



Quick Start Guide: XR Portal

The XR Portal is your gateway to XRHealth's virtual reality world. Here you'll find a variety of therapeutic environments, interactive activities, and wellness tools – all designed to help you feel and function better.

Before you start

Make sure your headset is fully charged and your controllers have working batteries.

1. Turn on your headset



Power Button

Need help? [Click here](#) to watch detailed instructions on how to operate your headset

2. Follow the onboarding tutorial

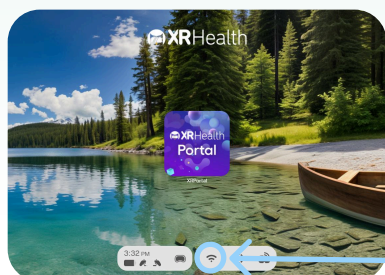
Learn how to use the controllers and adjust your headset for a comfortable fit

This tutorial will appear only the first time you use the headset



3. Enter the XR Portal

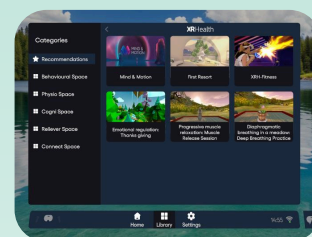
On the launcher screen, use your controller to select the "XR Portal" app



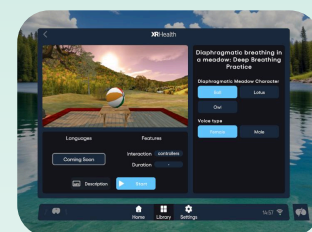
Connect to Wi-Fi
Needed for remote sessions, updates, and syncing with MyXRHealth
[Click here](#) to see a step-by-step guide for connecting to Wi-Fi

4. Launch an Environment

- Enter the **Library** tab
The Library is organized by categories. In categories with a full display, use your controller to scroll down and view more environments.



- Choose an environment to learn more about it
- Adjust any available settings if needed
- Click **Start** to begin

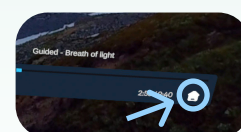


4. Return to the Library

- In most apps, press the **Menu button on the left controller**. This pauses the app and opens a menu where you can quit the environment.



- If you're watching a 3D video, tap the **home icon** on the video bar.



- Some apps may look different—they may have their own exit button, or you might need to press the **Meta button on your right controller** and choose **Quit** to exit.

