BILL'S HOME TECH
Home & Small Business Tech Solutions

BILL'S COMPLETE MANUALS

Ray-Ban Meta & Smart Glasses

Photos, calls, music, Meta AI and the recording light — explained in plain English, one step at a time

A plain-English guide for every owner and family

Take your time — you can't break them by exploring

Written for you by Bill — Bill's Home Tech

(330) 200-8042 · BillsHomeTech.com

For Ray-Ban Meta, Oakley Meta & Meta Ray-Ban Display · facts current November 2026

What's Inside

This is your guide to Meta's smart glasses: Ray-Ban Meta, Oakley Meta and the Meta Ray-Ban Display. Start with Part 1 if you're still deciding, or Part 2 if they're already in your hands. Read in any order and at your own pace. If a screen in the app looks a little different, the idea is still the same.

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PART 1

Getting to Know Your Glasses

What smart glasses are, which Meta model is which, what they cost, and how prescription lenses work before you spend a dime.

CHAPTER 1

A Note from Bill

Hello, and welcome. If you're reading this, someone may have just handed you a pair of Ray-Ban Meta or Oakley Meta glasses, or you're thinking about buying a pair. They look like ordinary glasses or sunglasses, but hidden in the frame are a small camera, tiny open-ear speakers, microphones and a voice assistant called Meta AI. You can take a photo by touching a button, take a phone call without reaching for your phone, listen to music, and ask questions out loud.

I'm Bill. For more than 30 years I've helped people make sense of their technology, and I serve folks right here in Portage County, Ohio. I wrote this guide the way I'd explain it at your kitchen table: slowly, in plain English, one step at a time.

Who this guide is for

- New owners of Ray-Ban Meta, Oakley Meta HSTN, Oakley Meta Vanguard or Meta Ray-Ban Display glasses.
- Anyone deciding whether smart glasses are worth the money, and which model makes sense.
- Grandparents who want hands-free photos and videos of the grandkids, without holding up a phone.
- People with low vision who have heard the glasses can describe what's in front of them.
- Family members setting up a pair for a parent.

WHAT THIS DOES FOR YOU

What this guide does for you

By the end you'll know how to set up the glasses with the Meta AI app, take photos and videos, make calls, play music, talk to Meta AI, understand the little white recording light, choose sensible privacy settings, and fix the common hiccups. You'll also know the etiquette, so the people around you stay comfortable.

The big promise: you can't break them by exploring

Tapping the wrong spot on the frame won't hurt anything. The worst that happens is a photo you didn't mean to take, and you can delete it. The two places to slow down are privacy settings, which decide what Meta keeps, and recording other people, which carries real courtesy and legal responsibilities. I'll be clear about both.

You're never stuck alone

If anything in this guide feels like too much, call or text me at **(330) 200-8042**. There's no such thing as a silly question. Start with Chapter 2, *What Smart Glasses Can and Can't Do* and go at your own pace.

— Bill

CHAPTER 2

What Smart Glasses Can and Can't Do

Meta's glasses are best thought of as a camera, a pair of headphones and a voice assistant built into a frame you'd wear anyway. Most models have **no screen** in the lens. You hear the glasses and talk to them; you don't read anything on them. The one exception is the Meta Ray-Ban Display, covered in Chapter 22, *The Meta Ray-Ban Display and the Neural Band*.

What they do well

Job	What it does for you
Photos and video	Capture what you're looking at, hands free, from eye level. See Chapter 12, *Taking Photos* and Chapter 13, *Recording Video*.
Calls and messages	Answer calls and hear messages read aloud. See Chapter 15, *Phone Calls and Messages*.
Music and podcasts	Small speakers near your ears play audio while you still hear the world. See Chapter 16, *Music, Podcasts and Audio*.
Questions out loud	Say "Hey Meta" and ask a question, set a reminder, or ask about what you're looking at. See Chapter 17, *Talking to Meta AI: "Hey Meta"* and Chapter 18, *Asking About What You See*.
Translation	Hear another language translated into yours. See Chapter 19, *Live Translation*.
Help for low vision	Have surroundings described, or call a sighted volunteer. See Chapter 20, *Help for Low Vision: Be My Eyes and Detailed Responses*.

What they can't do

- They are not a hearing aid and not a medical device of any kind.
- They don't replace your phone. They need a phone nearby, with the Meta AI app, for most features.
- They aren't waterproof (most models resist light rain only; see Chapter 26, *Safety: Driving, Water and Everyday Care*).
- They don't have GPS tracking, so finding lost glasses is limited. See Chapter 30, *Lost, Stolen or Broken Glasses*.
- Battery is measured in hours, not days. Expect to charge them in the case daily.

GOOD TO KNOW

Screens and features change often

Meta updates the glasses and the app every few weeks, and adds or renames features. If a button name in this guide doesn't match exactly, look for the closest match. Facts here are current as of November 2026.

CHAPTER 3

Which Meta Glasses Are Which

Meta makes its glasses with EssilorLuxottica, the company behind the Ray-Ban and Oakley brands. That's why you can buy them at an optical shop as well as an electronics store. Here are the main families on sale in November 2026.

Model	What it's for	Starting price (US)
Ray-Ban Meta (Gen 2)	Everyday wear. Wayfarer, Skyler and Headliner styles.	About $379; Transitions lenses about $459
Oakley Meta HSTN	Sporty everyday style	About $399
Oakley Meta Vanguard	Running, cycling and outdoor sports; wraparound	Just under $500
Meta Ray-Ban Display	Has a small screen in the right lens, comes with the Meta Neural Band wristband	About $799

First-generation Ray-Ban Meta

The original Ray-Ban Meta glasses (2023) are still common, often as gifts or secondhand. They do almost everything this guide describes. The big difference is battery: Meta rates the Gen 2 at up to about eight hours of typical use, roughly double the first generation, and its case holds about 48 more hours of charging.

