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Blind
Low Vision NZ

Ray-Ban Meta smart glasses

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Transcriber's Note: The logo on the top of the page is Blind Low Vision NZ.

Ray-Ban Meta smart glasses

Accessible user guide

About this guide

This guide was developed using information published by Meta and Ray-Ban for Ray-Ban Meta smart glasses.

This guide explains how to set up and use Ray-Ban Meta smart glasses.

The glasses include:

- A camera
- Open-ear speakers
- Microphones
- Voice controls
- Meta AI features

You can use them to:

- Listen to music, podcasts, and audiobooks
- Make and receive calls
- Send and receive messages
- Take photos and videos
- Use accessibility features
- Get information using Meta AI

What is in the box?

Your package may include:

- Ray-Ban Meta glasses
- Charging case
- Cleaning cloth
- Additional nose pads
- Quick Start Guide
- Safety and Warranty Guide

Getting to know your glasses

Ray-Ban Meta glasses look similar to standard glasses, but several components are built into the frame.

Front of the glasses

- A camera is built into the front of the frame.
- A privacy light is located near the camera. This light turns on when the glasses are taking photos, recording video, livestreaming, or participating in a video call.

Right arm

The right arm includes:

- A touch-sensitive control area used to manage audio and calls.

- A capture button used to take photos and start or stop video recordings.
- Speakers that play audio, calls, and Meta AI responses.

Left arm

The left arm includes:

- A power switch used to turn the glasses on and off.
- Built-in microphones that allow you to make calls, record audio, and use voice commands.

Speakers

The speakers are built into the arms of the glasses and sit close to your ears.

The glasses use open-ear audio, allowing you to hear calls, music, and Meta AI responses while still hearing sounds around you.

Microphones

Several microphones are built into the frame.

These microphones help capture your voice for:

- Phone calls
- Voice messages
- Voice commands
- Meta AI interactions

Charging contacts

Charging contacts are built into the glasses and connect with the charging case when the glasses are stored inside it.

Before you start

Charge the glasses

Charge your glasses before using them for the first time.

Place the glasses inside the charging case and make sure they are seated correctly.

A full charge provides more than 8 hours of use.

The charging case can provide up to 48 additional hours of battery life before it needs to be recharged.

How to check your glasses are charging:

Place your glasses correctly in the charging case and close the lid. The LED light inside the case will blink to show charging has started.

You can also check the Meta View app. A lightning bolt icon next to the battery level means your glasses are charging.

Download the Meta AI app

You will need the Meta AI app on a compatible smartphone.

The app lets you:

- Set up your glasses
- Change settings
- Import photos and videos
- Access Meta AI features
- Install updates

Pairing your glasses

Connect your glasses to the Meta AI app

1. Remove the glasses from the charging case.
2. Turn on the glasses using the power switch on the left arm.
3. Put the glasses back in the charging case.
4. Wait for the case light to flash blue.
5. Open the Meta AI app.
6. Follow the instructions in the app to complete setup.

Understanding the controls

Touch controls

The touch controls are located on the right arm of the glasses.

Play or pause audio

Tap once.

Skip forward

Double tap.

Go back

Triple tap.

Adjust volume

Increase volume

Swipe forward.

Decrease volume

Swipe backward.

Answering calls

Answer a call

Double tap.

End a call

Double tap again.

Reject a call

Tap and hold.

Accessibility features

Be My Eyes

Be My Eyes connects you with a sighted volunteer through a live video call.

The volunteer can see through the camera on your glasses and help with everyday tasks.

Examples include:

- Reading labels
- Sorting mail
- Checking appliance settings
- Finding objects

To start a call, say:

"Hey Meta, call a volunteer on Be My Eyes."

Scene Reader

Scene Reader can help you understand what is around you.

It can:

- Read printed text
- Describe objects
- Describe scenes
- Provide more detailed information when requested
- Detect when lighting is poor
- Detect when an item is not fully visible in the camera view

Examples:

- "Hey Meta, read this."

- "Hey Meta, what am I looking at?"
- "Hey Meta, describe this scene."

