Meta Quest 2 Setup Guide: UNMC/Nebraska Medicine Headset Setup

Charging:
- Use the provided USB-C cable and power adapter to charge your Meta Quest 2. Be sure to charge fully before using. Note: it may take several hours to fully charge the headset.
- Connect the USB-C cable to the charging port located on the back of the headset strap and plug the other end into the power adapter. View a tutorial on charging: https://go.unmc.edu/xr-charging
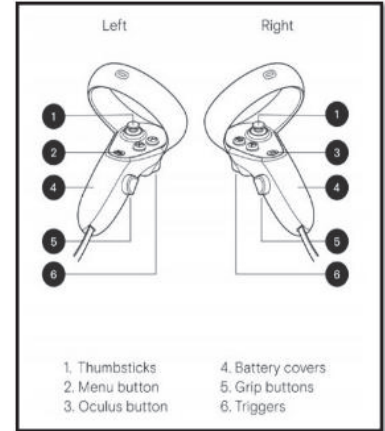
Turning on the Headset:
- Turn on your Meta Quest 2 by pressing and holding the power button for two seconds. The power button is on the right side of the headset, next to the indicator light. If the light is red, the headset needs to charge; green or white indicates the unit is charged.

Controllers:
- Before putting on the headset, take a moment to familiarize yourself with the hand controllers. We recommend viewing this controller tutorial: https://go.unmc.edu/xr-controller
- Thumb stick (1): The thumb stick is used for smooth locomotion and navigation within virtual environments. It also functions as a directional input for menu selection.
- A and B Buttons: These buttons are positioned for easy access with your thumb and are commonly used for menu navigation, interactions, and gameplay actions. These are not used at all during our simulation software.
- Trigger Button (6): Located under the index finger, the trigger button is often used for actions such as grabbing or activating objects in VR experiences.
- Grip Button (5): Positioned under the middle finger, the grip button is typically used for grabbing or holding objects within virtual environments.
- Press the Oculus Button (3) to access the universal menu, quit the application, go back to the ArborXR Home screen, reposition yourself in the simulation, adjust settings, and more.
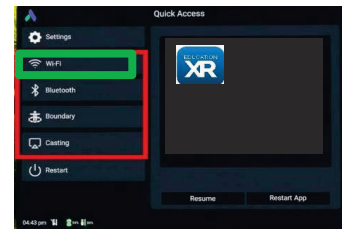
∞ / ⬭ brings up the universal menu. You can also press and hold ∞ / ⬭ to recenter your headset view.

Putting on the Headset:
- Place the Meta Quest 2 headset on by holding it with both hands and gently lowering it onto your head.
- Adjust the straps as needed for a comfortable fit, ensuring the headset sits securely on your face without gaps.
- The straps should be snug but not too tight, and the headset should be centered on your face with the lenses aligned with your eyes.
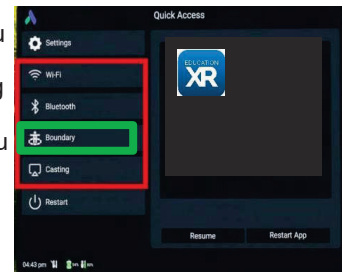- View a tutorial on proper headset placement: https://go.unmc.edu/xr-strap

Connect to Wi-Fi: Go to ArborXR Home Screen:
- Click on Wi-Fi, find the correct Wi-Fi and enter your credentials to log in
- If you are in the EducationXR app or you don't have ArborXR, press the oculus button on your right touch controller to pull up the universal menu, then select Settings (Green button at the bottom). Go to Network/Wi-Fi. Choose desired Wi-Fi and log in.

Setting Up Your Guardian System:
- Defining your play area by setting up the Guardian system prevents collisions with real-world objects. When you turn on the headset for the first time, Meta will ask you to define your Guardian. If the headset has been powered off for longer than a few minutes, you may be asked to define your Guardian again. View a tutorial on setting up your Guardian: https://go.unmc.edu/xr-guardian
- If you are not asked to define your Guardian when you start the headset initially, you may change your Guardian through the ArborXR app by navigating to the ArborXR Home and selecting 'Boundary' from the ArborXR menu. Hold one of the controllers in your hand and use it to trace the boundaries of your play area. Start by pointing the controller at the floor and pressing the trigger button to set the floor level. Next, use the controller to draw lines on the ground, outlining the perimeter of your play area.

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EducationXR App:
- If you are using a loaner headset, the EducationXR app is already downloaded. If you are using your own headset, please download and install the EducationXR from your headset storefront, such as the Meta Quest Store.
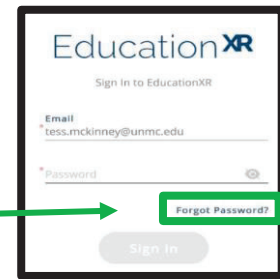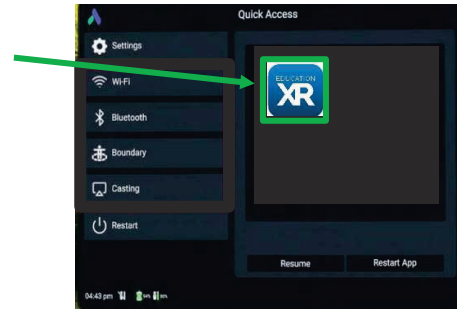
Opening the EducationXR in the ArborXR App:
- Open the EducationXR app from the Quick Access page in ArborXR.

Opening the EducationXR in the Meta App Library:
- View a tutorial on opening the EducationXR app from the Meta app library: https://go.unmc.edu/xr-open-app.

Getting Started In the EducationXR App:
- Please view this tutorial https://go.unmc.edu/xr-launch-app. The video demonstrates how to use the controllers, how to move, and the how to login within the EducationXR app.
- Make sure you use the email and password that you created for Education XR.
- If you have any issues logging in, check to make sure you are connected to Wi-Fi, and you are using the correct credentials. If you forgot your password, go to a computer, and download the desktop version. Once downloaded, there you will be able to change your password.

Powering Off the VR Headset:
- When finished, power off by holding the button on the side of the headset and plug in the headset for the next person to use.

Returning the Loaner VR Headset:
- Ensure the headset is powered off.
- Reuse the cardboard packaging that the headset was shipped to you in.
- Place the headset, the controllers, and the power adapter and cord into the carrying case and place the carrying case into the cardboard box.
- Place the pre-paid, pre-addressed label that was sent with the headset onto the outside of the box and take it to FedEx to be shipped back to us.

Troubleshooting Tips:
- We have included two extra AA batteries for the hand controllers.
- Do not place the VR headset in direct sunlight or near a heat source.
- Please complete all the modules and let us know when you are finished.
- Remember – you must be connected to Wi-Fi to use the VR headset. Spotty Wi-Fi may impact your ability to complete the modules in the headset. Please contact your facility IT experts for assistance with connecting to WiFi.
- Contact Tracy Gady (tgady@unmc.edu) or Ryan Draper (rdraper@nebraskamed.com) for assistance.

View more guides and videos on our website.
https://innovateipc.org/ipc-support-center/xr-education/