" or "Wi-Fi" usually finds it.

Connecting or changing Wi-Fi

1. Press the **Meta** button and open **Quick Settings** (the clock and battery area).
2. Choose **Wi-Fi**.
3. Pick your network from the list and enter the password with the on-screen keyboard (point and pull the trigger on each letter).
4. Choose **Connect**.

Keeping it updated

The Quest updates itself, usually while it's charging and asleep. Updates bring fixes and safety improvements, so it's best to let them happen. If you want to check, open **Settings**, search for **Software update**, and choose to download any update waiting there.

TIP

Leave it on the charger overnight now and then

A headset that sits charging and connected to Wi-Fi keeps itself up to date without you doing anything. If the headset seems out of date, plug it in and leave it alone for an hour.

PART 3

Your Safe Play Space

The boundary that warns you before you bump into something, sitting versus moving around, and seeing your real room without taking the headset off.

CHAPTER 9

Set Up the Boundary

When the headset is on, you can't see your living room — so the Quest needs to know where it's safe to move. The **boundary** is an invisible fence around your safe space. Get close to its edge and a glowing wall or grid appears in the headset as a warning. Meta used to call this the **Guardian**, and you'll still see that name in older guides.

The two kinds of boundary

Type	What it is	Best for
Stationary	A small circle centered on you. You stay in one spot, sitting or standing.	First tries, seated apps, watching videos, small rooms
Roomscale	A space you outline yourself, so you can take a few steps around.	Fitness, active games, apps where you walk around

Meta's safety guidance recommends a roomscale space of at least **6.5 feet by 6.5 feet** (about 2 by 2 meters). If you don't have that much clear floor, use stationary — it's perfectly fine for most of what seniors enjoy, and newer Quest software creates a stationary boundary for you automatically when you start an app.

Switching to roomscale and drawing your space

1. Clear the floor first (Chapter 10).
2. Press the **Meta** button and open **Quick Settings**.
3. Choose **Boundary**, then choose **Roomscale**.
4. You'll see your room through passthrough. The headset may suggest a space; if it looks right, confirm it.
5. To draw it yourself, point a controller at the floor, hold the trigger, and trace around the edge of your clear area, staying a little inside furniture and walls.
6. Choose **Confirm**. To go back to sitting, return to the same place and choose **Stationary**.

GOOD TO KNOW

Menu names can differ slightly

Meta has reworked the boundary several times. If you don't see these exact words, open **Settings** and search for "boundary." The idea is always the same: stationary for staying put, roomscale for moving.

STAY SAFE

Respect the wall when it appears

When the boundary grid appears, stop and step back toward the middle. If you walk through it, the headset switches to passthrough so you can see the room — but by then you may already be close to a wall or a table. The boundary is a warning, not a cushion.

When the headset asks you to set it again

The Quest remembers spaces it has seen. If you move furniture, use the headset in a different room, or the lighting changes a lot, it may ask you to confirm or redraw the boundary. That's a good thing — take the moment to look around and redraw.

WHAT THIS DOES FOR YOU

What this does for you

A well-drawn boundary is what lets you relax and enjoy the experience instead of worrying about the coffee table. Thirty seconds of setup is worth every bit of it.

CHAPTER 10

Clearing the Space & Passthrough

Most VR bumps and bruises come from things that were in the room all along: a coffee table, a lamp cord, a dog that wandered in. A few minutes of tidying before each session prevents almost all of them.

Before every session

- Move tables, chairs, lamps and anything breakable out of your space — remember, your arms swing wider than you'd think.
- Pick up throw rugs, cords and toys from the floor. A tripping hazard you can't see is the biggest risk.
- Check overhead: ceiling fans and hanging lights are easy to hit with a raised arm.
- Keep pets and small children out of the room, or have another adult keep watch.
- Stay a good distance from windows, mirrors, TVs and stairs.
- Use the wrist straps on the controllers.

STAY SAFE

Have a spotter at first

For the first few sessions — and any time a child is playing — have someone in the room who isn't wearing the headset. Meta's own warnings say children's use should always be supervised by an adult.

Passthrough: seeing the room without taking the headset off

The Quest 3 and Quest 3S have cameras on the front that can show you your real surroundings, in color, inside the headset. This is called **passthrough**. It's how you see the room while drawing your boundary, and it's handy any time you need to find a drink, answer the door or check on the dog.

1. Press the **Meta** button and open **Quick Settings**.
2. Look for the **Passthrough** button and select it. The room appears around you.
3. Select it again to go back to your virtual home.

