If wearing glasses, be careful when putting on headset. Some glasses may not fit or be uncomfortable. If this occurs, it is recommended to use contacts.

6. Use the wheel on the top of the headset to adjust the interpupillary distance. Adjust the lenses to fit the distance between the eyes for maximum field of view.

7. Use the knobs on the sides of the headset to adjust the focal point. Turn both at the same time to make the screen sharper.

8. Some apps require the use of the device’s camera. Slide the cover on the front of the headset to expose the camera.

9. Take a 10-15 minute break every 30 minutes.

HEALTH & SAFETY

General Precautions:

- Consult your doctor before using the headset if you are pregnant, elderly, have pre-existing binocular vision abnormalities or psychiatric disorders, or suffer from a heart condition or other serious medical condition.
- A comfortable virtual reality experience requires an unimpaired sense of motion and balance. Do not use the headset when you are Tired, need sleep, under the influence of alcohol or drugs; hungry, over, have digestive problems; under emotional stress or anxiety; or when suffering from cold, flu, headaches, migraines, or earaches, as this can increase your susceptibility to adverse symptoms.
- Use only in a safe environment. The headset produces an immersive virtual reality experience that distracts you from and completely blocks your view of your actual surroundings. Always be aware of your surroundings before use and while using the headset. Use caution to avoid injury.
- Use of the headset may cause loss of balance. If wearing glasses, be careful when putting on headset. Some glasses may not fit or be uncomfortable. If this occurs, it is recommended to use contacts.

Ongoing use of the headset may cause loss of balance. If wearing glasses, be careful when putting on headset. Some glasses may not fit or be uncomfortable. If this occurs, it is recommended to use contacts.

Apple iOS Instructions:

1. The switch on the side of the remote should be switched to iOS.

2. The device mode can be changed based on the function of the remote. To change mode, press and hold @ then press any key (A/B/C/D).

VR BLUETOOTH CONTROLLER

(Controller included with ETVR model only)

Note: Not all apps are compatible with Bluetooth remote. Visit www.myretrak.com/vr for a list of recommended apps.

Key Description

1. Remove cover from bottom of controller and insert two AAA batteries (not included).

2. Hold down the power button for 3 seconds to turn on the controller. Repeat to turn off.

3. For the first time, it should start blinking. This means it is ready to pair with a device. Scan for Bluetooth devices from your device and choose “Utopia 360 Remote”. The LED will stop blinking once paired.

Note: To connect the remote to a new device, the old device should be out of range or the Bluetooth should be turned off on the device. Restart the remote and the remote will go into pairing mode after 5 seconds.

Android Instructions:

1. The switch on the side of the remote should be switched to Android.

2. The device mode can be changed based on the function of the remote. To change mode, press and hold @ then press any key (A/B/C/D).

@ + A Music & Video Mode (One Handed)

Up/Down = Volume Up/Down
Left/Right = