Connecting with Meta Quest Link

Meta Quest Link allows you to connect your headset to a Windows PC to play PC VR content, use Remote Desktop, or share your screen.

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Requirements

- **Windows 10 or 11** (64-bit)
- **8 GB RAM** minimum (16 GB recommended)
- **USB 3.0 port** or **Wi-Fi 5 GHz** for Air Link
- Compatible **GPU** (NVIDIA GTX 970 / AMD 400 series or newer)
- At least **4 GB of free disk space**

Install the Meta Quest Link App

1. On your computer, go to **www.meta.com/quest/setup**.
2. Download and install the **Meta Quest Link app**.
3. Follow the on-screen instructions to complete setup.

Connect Your Headset

Option A − Link Cable

1. Plug a **USB-C 3.2 cable** into your computer and the headset.
2. Put on the headset and open the **Quick Settings** menu.
3. Select **Link → Computer → Launch** to start PC VR mode.

Option B − Air Link (Wireless)

1. Ensure your **PC and headset** are on the **same 5 GHz Wi-Fi** network.

2. On your headset:

    - Press the **Meta (Oculus)** button → open **Quick Settings** → select **Link**.
    - Enable **Use Air Link** and choose your PC.

3. Confirm the pairing code on both devices.

4. Select **Launch** to start using Air Link.

Disable or Manage Link

- Open **Quick Settings** → **Settings** → **Link**.
- Use the toggle to enable or disable **Link** or **Air Link** as needed.