How to tell which pair you have

1. Open the **Meta AI** app on your phone (see Chapter 7, *The Meta AI App (It Used to Be Called Meta View)*).
2. Tap the **Glasses** icon.
3. Open your glasses' settings and look for the model name and software details.

TIP

Prices move

Retailers run sales, especially around the holidays. The prices above are list prices checked in November 2026. Buy only from Meta, Ray-Ban, Oakley or a well-known store; see Chapter 4, *Buying Smart: Where, What It Costs, and What to Skip*.

CHAPTER 4

Buying Smart: Where, What It Costs, and What to Skip

Smart glasses are a real purchase, so it pays to take it slowly. The good news: you don't need a subscription for the core features like photos, calls, music and Meta AI questions.

Where to buy

- Directly from meta.com, ray-ban.com or oakley.com.
- Large stores such as Best Buy, Target, Walmart and your wireless carrier's store.
- Optical shops such as LensCrafters, where staff can fit prescription lenses (see Chapter 5, *Prescription Lenses and Fit*).

Questions to ask yourself first

- Do I have a smartphone (iPhone or Android) that I keep with me? The glasses depend on it.
- Do I need prescription lenses, sunglasses, or Transitions lenses that darken outdoors?
- Is the main appeal photos, music and calls, or help with low vision? Every model does those.
- Am I comfortable with a camera on my face, and with the people around me knowing it's there?

SCAM ALERT

"80% off Ray-Ban" sites are fake

Fake storefronts that copy Ray-Ban's website, usually reached from social media ads or emails, have been around for years. They offer huge discounts, take your card number, and ship nothing or a cheap copy. Knockoff "AI glasses" sold online also lack Meta's features. Type ray-ban.com or meta.com yourself instead of clicking an ad.

GOOD TO KNOW

Returns and warranty

Keep your receipt and the box. Return windows depend on where you bought the glasses, so check the store's policy before the window closes. Write your glasses' serial number in your cheat-sheet (Chapter 33, *Your Smart Glasses Cheat-Sheet*); it helps with warranty claims and police reports.

CHAPTER 5

Prescription Lenses and Fit

If you wear glasses every day, smart glasses only make sense if you can see through them. Most Meta glasses can be ordered with your prescription.

What prescriptions fit

Meta's help center gives the eligible range for Ray-Ban Meta glasses as **-6.00 to +4.00 total power**. The Meta Ray-Ban Display has a narrower range, reported as -4.00 to +4.00. If your prescription is outside these ranges, or includes strong astigmatism or prisms, ask an optician before you buy.

Ordering prescription lenses

1. Have a current, valid prescription from your eye doctor. You'll need it to order.
2. On the Meta or Ray-Ban product page, choose **Add Prescription** before adding the glasses to your bag, or visit an optical shop that sells them.
3. Choose clear, sun or Transitions lenses. Transitions darken in sunlight and clear up indoors.
4. Check whether your vision insurance helps; some optical retailers accept it for the lenses.

TIP

Bifocals and progressives

Progressive lenses can be ordered for many frames, but they add cost and the fitting matters more. This is a good place to let an optician measure you in person.

Getting a comfortable fit

- Some styles come in standard and large sizes, and some have a low bridge fit for smaller noses.
- The arms hold the battery and electronics, so they're a little thicker than regular glasses.
- An optician can adjust the nose pads and the bend of the arms. Ask before you leave the shop.

CHAPTER 6

What's in the Box

Before you set anything up, lay everything out on the table so you know what each piece is for.

Item	What it is
The glasses	The camera is a tiny lens at one corner of the front. The capture light sits next to it. The touchpad is on the side of the right arm, and the capture button is on top of the right arm.
The charging case	Looks like a regular glasses case, but it has a battery inside. Putting the glasses in it charges them. See Chapter 10, *Charging the Glasses and the Case*.
The USB-C cable	Charges the case. Use any standard USB-C wall adapter.
Paper insert	Safety and warranty information. Keep it with your receipt.

The power switch

Ray-Ban Meta glasses have a small power switch on the inside of the left arm. Slide it to turn the glasses on or off. Most days you can leave it on; folding the glasses and putting them in the case puts them to sleep.

HEADS UP

The charging case is not a regular case

Don't toss the case in a bag with keys or coins, and keep it dry. It contains a battery and metal charging contacts. If you lose the case, you lose the easy way to charge the glasses; replacements are sold through Meta's store.

TIP

A cleaning cloth

Wipe the camera lens on the frame gently with a soft microfiber cloth. Smudges there make every photo look foggy.

PART 2

Setting Up

The Meta AI app, pairing the glasses to your phone, the buttons and lights, charging, and updates.

CHAPTER 7

The Meta AI App (It Used to Be Called Meta View)

Your glasses are managed from an app on your phone. For years it was called **Meta View**. In 2025 Meta renamed it the **Meta AI** app. It's the same companion app with a new name and look: your photos, videos and glasses settings carried over, and it can manage up to seven pairs of glasses.

Getting the app

1. On an iPhone, open the **App Store**. On an Android phone, open the **Google Play Store**.
2. Search for **Meta AI**. Make sure the developer listed is **Meta Platforms, Inc.**
3. Tap **Get** or **Install**.
4. Open the app and sign in with a Meta account. If you already use Facebook or Instagram, you can use that login to create one.

GOOD TO KNOW

What's a Meta account?