Using Ray-Ban Meta glasses as a blindness or low vision aid

Ray-Ban Meta glasses can help with many everyday tasks. They are not a replacement for orientation and mobility skills, guide dogs, canes, or other assistive technology. They are best used as an additional tool to help access information.

Reading printed information

Scene Reader can be used to read printed information such as mail, labels, menus, signs, and notices.

Try saying:

- "Hey Meta, read this."
- "Hey Meta, what does this say?"
- "Hey Meta, read the label."

Tips for better results

- Hold the item steady.
- Make sure the text is facing the camera.
- Move closer if the text is small.
- Ask Meta AI to repeat information if needed.

Identifying household items

You can ask Meta AI to identify objects in front of you.

Examples include:

- Food products
- Household items
- Clothing
- Kitchen tools
- Personal care products

Try saying:

- "Hey Meta, what am I looking at?"
- "Hey Meta, identify this item."
- "Hey Meta, tell me about this object."

Always confirm important information independently, particularly medication labels, expiry dates, financial documents, or safety instructions.

Finding information while shopping

The glasses can help identify products, compare labels, and read ingredients.

Examples:

- "Hey Meta, read the ingredients."
- "Hey Meta, what flavour is this?"
- "Hey Meta, compare these products."

Remember that store lighting, packaging design, and camera positioning may affect accuracy.

Reading signs and information in public places

The glasses can help with:

- Street signs
- Building signs
- Door labels
- Information boards
- Timetables

Try saying:

- "Hey Meta, read that sign."
- "Hey Meta, what does that information board say?"

Exploring new environments

Scene Reader can provide descriptions of what is visible to the camera.

Examples:

- "Hey Meta, describe this room."
- "Hey Meta, what is around me?"
- "Hey Meta, describe the scene."

Descriptions should be used as additional information and not relied on for safe navigation.

Need help from a person?

If Meta AI cannot provide the information you need, you can connect with a sighted volunteer using Be My Eyes.

To start a call, say:

"Hey Meta, call a volunteer on Be My Eyes."

When Ray-Ban Meta glasses may not work well

The glasses may be less effective when:

- Lighting is very dim.
- Bright light shines directly into the camera.
- Text is very small or blurry.
- Objects are partially blocked.
- Internet connectivity is poor.
- Battery levels are low.

If results are not useful:

- Move closer to the object.
- Reposition your head slowly.
- Improve the lighting if possible.
- Repeat the request using different wording.
- Use Be My Eyes if additional assistance is needed.

Privacy and security

Respect other people's privacy and follow local laws about recording and photography.

You can manage privacy settings, voice recordings, and activity data in the Meta AI app.

You can also turn the glasses off using the power switch. When the glasses are off, they cannot record photos or videos.

Using voice commands

Most features can be controlled using your voice.

Start by saying:

"Hey Meta"

Then say a command.

Examples:

- "Hey Meta, play music."
- "Hey Meta, call Sarah."
- "Hey Meta, send a message."
- "Hey Meta, take a photo."
- "Hey Meta, what am I looking at?"

Meta AI features

Meta AI can answer questions and provide information based on what the camera sees.

Examples include:

- Identifying objects
- Reading text
- Translating signs
- Describing surroundings
- Suggesting recipes
- Providing recommendations
- Setting reminders

Examples:

- "Hey Meta, translate this sign."
- "Hey Meta, what does this product say?"

Listening to audio

Ray-Ban Meta glasses use open-ear speakers.

This means you can hear audio while still hearing the sounds around you.

You can listen to:

- Music
- Podcasts
- Audiobooks
- Phone calls
- Voice messages

- Meta AI responses

Making calls and sending messages

The glasses can work with:

- Your phone
- WhatsApp
- Messenger
- Instagram

You can:

- Make phone calls
- Receive phone calls
- Send voice messages
- Receive voice messages
- Send photos and videos using voice commands

Example:

- "Hey Meta, send a photo to Dad on WhatsApp."

Taking photos and videos

Take a photo

Press the capture button once.

Or say:

"Hey Meta, take a photo."

Record a video

Press and hold the capture button.

Press it again to stop recording.

Or use a voice command.

Privacy light

A small light on the glasses turns on when recording photos, video, live streaming, or video calls.

