

Quick-Reference Guide: Voice Commands & Shortcuts for Meta Glasses

This guide is a quick-reference tool for Meta Glasses users who are blind or have low vision. It focuses on the most useful and common voice commands and physical shortcuts. Remember to say the wake phrase, **"Hey Meta,"** before each voice command.

Hands-Free AI and Vision Assistance

These commands are powered by Meta's AI and are especially useful for getting help with real-world tasks where a "remote eye" is needed.

- **Calling a Be My Eyes Volunteer:**
 - "Hey Meta, Be My Eyes."
 - "Hey Meta, call a volunteer with Be My Eyes."
 - "Hey Meta, call Be My Eyes."
- **Reading Text & Identifying Objects:**
 - "Hey Meta, read this." (Position a sign, label, or short text in front of the camera.)
 - "Hey, Meta, scan this QR code." The website link will be sent directly to your phone.
 - "Hey Meta, what is the value of the bill I'm holding?" (Helps to identify money.)
 - "Hey Meta, what is this in my hand?" (Hold an object in front of the camera.)
 - "Hey Meta, what color is this jacket?"
 - "Hey Meta, what's on this menu?"
 - "Hey Meta, what's the make and model of the car in front of me?"

Communication & Social

These commands are essential for staying in touch with friends and family without needing to pull out your phone.

- **Making Calls:**
 - "Hey Meta, call [Contact Name]."
 - "Hey Meta, call [Contact Name] on WhatsApp."

- "Hey Meta, call [Contact Name] on Messenger."
- **Sending Messages:**
 - "Hey Meta, send a message to [Contact Name]." (The glasses will then ask you to dictate the message.)
 - "Hey Meta, send a message to [Contact Name] on WhatsApp/Messenger."
- **Answering and Declining Calls:**
 - When a call comes in, the glasses will **vibrate and ring**.
 - To answer: Press the **Power/Action Button** once.
 - To decline: Press and hold the **Power/Action Button**.
- **How to share your view on a video call from AI glasses:**
 - To turn on share your view feature, tap the glasses icon during a Messenger, WhatsApp or Instagram video call.
 - Switch between your glasses camera view and phone camera view by double-pressing the capture button on your glasses.
 - While you're sharing video from your glasses, you can lock your phone to go hands-free while continuing to share the view from your glasses.

Camera & Media Controls

These commands and physical shortcuts allow you to capture moments and control your audio with ease.

- **Capturing Content:**
 - "Hey Meta, take a photo." (You'll hear a shutter sound.)
 - "Hey Meta, start recording." (You'll hear a distinct chime.)
 - "Hey Meta, stop recording." (You'll hear a distinct chime.)
- **Physical Shortcuts (Alternative to Voice):**
 - **Volume Control:** On the right temple's touchpad, **swipe forward to increase** volume and **swipe backward to decrease**.
 - **Capture Button:**
 - Press the **Recording Button** on top of the right temple once for a photo.

- Press and hold the Recording Button to start a video. Press it again to stop.
- **Toggling Cameras during a Call:** Double-tap the **Recording Button** on top of the right temple to switch the camera view between your glasses and your phone during a live video call.
- **Tip:** Remember head positioning for taking photos and recording videos. To get the best results, you must point your head directly at what you want the camera to see (like a sign or a box.)

Device & Information

These commands help you manage the glasses themselves and get quick information.

- **Device Status:**
 - "Hey Meta, what's my battery level?"
 - "Hey Meta, pair Bluetooth."
- **General Information & Questions:**
 - "Hey Meta, what's the time?"
 - "Hey Meta, what's the weather?"
 - "Hey Meta, what's the fastest way to get to [Location]?" (This will send navigation directions to your phone.)
 - If you are want distances in feet instead of meters, say **"Hey, Meta, please use feet instead of meters."**

Tip: Voice commands work best in quiet environments. If it's noisy, try speaking clearly and directly at the glasses. Practice using both the voice commands and the physical shortcuts to see which method feels most comfortable for you in different situations. If the glasses stop responding, take them off, fold them, unfold them, and put them back on.