A Meta account is the login Meta uses across its glasses and headsets. You can link it to Facebook or Instagram, but you don't have to post anything anywhere to use the glasses.

SCAM ALERT

Only one real app

Copycat apps with names like "Glasses AI Helper" show up in app stores. You don't need any of them. The only app you need is Meta AI from Meta Platforms, Inc. It's free; nobody should charge you to set it up.

Find your way around

The app has a chat area for talking with Meta AI, a gallery of your glasses' photos and videos, and a **Glasses** icon that opens everything about your pair: battery, settings, privacy, accessibility, translation and updates. Most steps in this guide start with "open the Meta AI app and tap the Glasses icon."

CHAPTER 8

Pairing Your Glasses Step by Step

Pairing introduces the glasses to your phone over Bluetooth so the two can talk. You do it once. Set aside twenty quiet minutes, with the glasses and phone both charged.

Before you start

- Charge the glasses in the case for at least half an hour.
- Turn on Bluetooth on your phone, and connect to Wi-Fi.
- Keep the glasses close to the phone.

Pairing

1. Open the **Meta AI** app and sign in.
2. Tap the **Glasses** icon, then choose to add or connect glasses.
3. Pick your model from the list. The app then shows the exact button presses for your pair, with pictures. Follow those on-screen steps; they differ a little between Ray-Ban, Oakley and Display models.
4. When your phone asks permission to use Bluetooth, your location and notifications, tap **Allow**. The glasses can't connect without Bluetooth.
5. Wait while the app finishes. It may install a software update right away; leave the glasses in the open case on the charger until it's done.
6. Follow the short tour the app offers. It teaches the touchpad and capture button.

GOOD TO KNOW

One account at a time

A pair of Meta glasses can be connected to only one Meta account at a time. If the glasses belonged to someone else, they need to be factory reset first. See Chapter 29, *Factory Reset and Passing Glasses On*.

TIP

If pairing stalls

Close the app completely, turn Bluetooth off and on, put the glasses back in the case for a minute, and try again. More fixes are in Chapter 28, *Fixing Common Problems*.

CHAPTER 9

Buttons, Touchpad and the Lights

You control the glasses three ways: your voice, the touchpad on the right arm, and the capture button on top of the right arm. You don't need to memorize everything. Start with the five moves below.

I want to…	Do this
Take a photo	Press the capture button once.
Start a video	Press and hold the capture button. Press again to stop.
Play or pause audio	Tap the touchpad on the right arm.
Change the volume	Swipe forward or back along the touchpad.
Ask Meta AI	Say "Hey Meta," then your question.

The two lights

- **The capture light** on the front, next to the camera, shines white when the glasses take a photo or record video. It tells people near you that the camera is in use. See Chapter 23, *The Capture Light: What It Tells Other People*.
- **The notification light** on the inside of the frame, which only you can see, shows things like battery and pairing status.

TIP

Practice at the kitchen table

Take five photos of your coffee cup and one ten-second video of the clock. Then open the Meta AI app and look at them. Five minutes of practice makes the buttons second nature.

GOOD TO KNOW

Customize the touchpad

In the Meta AI app, under your glasses' settings, you can change some touch and voice controls. If a gesture keeps happening by accident, look there.

CHAPTER 10

Charging the Glasses and the Case

The glasses charge whenever they sit in their case. The case has its own battery and charges from a USB-C cable. Think of it as a phone charger you carry in your pocket.

Everyday charging

1. Fold the glasses and set them in the case so the bridge rests in place.
2. Close the lid. A light on the case shows the glasses are charging.
3. Plug the case into a USB-C cable and wall adapter overnight, or whenever its own battery is low.

How long it lasts

Model	Glasses, typical use	Extra from the case
Ray-Ban Meta (Gen 2)	Up to about 8 hours	About 48 more hours
Oakley Meta HSTN	Up to about 8 hours	About 48 more hours
Oakley Meta Vanguard	Up to about 9 hours	About 36 more hours

Recording video, live streaming and long phone calls use the battery much faster than music or the occasional photo. Meta says a Gen 2 pair reaches about 50 percent in about 20 minutes in the case.

TIP

Check the battery

Ask "Hey Meta, what's my battery?" or open the Meta AI app, where the glasses' and case's battery levels appear at the top of the Glasses screen.

HEADS UP

Use a decent charger

Use the cable that came with the glasses and a wall adapter from a known brand. Bargain no-name chargers are the most common cause of charging trouble on any gadget.

CHAPTER 11

Keeping the Glasses Updated

Meta improves the glasses with software updates, often adding features and fixing problems. Updates are also how security and privacy fixes arrive, such as the 2026 change that stops the camera when the capture light is covered (see Chapter 23, *The Capture Light: What It Tells Other People*).

How updates arrive

1. Keep the Meta AI app updated in the App Store or Play Store.
2. Every so often, open the app with the glasses nearby and in their open case.
3. If the app shows an update for your glasses, tap to install it and leave everything near the phone, on Wi-Fi, until it finishes.

GOOD TO KNOW

Features roll out slowly

Meta often turns new features on for some owners first, sometimes through an "Early Access" program. If a feature in this guide isn't on your glasses yet, it may simply not have reached you.

SCAM ALERT

Updates never come by text or email

Real glasses updates come only through the Meta AI app. A text or email with a link to "update your Ray-Ban glasses" or "verify your Meta account" is a scam. See Chapter 27, *Scams to Know*.

When to update

- Before a trip, so you aren't stuck waiting at the airport.
- When something stops working, since many problems are fixed by the latest update.
- When a family member tells you about a new feature they have and you don't.