This helps other people know when the camera is active.

Live translation

Live translation allows conversations between people speaking different languages.

Translations are spoken through the glasses.

A text transcript may also be available in the Meta AI app.

Some language packs can be downloaded for use without an internet connection.

To start:

"Hey Meta, start live translation."

Using reminders

Meta AI can remember information for you.

Examples:

- Shopping items

- Important details you want to recall later

Examples:

- "Hey Meta, remind me to buy this tomorrow."

Later you can ask:

- "Hey Meta, what do I need to buy tomorrow?"

Charging

Battery life

The glasses provide more than 8 hours of use on a full charge.

The charging case provides up to 48 additional hours of battery life.

Charging times

- Approximately 20 minutes to reach 50%
- Approximately 75 minutes to reach 100%

Checking battery levels

You can check battery levels in two ways:

Using the charging case

The LED light on the front of the case shows battery status.

Using the Meta AI app

Battery information is shown when your glasses are connected to the app.

Caring for your glasses

To keep your glasses working properly:

- Clean the lenses using the supplied cloth.
- Keep charging contacts clean and dry.
- Store the glasses in the charging case when not in use.
- Avoid excessive heat.
- Do not force or bend the frame.
- Seek professional assistance if adjustments are needed.

Water resistance

Ray-Ban Meta glasses are rated IPX4.

This means they are resistant to:

- Light rain
- Splashes of water

They are not waterproof.

Do not:

- Swim while wearing them
- Shower while wearing them

- Immerse them in water

Troubleshooting

My glasses will not connect to the app

Try:

- Turning Bluetooth off and on again.
- Restarting your phone.
- Returning the glasses to the charging case.
- Repeating the pairing process.

The battery runs out quickly

Battery life may vary depending on:

- Audio use
- Video recording
- Calls
- Meta AI features
- Connection settings

The camera is not working

Check that:

- The glasses are charged.
- The camera light is not covered.
- The Meta AI app is up to date.

Where to get help

You can get support from:

- The Meta AI app
- Meta Support
- Ray-Ban Support
- Blind Low Vision NZ assistive technology services, where available.

Quick reference commands

Reading and descriptions

- "Hey Meta, read this."
- "Hey Meta, what does this say?"
- "Hey Meta, describe this scene."
- "Hey Meta, what am I looking at?"

Accessibility

- "Hey Meta, call a volunteer on Be My Eyes."
- "Hey Meta, read this sign."
- "Hey Meta, describe this room."

Reminders

- "Hey Meta, remember this."
- "Hey Meta, remind me tomorrow."

- "Hey Meta, what do I need to remember?"

Communication

- "Hey Meta, call Sarah."
- "Hey Meta, send a message."
- "Hey Meta, start live translation."

Photos and videos

- "Hey Meta, take a photo."
- "Hey Meta, start recording."

Glossary

AI (Artificial Intelligence)

Artificial intelligence, often called AI, is technology that can understand questions and provide responses. In Ray-Ban Meta glasses, AI can answer questions, identify objects, read text, set reminders, and provide information about the world around you.

Meta AI

Meta AI is the built-in AI assistant available through the glasses and the Meta AI app. You can activate it by saying "Hey Meta" followed by a question or command.

Open-ear audio

Open-ear audio uses speakers built into the glasses instead of headphones. This allows you to listen to audio while still hearing traffic, conversations, and other sounds around you.

Scene Reader

Scene Reader is a feature that uses the camera and Meta AI to describe objects, read text, and provide information about the environment around you.

Be My Eyes

Be My Eyes is a service that connects people who are blind or have low vision with a sighted volunteer through a live video call. The volunteer can see through the glasses' camera and provide assistance.

Live Translation

Live Translation allows you to have conversations with people who speak a different language. The translated speech is played through the glasses.

Voice command

A voice command is a spoken instruction you give to the glasses, such as "Hey Meta, take a photo" or "Hey Meta, what am I looking at?"

Capture button

The capture button is the physical button used to take photos and record videos.

Charging case

The charging case stores and charges the glasses when they are not being used.

End of Ray-Ban Meta smart glasses