TIP

Stepping out works too

Many people find it easiest to simply step outside the boundary when they need to see — the headset switches to passthrough on its own. Just make sure there's nothing in the way when you do.

GOOD TO KNOW

Mixed reality uses passthrough

Some apps place virtual objects into your real room — a game board on your actual coffee table, or a virtual window on your wall. These are called mixed-reality apps, and they're a gentle way to start, because you can always see where you are.

Light and sunlight

- Use the headset in a room with normal indoor lighting. Very dark rooms make tracking less reliable.
- Keep the headset — especially the lenses — out of direct sunlight, even for a few minutes on a windowsill. Sunlight focused through the lenses can damage the screens inside.

PART 4

Comfort, Health & Care

A comfortable fit, a clear picture, wearing glasses, avoiding motion sickness, Meta's health warnings in plain words, and looking after the headset and its battery.

CHAPTER 11

Getting a Comfortable Fit

A headset that fits well is clearer, more comfortable, and less likely to cause headaches. It takes a minute or two to get right the first time, and then it's quick.

Putting it on

1. Loosen the strap first. Hold the headset by the front with one hand and the strap with the other.
2. Bring the headset to your face, then slide the back of the strap down over the back of your head, so it cups the base of your skull.
3. Tighten the side straps just until the headset feels steady — snug, not tight. It shouldn't press hard on your cheeks or forehead.
4. If your strap has a top strap, adjust it so it carries some of the weight off your face.
5. Move the headset up or down slightly on your face until the picture looks sharpest. There's a "sweet spot" where the text is crisp.

TIP

Blurry text? Move before you tighten

If words look fuzzy, nudge the headset up or down a little and check again before tightening anything. If it's still blurry, adjust the lens spacing (Chapter 12).

Signs the fit isn't right

You notice	Try this
Red marks or a sore forehead	Too tight, or the top strap is too loose. Shift weight onto the top strap.
Headset slips down	The back strap is too high; move it lower on your head.
Light leaking in at the nose	Normal for many faces. It doesn't hurt anything.
Blurry everywhere	Lens spacing or headset position. See Chapter 12.

WHAT THIS DOES FOR YOU

What this does for you

A good fit is the difference between "that was neat for five minutes" and "I could do this every morning." It also helps prevent eye strain and headaches.

GOOD TO KNOW

More comfortable straps exist

Meta and other companies sell replacement straps that spread the weight better, some with a battery built in. They're optional; try the included strap properly adjusted before buying anything.

CHAPTER 12

Lens Spacing & Wearing Glasses

Everyone's eyes are a slightly different distance apart. That distance is called your **IPD** (interpupillary distance). When the headset's lenses line up with your eyes, the picture is sharp and comfortable. When they don't, it can be blurry and tiring.

Quest 3S: three positions

The Quest 3S has three lens positions. Meta matches them to eye distance like this:

Your eye distance (IPD)	Lens setting	Lens spacing
61 mm or smaller	1 (narrowest)	58 mm
61 to 66 mm	2 (middle)	63 mm
66 mm or larger	3 (widest)	68 mm

1. Take the headset off.
2. Hold the headset with the lenses facing you. Gently grip the outer edge of each lens housing.
3. Slide the lenses together or apart until they click into the position you want.
4. Put the headset back on and check whether text looks sharp. Try the next setting if not.

Quest 3: a smooth wheel

The Quest 3 adjusts smoothly with a **wheel on the bottom of the headset**. Turn it with the headset on while looking at some text, and stop when it's clearest.

TIP

Don't know your IPD?

Most people don't. Your eye doctor or optician can measure it (it's often written on a glasses prescription as "PD"). Otherwise, simply try each setting and pick the one where text looks sharpest.

Wearing your glasses

Model	How to make room
Quest 3S	Comes with a **glasses spacer**. Remove the face cushion (the facial interface), press the spacer into place where it was, and put the cushion back on top. This adds room for frames.
Quest 3	Has **eye-relief** buttons near the lenses. With the headset off, press and hold the button on one side while sliding the face cushion out, then do the other side the same amount.

- Put the headset on from the front, over your glasses, then pull the strap back — not the other way around.
- Smaller, narrower frames fit much more easily than wide ones.
- Be careful the lenses of your glasses don't touch the headset's lenses; they can scratch each other.

HEADS UP

Glasses and falls

Meta's warnings note that wearing glasses in a headset can add to the risk of facial injury if you fall or bump into something. One more good reason to sit down and keep your space clear.