PART 3

Everyday Use

Photos, video, getting them onto your phone, calls, music, and talking to Meta AI.

CHAPTER 12

Taking Photos

This is the feature most owners love first. Because the camera sits at eye level, photos show exactly what you saw, and your hands stay free to hold a grandchild's hand or a fishing rod.

Two ways to take a photo

1. **With the button:** press the capture button on top of the right arm once. You'll hear a click and the capture light on the front flashes.
2. **With your voice:** say "Hey Meta, take a photo."

Tips for better pictures

- Hold your head still for a moment after pressing. Head movement is the main cause of blurry shots.
- Look straight at what you want in the picture. The camera sees a little wider than you do.
- Keep the camera lens on the frame clean with a soft cloth.
- Remember the camera is beside your eye, not in the middle. Close-ups can come out slightly off center.

WHAT THIS DOES FOR YOU

Why it's worth it

Many of the best family moments happen when nobody has a phone out. With the glasses you can catch the first bite of birthday cake while still being part of the moment, not behind a screen.

HEADS UP

Ask before you snap

A camera on your face is less obvious than a phone held up. Before photographing people who aren't family, ask. Never take pictures in restrooms, locker rooms, doctors' offices or anywhere signs say no cameras. See Chapter 24, *Good Manners with a Camera on Your Face*.

TIP

Where photos go

Photos are stored on the glasses until you open the Meta AI app, which brings them to your phone. See Chapter 14, *Getting Photos and Videos onto Your Phone*.

CHAPTER 13

Recording Video

Video works the same way as photos, just held a little longer. It's wonderful for recitals, ball games and walks with the dog.

1. Press and hold the capture button until recording starts, or say "Hey Meta, record a video."
2. The white capture light stays lit or pulses while recording, so people know.
3. Press the capture button again to stop, or say "Hey Meta, stop recording."

How long and how sharp

The Gen 2 glasses can record in a sharper "3K" setting as well as the standard 1080p. Videos are recorded upright, like a phone held vertically, and each clip has a length limit of a few minutes. You can change the video quality and length in the Meta AI app under your glasses' camera settings.

TIP

Battery and storage

Video, especially 3K, uses the battery and storage quickly. For a long event, start fully charged, and import clips to your phone between recordings.

HEADS UP

Recording conversations

Recording what people say is treated differently from taking a picture, and the rules vary from state to state. When in doubt, tell people you're recording or don't. See Chapter 24, *Good Manners with a Camera on Your Face*.

Live streaming

The glasses can also stream live to Facebook or Instagram. That means anyone watching sees what you see, in real time. It's a fun way to share a grandchild's game with relatives, but only do it with the family's blessing, and never stream inside someone's home without asking.

CHAPTER 14

Getting Photos and Videos onto Your Phone

The glasses hold your photos until they're copied, or "imported," to your phone. Once they're on your phone, you can save them to your camera roll, text them, or print them like any other photo.

1. Keep the glasses on or in the open case, near your phone.
2. Open the **Meta AI** app. It usually starts importing automatically. You may see a progress bar.
3. Tap the gallery to see your new photos and videos.
4. To save one to your phone's own Photos or Gallery app, open it and tap the save or share button.

TIP

Turn on automatic saving

In the app's gallery or media settings you can choose to save imports automatically to your phone's photo library. Then the pictures show up next to all your others.

GOOD TO KNOW

Imports use Wi-Fi

Big videos copy over a direct Wi-Fi link between glasses and phone. If importing is slow, move closer, make sure Wi-Fi and Bluetooth are on, and keep the app open until it finishes.

Sharing with family

- Text a photo straight from the app with the share button.
- Add it to a shared album in Apple Photos or Google Photos once it's on your phone.
- Ask "Hey Meta, send my last photo to Susan" if you've linked messaging apps (see Chapter 15, *Phone Calls and Messages*).

CHAPTER 15

Phone Calls and Messages

The glasses work like a Bluetooth headset. Microphones in the frame pick up your voice, and the speakers near your ears let you hear the caller while the people around you hear very little.

Answering and hanging up

1. When a call comes in, you'll hear who's calling.
2. Tap the touchpad on the right arm to answer, or say "Hey Meta, answer."
3. To hang up, tap the touchpad again, or say "Hey Meta, hang up."

Making calls and sending messages by voice

Link your phone's calling and messaging apps in the Meta AI app, then say "Hey Meta, call [name]" or "Hey Meta, send a message to [name]." The glasses work with your phone's regular calls and texts, and with WhatsApp, Messenger and Instagram. They can also announce incoming messages and read them aloud.

1. Open the **Meta AI** app and tap the **Glasses** icon.
2. Find the section for connected or communication apps.
3. Choose your phone, WhatsApp or Messenger and follow the steps to link it.
4. Try it: "Hey Meta, call my daughter."

TIP

Use the contact name you saved

The glasses use your phone's contact names. If you saved your son as "Bobby," say "call Bobby," not "call Robert."

HEADS UP

Messages read aloud are heard by you, not everyone

The open-ear speakers are quiet, but in a very silent room people close by may hear a little. Turn off message announcements in the app if your messages are private.

CHAPTER 16

Music, Podcasts and Audio

The speakers sit just in front of your ears, so you hear music and still hear traffic, a doorbell or a grandchild calling. That makes them safer than earbuds for walks, though the sound is less bass-heavy.

1. Start music or a podcast on your phone the usual way, and it plays through the glasses.
2. Tap the touchpad to pause or play.
3. Swipe forward to turn it up, back to turn it down.
4. Or ask: "Hey Meta, play some music," once you've linked a music service in the app.

