

Meta Quest VR Device: Professional Setup & PC Connectivity Guide

This document provides official instructions for the deployment and configuration of Meta Quest 2 and Meta Quest 3 headsets, including integration with Windows-based workstations.

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1. Initial Hardware Configuration

Before initializing software setup, ensure the following hardware conditions are met:

- **Power Management:** Connect the headset to the provided power adapter. Ensure the LED indicator is solid green before first use.
- **Controller Initialization:** Remove the protective battery pull-tabs from both Touch controllers.
- **Ergonomic Adjustment:**
 - o **Quest 2:** Manually adjust the lens spacing (IPD) to one of the three numbered positions for optimal visual clarity.
 - o **Quest 3:** Use the external adjustment wheel on the bottom-left of the headset to calibrate lens spacing precisely.

2. Account & Mobile App Integration

Initial device activation requires the Meta Horizon mobile application.

1. Download the **Meta Horizon** app from the Apple App Store or Google Play Store.
2. Sign in with a verified **Meta Account**.
3. Power on the headset and follow the internal prompts to connect to a secure Wi-Fi network.
4. When the 5-digit authorization code appears in the headset, enter it into the mobile app under Menu > Devices > Pair New Headset.

3. Professional PC Connectivity (Quest Link)

To utilize PC-based VR applications, the **Meta Quest Link** software must be installed on the host workstation.

Wired Configuration (Link Cable)

1. **Software Installation:** Download the Quest Link PC App from the official site: meta.com/quest/setup.
2. **Physical Connection:** Connect the headset to a **USB 3.0** port on the PC using a high-speed (5Gbps+) USB-C cable.
3. **Activation:** Wear the headset and select **Enable** when the "Enable Quest Link" prompt appears.

Wireless Configuration (Air Link)

Note: This method requires a high-performance network environment.

1. **Network Infrastructure:** The host PC must be connected via **Ethernet** to a router supporting 5GHz or 6GHz bands.
2. **Headset Setup:** Navigate to **Quick Settings** in the headset (click the clock icon).
3. **Pairing:** Select the **Quest Link** tile, toggle **Air Link** to "On," and select your workstation from the list of available PCs.

4. System Requirements

For stable performance in professional environments, the host PC should meet or exceed these specifications:

Component	Minimum Specification
Processor	Intel i5-4590 / AMD Ryzen 5 1500X or higher
Graphics	NVIDIA GeForce RTX Series / AMD Radeon 5000 Series+
Memory	8 GB RAM (16 GB Recommended)
OS	Windows 10 or Windows 11
Interface	USB 3.0 (for wired connections)

5. Official Meta Support Resources

For technical assistance and official documentation, please refer to the following:

- **Official Setup Portal:** meta.com/setup
- **Meta Quest Help Center:** meta.com/help/quest
- **Account Setup Tutorial:** [Meta Horizon Login & Setup Guide](#)
- **Link Connectivity Troubleshooting:** [Meta Link Compatibility Guide](#)
- **Official Setup Overview (Video):** [Meta Quest Link Setup Tutorial](#)

6. Best Practices & Maintenance

- **Optical Care:** Only clean lenses with a dry, optical-grade microfiber cloth. Do not use liquid cleaners.
- **Sunlight Prevention: Critical:** Do not expose the internal lenses to direct sunlight. Even short exposure can cause permanent burn damage to the internal display.
- **Driver Updates:** Ensure workstation GPU drivers (NVIDIA/AMD) are kept up to date to maintain compatibility with the Link software.