GOOD TO KNOW

Prescription lens inserts

Meta's help center lists prescription lens inserts from Zenni that clip into the headset, so you don't wear glasses at all. They cost extra and need your prescription. Worth considering only if you'll use the headset often.

CHAPTER 13

Feeling Dizzy? Motion Sickness & Breaks

Some people feel queasy, dizzy or sweaty in VR — especially when the picture moves but their body doesn't. It's sometimes called "VR sickness," and it's very common at first. The good news: it's usually avoidable, and many people get used to VR over time.

The golden rule

STAY SAFE

Stop at the first sign

If you feel dizzy, sick, sweaty, or get a headache or eye strain, take the headset off and sit down. Meta's warnings say to stop using the headset right away if you feel severe dizziness and to take regular breaks. Don't try to "push through it."

My own advice on top of that: rest until you feel completely normal before you drive, climb stairs or do anything that needs good balance.

How to avoid it

- **Start short.** Ten to fifteen minutes the first few times, then build up.
- **Sit down** for your first sessions, and choose stationary apps.
- **Pick calm apps first.** Store pages show a **comfort** rating; start with the gentlest. Fast flying and roller-coasters can wait.
- **Use teleport movement** when an app offers it — you point and jump instead of gliding smoothly. Look in the app's settings for "teleport" or "comfort" options.
- **Get the fit and lens spacing right** (Chapters 11 and 12). A blurry picture makes queasiness worse.
- **Keep the room cool** and a fan nearby; many people find moving air helps.
- **Don't play when you're tired, hungry, or unwell.**

Take regular breaks

Meta says breaks vary from person to person and by app, but you should always take regular breaks. A sensible habit: stop every 20 to 30 minutes, take the headset off, look around the room and give your eyes and balance a few minutes to settle. Children should take more frequent breaks than adults.

TIP

After a session

Sit for a minute after taking the headset off before you stand up and walk around. Your balance may need a moment to catch up — especially after an active game.

WHAT THIS DOES FOR YOU

What this does for you

Knowing how to avoid VR sickness lets you enjoy the good parts — travel, exercise, time with family — without the bad afternoon that sometimes follows a first try.

CHAPTER 14

Meta's Health & Safety Warnings, Plainly

Every Quest comes with health and safety warnings, and they're worth reading once. Here are the main points in plain words. The full text is in the headset's settings and on Meta's website.

Who should use it

- Meta sets a **minimum age of 10** for Quest 3 and Quest 3S, and children under 10 can't have a Meta account. Requirements can vary by country.
- Children's use should **always be supervised by an adult**. Adults should limit how long children use the headset and make sure they take breaks. Younger children are still in an important period of visual development.

Meta's full warnings also list medical conditions to discuss with a doctor first. If you have a heart condition, a pacemaker or other implanted device, balance or vision problems, or another serious medical condition, it's sensible to ask your doctor before you start, and to read the full warnings in the headset's settings.

Seizures

Meta's warnings say that some people — roughly 1 in 4,000 — can have severe dizziness, seizures, eye or muscle twitching or blackouts triggered by light flashes or patterns, even with no history of seizures. These reactions are more common in children and young people. Anyone who has had a seizure, loss of awareness or other symptoms linked to epilepsy should see a doctor before using the headset.

STAY SAFE

Stop immediately and call a doctor if…

…you or a child using the headset has a seizure, severe dizziness, eye or muscle twitching, loss of awareness or a blackout. Take the headset off, sit or lie down safely, and get medical advice.

Other warnings worth knowing

- Take regular breaks, even if you feel fine.
- Stop if you feel eye strain, a headache, nausea, or discomfort in your hands, arms or neck.
- Keep a clear, safe space and stay inside the boundary.
- Don't use the headset while walking around outside, near stairs, or in a moving vehicle.
- Don't share a headset with someone who has an eye infection or skin condition until it's cleaned.

FROM BILL

A word for grandparents

If you have balance concerns, take blood thinners, or have had falls, do every session sitting down in a sturdy chair, and have someone nearby the first few times. There's plenty to enjoy from a chair.

CHAPTER 15

Cleaning, Charging & Care

A little care keeps the picture clear and the battery healthy. None of this takes long.

Cleaning the lenses

1. Use only a **dry microfiber cloth** — the kind that comes with eyeglasses.
2. Wipe gently, starting in the center of each lens and moving outward in small circles.
3. Clean the front glass of the headset the same way.