GOOD TO KNOW

Linking music services

In the Meta AI app you can link services such as Spotify, Apple Music and Amazon Music so you can ask for songs by voice. Meta added deeper Spotify features in a December 2025 update. Your music subscription costs whatever it already costs; the glasses don't add a fee.

HEADS UP

Keep the volume reasonable

Because the speakers are open, people sometimes crank them up in noisy places. Turn it down when you come inside, both for your ears and for the folks next to you.

Audiobooks and radio

Anything that plays on your phone plays on the glasses: Libby audiobooks from the library, the radio app for your local station, or YouTube.

CHAPTER 17

Talking to Meta AI: "Hey Meta"

Meta AI is a voice assistant, like Siri or Alexa. Say "Hey Meta" and then speak naturally. It answers out loud through the glasses. It can also do things: take photos, call people, set reminders, and control music.

Things to try today

- "Hey Meta, what's the weather this afternoon?"
- "Hey Meta, remind me to call the pharmacy at three."
- "Hey Meta, how many ounces are in a cup?"
- "Hey Meta, what's my battery?"
- "Hey Meta, take a photo."

HEADS UP

AI can be wrong

Meta AI sounds confident even when it's mistaken. Double-check anything that matters: medicine, money, legal questions, directions to an unfamiliar place. For health questions, ask your doctor or pharmacist.

Reviewing what you've asked

Your conversations with Meta AI appear in the Meta AI app's history. You can look back at an answer, or delete conversations you'd rather not keep. See Chapter 25, *The Privacy Settings That Matter* for what Meta stores.

TIP

Speak normally

You don't need to shout or speak like a robot. Talk the way you would to a person across the table, and pause briefly after "Hey Meta."

CHAPTER 18

Asking About What You See

Because the glasses have a camera, Meta AI can look at what's in front of you and answer questions about it. Meta calls this "Meta AI with camera" or asking Meta AI to "look."

Try it

- "Hey Meta, look and tell me what this plant is."
- "Hey Meta, what does this sign say?"
- "Hey Meta, look at this menu and read me the soups."
- "Hey Meta, what can I make with these ingredients?"

WHAT THIS DOES FOR YOU

Why it's worth five minutes

Small print on jars, receipts and appliance labels is easier when your glasses can read it to you. It's handy for everyone, and a real help for people with low vision (see Chapter 20, *Help for Low Vision: Be My Eyes and Detailed Responses*).

HEADS UP

Never for medicine labels alone

Don't rely on the glasses alone to identify pills or read dosage instructions. Ask your pharmacist, and use a magnifier or your pharmacy's large-print labels.

Live AI

On many pairs, Meta has added a "Live AI" mode where you can have an ongoing conversation about what you're seeing without saying "Hey Meta" each time. It uses more battery and the camera stays in use. Look for it in the Meta AI app; availability depends on your country and model.

GOOD TO KNOW

The camera and AI

When Meta AI looks through the camera, the image is sent to Meta to be processed. Meta AI with camera is on by default unless you turn off "Hey Meta." See Chapter 25, *The Privacy Settings That Matter*.

PART 4

Helpful Extras

Translation, help for low vision, hearing conversations in noisy rooms, and the Display model.

CHAPTER 19

Live Translation

Live translation lets you hear another language in your own. When someone speaks Spanish, for example, you hear English in the glasses' speakers, and the app can show a transcript for the other person to read.

Setting it up

1. Open the **Meta AI** app and tap the **Glasses** icon.
2. Tap **Translate**.
3. Choose the language **you speak** and the language **they speak**.
4. Download the language pack if offered, so it also works without an internet connection.
5. To start, say "Hey Meta, start live translation."

Which languages

On Ray-Ban Meta and Oakley Meta glasses, Meta lists English, French, German, Italian, Portuguese and Spanish. The Display model's list has been shorter. Meta adds languages over time, so check the Translate screen for the current list.

WHAT THIS DOES FOR YOU

Why it's worth five minutes

A daughter-in-law's parents who speak another language, a neighbor, or a trip abroad: translation helps you have a simple conversation instead of smiling and nodding.

HEADS UP

Good for chatting, not for paperwork

Machine translation makes mistakes. For anything important, such as medical instructions, contracts, or legal matters, use a professional interpreter. Hospitals and doctors' offices can arrange one.

CHAPTER 20

Help for Low Vision: Be My Eyes and Detailed Responses

For people who are blind or have low vision, the glasses can be a remarkable tool. Two features matter most: Meta AI can describe your surroundings in detail, and you can call a sighted volunteer through the Be My Eyes service who sees through your glasses' camera.

Turn on detailed responses

1. Open the **Meta AI** app and tap the **Glasses** icon.
2. Tap **Accessibility**.
3. Scroll down to **Detailed responses** and turn it on.
4. Now ask "Hey Meta, look and describe what's in front of me."

Call a Be My Eyes volunteer

1. Install the free **Be My Eyes** app on your phone and create an account.
2. In the Meta AI app, link Be My Eyes (look in the Glasses settings or Accessibility).
3. On an iPhone, make sure call audio routing is set to **Automatic** (Settings, Accessibility, Touch, Call Audio Routing).
4. Say "Hey Meta, Be My Eyes." A volunteer answers and sees what your glasses' camera sees.

GOOD TO KNOW

What the volunteer sees

Volunteers only see the video from your glasses during an active call. The service is available in English in supported countries, including the United States. Be My Eyes is free to use.

HEADS UP

Volunteers are helpers, not professionals

Volunteers are kind strangers. Don't show them bank cards, account numbers or medical paperwork. For medicines, ask your pharmacist.

CHAPTER 21

Hearing Conversations in Noisy Rooms

Restaurants and family gatherings can make conversation hard to follow. Meta added a feature called **Conversation Focus** that uses the glasses' microphones to make the voice of the person you're facing louder and clearer through the speakers.

Where to find it

1. Update the glasses and the Meta AI app (see Chapter 11, *Keeping the Glasses Updated*).
2. Open the **Meta AI** app, tap the **Glasses** icon, and look for **Conversation Focus** in the audio or accessibility settings.
3. Follow the app's instructions for turning it on and adjusting the level.

STAY SAFE

This is not a hearing aid

Meta says Conversation Focus is not a medical device or a hearing aid. If you're struggling to hear, see your doctor or an audiologist. Over-the-counter and prescription hearing aids are made for that job.

GOOD TO KNOW

Availability has been changing

Conversation Focus started in Early Access in the US and Canada on Ray-Ban Meta and Oakley Meta HSTN glasses, and Meta has adjusted which models get it and how. If you don't see it, it may not have reached your model yet. Check the app for any limits or costs before relying on it.

Other options

- Sit with your back to the wall, away from the kitchen and speakers.
- Live captions on your phone can show what people are saying as text.
- Ask your audiologist about hearing aids with a restaurant setting.

CHAPTER 22

The Meta Ray-Ban Display and the Neural Band

The Meta Ray-Ban Display is different from other Meta glasses: it has a small screen inside the right lens that only you can see. It can show messages, directions, photo previews, live captions and translations. It comes with the **Meta Neural Band**, a wristband that reads tiny finger movements, so you can scroll and click with a pinch.

	Ray-Ban Meta (Gen 2)	Meta Ray-Ban Display
Screen in the lens	No	Yes, right lens
Controls	Touchpad, button, voice	Neural Band wristband, touchpad, voice
US price	From about $379	About $799, Neural Band included
Prescription range	-6.00 to +4.00	Narrower, reported -4.00 to +4.00

GOOD TO KNOW

How it's sold

When it launched in the US, the Display was sold through select stores where you get a fitting and demo, including for the wristband. Meta's Display help pages also include demo instructions.

TIP

Is it for you?

If you mainly want photos, calls and music, the regular models do that for less. The Display shines for people who want captions of what others say, turn-by-turn walking directions, or reading messages without taking out a phone.

Setting up the Display uses the same Meta AI app and the same steps as Chapter 8, *Pairing Your Glasses Step by Step*, with an extra step to pair the Neural Band. The app walks you through it.

PART 5

Privacy, Etiquette & Safety

The recording light, being a good neighbor with a camera on your face, the privacy settings that matter, and the scams to watch for.

CHAPTER 23

The Capture Light: What It Tells Other People

Every pair of Meta glasses has a small white **capture light** on the front, next to the camera. It lights up or blinks whenever the glasses take a photo, record video or go live. Its job is to let the people around you know the camera is in use.

What Meta has done to protect the light

- If the light is covered before you start, the glasses won't take a photo or video.
- Since a 2026 software update, covering the light during a recording stops the recording.
- Another 2026 update disables the camera if the light is tampered with or damaged.

HEADS UP

Don't cover it, and don't stick anything on it

A piece of tape or a sticker over the light will simply stop the camera from working. If a store or friend suggests it, they're mistaken.

GOOD TO KNOW

What the light doesn't show

Privacy groups point out that when Meta AI briefly looks through the camera to answer a question, people nearby may not notice. If you're around people who'd mind, skip "look" questions, or take the glasses off.

If someone asks

If someone asks whether you're recording, answer honestly and show them the light isn't on. Offering to take the glasses off puts most people at ease. That small courtesy keeps smart glasses welcome.

CHAPTER 24

Good Manners with a Camera on Your Face

Smart glasses are new to many people, and some will be uneasy when they notice the camera. A little courtesy goes a long way.

Simple rules

1. Ask before photographing or recording anyone outside your family, and accept a no.
2. Take the glasses off, or put them in the case, in restrooms, locker rooms, gyms, pools and medical offices.
3. Follow posted signs. Many courts, government buildings, hospitals, banks and churches ban cameras.
4. Don't record children who aren't yours without their parents' permission.
5. At work, follow your employer's rules about cameras and recording.
6. At a doctor's appointment, ask before recording anything. Many offices don't allow it.

HEADS UP

Recording what people say

Laws about recording conversations differ from state to state and situation to situation. Taking a picture in public is generally treated differently from secretly recording a private conversation. I'm not a lawyer; if you need to record something important, ask an attorney first.

TIP

Sunglasses indoors

If your pair has sun lenses, switch to regular glasses indoors. Besides being easier to see through, people are more comfortable when they can see your eyes.

Posting other people's pictures

Before you post a photo of someone on Facebook, Instagram or anywhere public, ask them. Grandparents, this goes for grandchildren too: many parents have rules about photos of their kids online.

CHAPTER 25

The Privacy Settings That Matter

Your glasses send some information to Meta, especially when you use Meta AI. You can't turn all of it off, but you can decide a good deal. Here's what's worth knowing as of November 2026.

What	What happens
Voice recordings	Since April 2025, when you use "Hey Meta," voice recordings and transcripts are stored by Meta to improve its products. Meta's notice said they can be kept for up to a year, and accidental activations for 90 days. You can delete them in the app.
Meta AI with camera	On by default, unless you turn off "Hey Meta."
Your photos and videos	Meta has said photos and videos you capture are not currently used to train its AI models. A "cloud media" setting controls whether media is sent to Meta for processing.
Location	The app can use your phone's location for features such as tagging where a photo was taken.