> **HEADS UP**
>
> **No liquids on the lenses**
>
> Meta says the lenses and front cover should only be cleaned with a dry microfiber cloth. Liquids — including lens cleaners, sprays and soap — can permanently damage them. Paper towels and shirts can scratch them.

Cleaning the face cushion and controllers

The face cushion touches skin and gets sweaty. Wipe it and the controllers with a non-abrasive antibacterial wipe now and then, and especially before sharing the headset with someone else. Keep wipes well away from the lenses.

Battery and charging

Topic	What to know
Full charge	About 2.5 hours with the included adapter.
How long it lasts	Meta rates the Quest 3 at about 2.2 hours of use on average. Mixed-reality and demanding apps use the battery faster.
Save battery	Look for **battery saver** in the power settings. It may make graphics a little less detailed.
Play while charging	You can, with a long cable — but the cable becomes a tripping hazard. Sit down if you do.

- Check the battery level in **Quick Settings** or in the Meta Horizon app.
- Controllers have their own batteries. When one gets low, the headset shows a notice; replace or recharge it.

- Store the headset in a cool, dry place, out of direct sunlight, with the lenses covered or facing down on a soft surface.

TIP

A charging spot by the chair

Pick one place where the headset always lives and charges — near where you use it. You'll never put it on to find the battery flat.

PART 5

Kids, Teens & Family

Meta's age rules, parent-managed accounts for preteens, Family Center supervision for teens, and sharing one headset with the whole family.

CHAPTER 16

Age Rules for Kids & Teens

A Quest is a wonderful gift for an older child — but Meta has firm age rules, and setting the right kind of account is the single most important thing you can do for a young user's safety.

Meta's age rules at a glance

Age	What Meta allows	Who's in charge
Under 10	Not allowed. Parents can't create a Meta account for a child under 10, and children under 10 can't use the headset.	—
10 to 12	A **parent-managed Meta account**, created and controlled by a parent or guardian.	The parent, with supervision always on
13 to 17	Their own Meta account, which a parent can supervise through **Family Center**.	The teen, with optional parent supervision
18 and up	A regular adult Meta account.	The adult

Ages and rules may vary by country; these are the U.S. rules as of November 2026.

Parent-managed accounts for ages 10 to 12

- A parent or guardian must create and manage the account; a preteen can't set one up without approval.
- Because supervision is required, all supervision tools are **switched on automatically**.
- Settings start at age-appropriate defaults and can only be changed with parental approval.
- Parents approve or block the apps the child can use, and can see and manage time spent in VR.
- In voice chat, the child only hears contacts the parent has approved.
- Meta says it doesn't show ads to this age group, and **Horizon Worlds** (Meta's social app) is 13+ in the U.S. and isn't available to preteens.

HEADS UP

Never use a grown-up's account for a child

It's tempting to hand a 10-year-old the headset signed in to Mom's or Grandpa's account. Don't — an adult account has none of the child protections, can reach strangers, and has your card attached. Give each child their own correct account (Chapter 18 explains sharing a headset).

GOOD TO KNOW

Check your model during setup

Meta's pages have described parent-managed accounts on Quest 2 and Quest 3. If you're setting up a Quest 3S for a preteen, the Meta Horizon app will tell you during account setup whether the option is available on that headset.

CHAPTER 17

Family Center & Supervision

Family Center is Meta's home for parental supervision across its apps, including the Quest. You reach it in the **Meta Horizon** app on your phone or at **familycenter.meta.com**. Meta calls these tools "supervision" rather than strict parental controls: you see what's happening and set limits, and the child knows the supervision is there.

What a parent can do

Tool	What it does
Approve or block apps	See apps your child wants and approve or block them, one at a time. Teens can see when an experience needs a parent's approval.
Purchases	Block the purchase of specific apps. For a preteen, apps need your approval before the child can use them.
Time in VR	See how much time the child spends in the headset, and manage it.
Contacts	Approve who a preteen can follow and talk with.
Several children	Manage all the accounts you supervise in one place.

Setting up supervision for a teen (13 to 17)

1. The teen signs in to their own Meta account on the headset.
2. Either of you sends an **invitation** for supervision: the parent from Family Center in the Meta Horizon app, or the teen from the headset's settings.
3. The other person accepts the invitation. Both the parent and teen must agree for supervision to start.
4. In Family Center, review the settings for the teen: apps, purchases and time.