Review your settings

1. Open the **Meta AI** app and tap the **Glasses** icon.
2. Open **Settings**, then **Privacy** (some versions call it Privacy and safety).
3. Look at voice settings, "Hey Meta," cloud media, location and data sharing. Read each one and choose what you're comfortable with.
4. To delete past conversations, open Meta AI's history in the app and delete them.

TIP

The simplest privacy switch

Turning off "Hey Meta" means the glasses aren't listening for the wake word at all. You can still use the touchpad and capture button for photos, video, music and calls.

GOOD TO KNOW

Policies change

Meta has changed these rules before and may again. When the app asks you to accept updated terms, take a minute to read the summary, or ask a family member to look with you.

CHAPTER 26

Safety: Driving, Water and Everyday Care

Driving

Using the glasses for a hands-free call can be less distracting than holding a phone, but any call takes attention. Don't take photos or video, read messages, or have long conversations with Meta AI while driving. Follow Ohio's distracted-driving law and the law wherever you're driving.

STAY SAFE

Sun lenses at dusk

Dark sunglass lenses are dangerous after sunset and in tunnels. Switch to clear glasses or Transitions lenses for night driving.

Rain and water

Ray-Ban Meta glasses are rated **IPX4**, which means they can handle light rain and splashes. They are not designed for swimming, showers or being dropped in water. If they get wet, dry them thoroughly and wipe the charging contacts before putting them in the case. The Oakley Meta Vanguard has a stronger IP67 rating for sports.

Everyday care

- Clean the lenses and the camera with a microfiber cloth. Skip paper towels, which scratch.
- Don't leave them on the car dashboard in summer; heat is hard on batteries.
- Store them in the charging case, not loose in a purse.
- Keep them away from small children and pets, who love to chew on the arms.

HEADS UP

If the glasses or case get hot or swell

Stop using them, unplug the case, and contact Meta support. Don't try to open or repair the battery.

CHAPTER 27

Scams to Know

Popular gadgets attract scammers. Here are the tricks to watch for with smart glasses.

SCAM ALERT

Too-good-to-be-true sales

Social media ads offering Ray-Ban or Meta glasses at 70 to 90 percent off lead to fake shops. You pay and get nothing, or a knockoff. Buy only from meta.com, ray-ban.com, oakley.com or a store you know.

SCAM ALERT

"Your Meta account is locked" messages

Emails or texts claiming your Meta account or glasses warranty needs verifying, with a link to click, are phishing. Open the Meta AI app yourself instead. Meta will never ask for your password by text.

SCAM ALERT

Fake support phone numbers

Searching online for "Meta glasses support phone number" can turn up fake numbers run by scammers who ask for remote access to your computer or gift cards. Use the Help section inside the Meta AI app or meta.com/help.

SCAM ALERT

Secondhand glasses that won't pair

If you buy used glasses, the seller must factory reset them and remove them from their Meta account first, or you can't connect them. Test them in person before paying, and never pay a stranger with gift cards or wire transfers.

If you already paid a scammer

1. Call your bank or card company right away using the number on your card, and ask to dispute the charge.
2. Change your Meta password if you entered it anywhere suspicious.
3. Report it at **reportfraud.ftc.gov**.

4. Call me at (330) 200-8042 if you'd like help checking your accounts.

PART 6

Fixes & Help

Common problems, restarting and resetting, lost or broken glasses, setting up a pair for a parent, and how to reach me.

CHAPTER 28

Fixing Common Problems

Most glasses problems come down to four things: battery, Bluetooth, the app being out of date, or the glasses needing a restart. Work down this list before anything drastic.

Problem	Try this
Glasses won't connect to the phone	Turn Bluetooth off and on. Close and reopen the Meta AI app. Put the glasses in the case, close it for 30 seconds, then take them out.
No sound in the glasses	Check the volume by swiping forward on the touchpad. Make sure the phone isn't sending audio to a car or speaker instead.
"Hey Meta" doesn't respond	Check that "Hey Meta" is turned on in the app and that the phone has internet. Speak clearly and pause after "Hey Meta."
Photos won't import	Keep the app open, glasses close by, Wi-Fi and Bluetooth on. Restart the phone if it stalls.
Glasses won't charge	Wipe the contacts on the glasses and in the case with a dry cloth. Charge the case with a known-good cable and adapter.
Camera won't take pictures	Make sure nothing covers the capture light. Check the storage isn't full by importing photos.

TIP

Update first

Many glitches disappear after updating the app and the glasses. See Chapter 11, *Keeping the Glasses Updated*.

Restart the glasses

A restart is like turning a computer off and on. Meta says a forced restart won't delete your photos or make you pair again. The Meta AI app and Meta's help center show the button steps for your model; the simplest version is to switch the glasses off with the power switch, wait ten seconds and switch them back on.

GOOD TO KNOW

Still stuck?

Open the Meta AI app's Help section to chat with Meta support, or visit meta.com/help. Or call me; see Chapter 32, *When to Call Bill*.

CHAPTER 29

Factory Reset and Passing Glasses On

A factory reset wipes the glasses back to how they came from the store. It's for giving them away, selling them, or a last resort when nothing else works.

HEADS UP

A reset erases photos still on the glasses

A factory reset permanently deletes any photos and videos that haven't been imported to your phone. Open the Meta AI app and import everything first.

Reset from the app

1. Import all your photos and videos (see Chapter 14, *Getting Photos and Videos onto Your Phone*).
2. Open the **Meta AI** app and tap the **Glasses** icon.
3. Open **Settings**, then **General**.
4. Tap **Factory reset** and confirm.
5. Afterward, the glasses must be paired again from scratch.