GOOD TO KNOW

Teens can end supervision

With a 13-to-17 account, supervision is something you and the teen agree to together, and either side can generally end it. That's why the conversation matters as much as the settings.

Time limits that work

- Decide together on a daily amount of time and a "headset off" hour before bed.
- Remember the health advice: children need regular, more frequent breaks (Chapter 14).
- Check the time-spent view now and then, calmly, and talk about what they've been enjoying.
- Keep the headset in a shared room, not a bedroom, for younger children.

STAY SAFE

Talk about strangers

Online, a "friend" is just someone who accepted a request. Talk with children about only connecting with people they know in real life, never sharing their full name, school or town, and telling you if anyone makes them uncomfortable. Show them how to **block** and **report** someone from the menu.

WHAT THIS DOES FOR YOU

What this does for you

Supervision means you don't have to hover. You'll know which apps are in use, keep a say in what gets bought, and have a calm, fact-based way to talk about screen time.

TIP

Keep your card off the child's account

The simplest guard against surprise charges: don't add a payment card to a child's or teen's account at all. When they earn an app, buy it for them yourself, or use a gift card from a store you trust.

CHAPTER 18

Sharing the Headset with Family

One headset can serve a whole household. Rather than everyone using the same account, the Quest lets you add more accounts, so each person has their own saves, settings and protections.

How sharing works

- The first account on the headset is the **main (admin) account**. It can add other people's accounts.
- Each person needs their own Meta account — including children, with the correct type for their age (Chapter 16).
- The main account can usually **share its purchased apps** with the other accounts, so you don't buy the same game twice. Sharing generally works one way: from the main account to the others.
- Each person picks their account when they put the headset on.

Adding another account

1. Wearing the headset and signed in to the main account, press the **Meta** button and open **Settings**.
2. Search for or choose **Accounts**.
3. Choose **Add account** and follow the prompts. The new person will sign in with their own Meta account.
4. If you'd like to share your apps, look for **App sharing** in the same Accounts area and turn it on.

GOOD TO KNOW

Menu names may vary

Meta adjusts the multi-account feature from time to time. If you don't see these words, search Settings for "accounts." Limits on how many accounts and which apps can be shared can change, too.

Guest use for a quick try

When a visitor wants to try it for a few minutes, stay with them, pick a calm app, and use a stationary boundary. If they'll use it again, it's better for them to have their own account.

TIP

Keep it hygienic

Wipe the face cushion between people (Chapter 15). Some families buy an extra washable or silicone face cover so each person has their own.

HEADS UP

Lock the main account

If young children share the headset, set a **lock pattern or PIN** on the headset (search Settings for "lock") so they can't put it on under a grown-up's account.

PART 6

Enjoying Your Quest

The Meta Horizon+ subscription, apps worth trying for travel, fitness and family fun, and showing what you see on the TV.

CHAPTER 19

Meta Horizon+: Is the Subscription Worth It?

Meta Horizon+ is Meta's optional monthly subscription for Quest headsets. It used to be called Meta Quest+. You don't need it to use the headset — plenty of good apps are free or a one-time purchase — but it can be a good value for someone who plays often.

Price and what's included

What	Details
Price (U.S., Nov. 2026)	**$7.99 a month** or **$59.99 a year**, plus any tax. It renews automatically until you cancel.
Games catalog	A library of more than 100 games and apps you can play while you're subscribed. A few titles rotate in and out each month.
Monthly picks	Two curated titles each month that you can keep for as long as you stay subscribed.
Xbox Game Pass	Meta has added a starter edition of Xbox Game Pass to Horizon+ at no extra cost.

Meta's terms say the subscription renews at the then-current monthly or annual price, and that Meta gives notice before a price change. New headsets and some offers come with a free trial; check the details when you sign up.

Should you subscribe?

- **Probably yes** if a teen or grandchild plays most days and likes trying new games.
- **Probably not** if you mainly want travel apps, fitness, video or a couple of favorite games — buy those once instead.
- **Try the trial**, put a reminder on your calendar a few days before it ends, and decide on purpose.

Canceling

1. Open the **Meta Horizon** app on your phone.
2. Go to your profile or menu and look for **Subscriptions** (sometimes under payment settings).
3. Choose **Meta Horizon+** and choose to cancel.
4. You can generally keep using it until the end of the period you've paid for.

HEADS UP

Check every subscription now and then

Some apps — including fitness apps — have their own separate subscriptions on top of the headset. Look through the Subscriptions list in the app every few months, so nothing renews that nobody uses.

CHAPTER 20

Apps Worth Trying

The Quest store has thousands of apps, and the choice can be overwhelming. Here are a few that are gentle, enjoyable and well suited to beginners and older adults. All of them exist in the Meta Horizon Store as of November 2026; prices vary and change with sales, so check the store page before buying.

Travel and sightseeing

App	What it's like
Wander	Uses Google Street View imagery to let you stand on almost any street in the world — the house you grew up in, a cathedral in Europe, a beach in Hawaii. It's not an official Google product. Works on Quest 3 and 3S, and you can visit places together with family.
Brink Traveler	Photo-realistic 3D places you can visit and look around, with multiplayer so you can go together.

Gentle games to play with family

App	What it's like
Walkabout Mini Golf	Relaxed, beautiful mini-golf courses you can play seated or standing — and with a grandchild in another state.
Real VR Fishing	Calm fishing at recreations of real places. You mostly stay put and can fish with friends or family.
Bait!	A free, simple fishing game — a nice no-cost way to try VR.

Fitness

Supernatural is a well-known VR workout app with coach-led sessions set to music. In 2026 it moved from Meta to an independent company. A new version, listed as **Supernatural - New**, opened in early access on October 21, 2026, at $20 a month or $200 a year, in the U.S. and Canada. The original Meta version is scheduled to close on December 3, 2026.

STAY SAFE

Check with your doctor before VR exercise

VR workouts can get your heart rate up more than you expect, because you're having fun. Start with short, gentle sessions, sit down for any seated options, and ask your doctor what's right for you.

Finding and buying an app

1. Press the **Meta** button and open the **Store** — or open the Store in the Meta Horizon app on your phone.
2. Search for the app by name.
3. Read the page: the price, the **comfort** rating, the age rating, and the headsets it supports.
4. Choose **Buy** (or **Get** for free apps) and confirm. If you bought it on your phone, it downloads to the headset next time it's on and connected.

TIP

Refunds

Meta's store has a refund policy for apps that don't suit you, with limits on how long you've owned and played them. If an app makes you queasy in the first few minutes, ask Meta for a refund right away rather than waiting.

GOOD TO KNOW

More on this

The section "Ways Your Meta Quest Can Make Life Easier" walks through three of these — travel, playing with distant family, and exercising at home — step by step.

CHAPTER 21

Cast to the TV or Your Phone

When someone is in the headset, everyone else in the room sees… a person waving their arms. **Casting** shows what the headset sees on a phone or TV, so the family can watch, cheer and help. It's also wonderful for helping a beginner: you can see exactly what they see.

Cast to your phone with the Meta Horizon app

1. Make sure the headset and your phone are on the **same Wi-Fi**, and the app is signed in to the same Meta account as the headset.
2. Open the **Meta Horizon** app on your phone.
3. Tap the **Cast** icon, usually near the top of the screen.
4. Choose your headset as the source and your phone as the place to show it.
5. Put the headset on and accept the casting prompt if one appears.

Cast to a TV

Many TVs with Chromecast or Google TV built in show up as a destination in the same Cast list. If yours does, choose the TV instead of the phone. If it doesn't, cast to the phone first, then use your phone's own screen-mirroring to send it to the TV.

> **TIP**
>
> **Keep the app open**
>
> Casting through the phone stops if you close the Meta Horizon app or switch to another app. Prop the phone up and leave it be.

Casting from inside the headset

You can also start casting while wearing the headset: press the **Meta** button and look for **Cast** in the menu (it may be grouped with the camera tools). Pick a nearby TV or your phone.

GOOD TO KNOW

If casting won't connect

Check that everything is on the same Wi-Fi network, update the Meta Horizon app, and restart the headset. Some TVs and phone models simply don't play nicely together — casting to the phone almost always works.

WHAT THIS DOES FOR YOU

What this does for you

Casting turns VR from a solo activity into a family one. Grandkids can coach Grandma through mini golf from the couch, and you can watch over a child's session without peeking over their shoulder.

PART 7

Safe, Private & Working

Privacy settings worth a look, the scams aimed at headset owners, and simple fixes when something goes wrong.

CHAPTER 22

Privacy Settings Worth a Look

A Quest has cameras, microphones and an online profile, so it's worth five minutes to choose who can see what. You'll find most of these in the **Meta Horizon** app under your profile's **Privacy** settings, or in the headset under **Settings** > **Privacy** (use the search box if needed).