If the glasses won't connect to the app at all, there's also a button method on the glasses themselves. The exact presses differ by model, so look up "factory reset" for your model at meta.com/help rather than guessing.

Giving or selling them to someone

1. Import and back up your photos.
2. Factory reset the glasses.
3. In the Meta AI app, remove the glasses from your account.
4. Hand over the glasses with the case, cable and, if you have them, the receipt for warranty.

CHAPTER 30

Lost, Stolen or Broken Glasses

Losing a $379 pair of glasses stings. Here's the honest picture, and what to do.

Can the app find them?

The glasses don't have GPS. Ray-Ban's own FAQ has said there is no "find my glasses" feature, and owners report that newer versions of the app show only limited connection information. If the glasses are still near your phone, the app may show them as connected; once they're out of Bluetooth range, it can't track them.

If they're lost or stolen

1. Retrace your steps, and call places you visited. Many lost glasses turn up in restaurant lost-and-found boxes.
2. Change your Meta account password from the Meta AI app or meta.com, so nobody else can see your account.
3. Remove the glasses from your account in the app.
4. Find the serial number (in the app under your glasses' settings, or on your receipt or box) for a police report or insurance claim.
5. Ask your homeowner's or renter's insurance agent whether the glasses are covered.

GOOD TO KNOW

Thieves can't simply use your pair

Because the glasses can only be connected to one Meta account at a time, someone who finds them can't connect them without a factory reset, which erases your unimported photos.

If they break

- Contact Meta support through the app for warranty repair or replacement options.
- For scratched or broken prescription lenses, go back to the optical shop that made them.
- If you bought extended protection from a store, call them first.

CHAPTER 31

Setting Up Glasses for a Parent

Smart glasses can be a wonderful gift for a parent: hands-free calls, music on walks, help reading labels, and photos of the grandkids. A little preparation makes all the difference.

Before you give them

1. Make sure your parent has a smartphone they're comfortable with and keeps with them.
2. Set up the Meta account and the Meta AI app on **their** phone, with their own password, written down somewhere safe.
3. Pair the glasses and install updates before the visit so the first day is fun, not frustrating.
4. Link their phone calls and messages and the music they like.
5. Turn off features they won't use, like message announcements, to keep things simple.

TIP

Teach just three things on day one

Charging in the case, taking a photo with the button, and answering a call with a tap. Everything else can wait until next week.

HEADS UP

Respect their privacy, too

Your parent's glasses and account belong to them. Set things up with their blessing, explain the privacy settings in Chapter 25, *The Privacy Settings That Matter*, and let them decide.

For a parent with low vision

Set up Be My Eyes and detailed responses together (see Chapter 20, *Help for Low Vision: Be My Eyes and Detailed Responses*), and practice "Hey Meta, look and describe" in the kitchen. Their eye doctor or a low-vision specialist can suggest other tools as well.

CHAPTER 32

When to Call Bill

Smart glasses mix a phone, an app, an account and privacy settings, so it's normal to want a hand. Here's when it's worth giving me a call.

Good reasons to call

- Setting up new glasses, the Meta AI app and your Meta account for the first time.
- Glasses that won't pair, won't charge or won't import photos after trying Chapter 28, *Fixing Common Problems*.
- Walking through the privacy settings so they match what you're comfortable with.
- Setting up Be My Eyes, translation or calls for a parent.
- Getting your glasses photos into albums, prints or a photo frame.
- Deciding which model to buy, or whether smart glasses fit your needs at all.

This is exactly the kind of thing my **Device Training** sessions are for: we sit down with your glasses and phone and practice until it feels natural.

SCAM ALERT

Nobody from Meta will call you

If someone calls claiming to be Meta or Ray-Ban support and wants remote access, a payment or gift cards, hang up. See Chapter 27, *Scams to Know*.

FROM BILL

How to reach me

Call or text **(330) 200-8042**, or book at **billshometech.com/book**. Bill's Home Tech serves **Portage County, Ohio**, with 30+ years of professional experience. If you reach my assistant **Sophie** on the main line, she can answer simple questions and get you on my schedule. My help is $49 remote · $99 in your home. The guides themselves are free.

— Bill

CHAPTER 33

Your Smart Glasses Cheat-Sheet

Everyday moves

I want to…	Do this
Take a photo	Press the capture button once, or "Hey Meta, take a photo."
Record video	Press and hold the capture button; press again to stop.
Answer a call	Tap the touchpad, or "Hey Meta, answer."
Volume	Swipe forward (louder) or back (quieter) on the touchpad.
Charge	Fold and put the glasses in the case.
See your photos	Open the Meta AI app; they import automatically.

Where things are in the Meta AI app

To find…	Go to
Battery	Glasses icon, top of the screen.
Privacy	Glasses icon, Settings, Privacy.
Translation	Glasses icon, Translate.
Low-vision help	Glasses icon, Accessibility.
Factory reset	Glasses icon, Settings, General, Factory reset.

Five safety rules

1. Never cover the capture light; ask before recording people.
2. Glasses off in restrooms, locker rooms and medical offices.
3. Updates come only through the Meta AI app, never by text or email.
4. Buy only from Meta, Ray-Ban, Oakley or a store you know.
5. Double-check anything important that Meta AI tells you.

Keep this handy

Item	Your details
Glasses model and color	_____
Serial number	_____

Item	Your details
Meta account email	_____
Where and when bought	_____
Optician (for prescription lenses)	_____

FROM BILL

One last word

Enjoy them. Take the pictures, listen to the ball game on a walk, and let the glasses read you the fine print. If anything gets confusing, call or text me at (330) 200-8042.