Settings to review

Setting	What to consider
Who can see your profile	Choose a private profile if you only want people you approve to follow you.
Who can see your activity	Whether friends can see that you're online and what app you're using. Many people turn this to "Only me" or close friends.
Friend and follow requests	Limit who can send them, and review requests before accepting.
Microphone	Apps ask before using it. You can mute the microphone from Quick Settings any time.
Camera and space data	The headset uses its cameras to track your hands and room. Apps that want access to your room's layout ask permission first.

GOOD TO KNOW

Names shift between updates

Meta reorganizes privacy settings from time to time, and the labels may not match this guide exactly. Search Settings for "privacy," "profile" or "active status" and you'll find them.

Blocking and reporting

1. If someone is rude or makes you uncomfortable in VR, press the **Meta** button.
2. Find the person in the people list or open their profile.
3. Choose **Block** so they can't see or contact you, and **Report** if they broke the rules.
4. Many social apps also have a personal-space or safety bubble setting that keeps other avatars at a distance.

STAY SAFE

Keep personal details out of VR

Don't share your full name, address, phone number, or when you'll be away from home with anyone you've met in VR — no matter how friendly they seem.

WHAT THIS DOES FOR YOU

What this does for you

A few sensible privacy choices mean you can enjoy social apps and play with family without broadcasting your activity to strangers.

CHAPTER 23

Scams Aimed at Quest Owners

Headsets are popular gifts, and scammers follow the popular gifts. Most Quest-related scams are about one of three things: fake giveaways, stealing your Meta account, or fake "support" that wants money.

The common tricks

Scam	How it looks
Fake giveaways	"You've won a free Quest 3 — just pay shipping!" Social-media posts and texts that collect your card number or charge you for a headset that never arrives.
Too-cheap headsets	Websites selling new Quest headsets at half price. The site takes your money and disappears.
Account phishing	An email or message that looks like it's from Meta, saying your account will be locked or your purchase failed, with a link to "verify." The link goes to a fake sign-in page.
Code-sharing requests	Someone asks you to read back a code that was just texted or emailed to you. That code is the key to your account.
Free in-game currency	"Free credits" generators that ask for your sign-in. They steal accounts — especially children's.
Fake tech support	A pop-up or phone call claiming your headset or account has a problem and asking for gift cards, payment or remote access.

SCAM ALERT

Meta won't ask for your password or a code

Never give your password or a sign-in code to anyone who contacts you — by phone, text, email or inside VR. Meta support doesn't ask for them, and no real company asks to be paid in gift cards.

SCAM ALERT

"You've won a Quest" is almost always fake

If you didn't enter a contest, you didn't win one. A real prize never requires you to pay shipping, fees or taxes up front with a card or gift card.

Staying safe

- Buy headsets only from Meta or a store you know and trust.
- To check your account, open the Meta Horizon app or type **meta.com** yourself — don't click links in messages.
- Turn on **two-factor authentication** on your Meta account (Chapter 7).
- Don't keep a card on children's accounts, and use supervision (Chapter 17).
- Talk with children about "free" offers: if it asks for a password, it's a trick.

If you think you've been tricked

1. Change your Meta account password right away from the app or meta.com, and sign out other sessions.
2. Call your bank or card company if you gave a card number or paid anything.
3. Report fraud to the FTC at **ReportFraud.ftc.gov**.
4. Call Bill at (330) 200-8042 if you'd like a hand checking the account.

CHAPTER 24

When Something Goes Wrong

Most Quest problems fix themselves with a restart or an update. Work through these in order before worrying — and remember, you can't break it by trying.

Restarting the headset

1. Press and hold the **power button** on the side of the headset.
2. When the power menu appears in the headset, choose **Restart**.
3. If the headset is frozen and the menu doesn't appear, keep holding the power button until it turns off, wait a few seconds, then press it again to turn it on.

Common problems and fixes

Problem	Try this
Controller not tracking or drifting	Make sure the room has normal light and isn't in direct sunlight. Check the controller's battery. Restart the headset. Hold the controller in front of the headset's cameras for a moment.
Controller won't connect	Replace or recharge its battery, then restart the headset. If needed, unpair and pair it again from **Settings** or the Meta Horizon app's device settings.
Blurry picture	Clean the lenses (dry cloth), move the headset up or down, adjust lens spacing (Chapters 12 and 15).
"Tracking lost" message	Turn on more lights, step away from bright windows, and clean the outside cameras gently with a dry microfiber cloth.
Boundary keeps resetting	Redraw it in good light, and avoid moving furniture into the space.
Won't turn on	Charge it for at least 30 minutes with the adapter from the box, then hold the power button for several seconds.
App won't open or keeps crashing	Restart the headset, check for a software update, and then try reinstalling the app.
Phone app can't find the headset	Same Wi-Fi, Bluetooth on, phone close to the headset, app updated.

HEADS UP

Factory reset is the last resort

A factory reset erases everything on the headset, including the boundary, accounts and any game saves that aren't backed up to the cloud. Try every other fix first, and call me before you do one if you're unsure.

TIP

Write down any error message

If a message or code appears, write it down — or cast to your phone (Chapter 21) and take a screenshot. It makes help from Meta — or from me — much faster.

PART 8

When to Call Bill & Your Cheat-Sheet

An honest word about when a hand is worth it, and a one-page summary to keep near the headset.

CHAPTER 25

When to Call Bill

I've written this guide so you can handle most of a Quest on your own. But part of being helpful is being honest about when a hand saves you time and worry. Here's my straight advice, with no pressure.

Times it's well worth a call

- **Setting up a gift before the big day** — charged, updated, accounts created, supervision on, so the recipient can just unwrap and enjoy.
- **Children's accounts**: parent-managed accounts for preteens, Family Center for teens, and making sure no card is attached where it shouldn't be.
- **Sharing one headset** among several family members with the right accounts and app sharing.
- **The phone app won't pair** with the headset, or casting to the TV won't connect.
- **A suspicious message, call or charge** involving your Meta account.
- **Choosing calm, comfortable apps** for a parent or grandparent, and setting up the play space safely.
- **You'd simply rather have a patient person set it up** and show you the ropes. That's always reason enough.

What working with me is like

I work at your pace — no rushing, no talking down, and no gamer jargon. I explain what I'm doing in plain words, and I'll always tell you honestly when a purchase or a subscription isn't worth your money. I bring 30+ years of professional experience to every visit, and Bill's Home Tech serves Portage County, Ohio. I can often help over a remote session, or come to your home.

FROM BILL

How to reach me

Call or text **(330) 200-8042**, or book a time at **billshometech.com/book**. My help is **$49 remote · $99 in your home**. This guide is free to keep and share.

GOOD TO KNOW

You may meet Sophie first

When you call or visit billshometech.com, you may be greeted by **Sophie**, my AI receptionist. She can answer quick questions and help you book a time with me. A real person — me — does the actual help.

GOOD TO KNOW

Pairs well with Device Training

If you'd like to get comfortable with the Quest — or a phone, tablet or computer — over a few relaxed sessions, ask about Device Training when you call.

Thank you for taking the time to understand the Quest. Enjoy the places you'll visit and the games you'll share.

— Bill

CHAPTER 26

Your Meta Quest Cheat-Sheet

Keep this summary handy near the headset. The whole guide, boiled down.

The essentials

To do this	Do this
Lost or confused	Press the **Meta** button on the right controller.
Choose something	Point the beam and squeeze the **trigger**.
See the room	**Quick Settings** > **Passthrough**.
Boundary	**Quick Settings** > **Boundary**: stationary to stay put, roomscale to move.
Restart	Hold the **power button** > **Restart**.
Clean lenses	Dry microfiber cloth only. No liquids. No sunlight.
Feeling dizzy	Take it off, sit down, rest until you feel normal.
Cast to TV or phone	Meta Horizon app > **Cast**, same Wi-Fi.
Kids	Under 10: no. 10–12: parent-managed account. 13–17: Family Center supervision.
Horizon+	$7.99 a month or $59.99 a year (Nov. 2026). Optional.

Write it down once

Keep handy	
Model and storage	_____
Wi-Fi name and password	_____
Meta account email	_____
Headset lock PIN (keep private)	_____
Children's account emails	_____
My lens setting (3S: 1, 2 or 3)	_____
Subscriptions and renewal dates	_____

When something's wrong, in order

1. Press the **Meta** button and try again.
2. Restart the headset (hold power, choose Restart).
3. Check the charge, the controller batteries, the lighting and the Wi-Fi.
4. Look for a software update in Settings.
5. Call Bill at (330) 200-8042 — that's what I'm here for.

Safe and sensible habits

- Clear the space and use the wrist straps every time.
- Start seated, keep sessions short, and take regular breaks.
- Supervise children and use the right account for their age.
- Never share a password or a sign-in code, and never pay with gift cards.
- Check your subscriptions every few months.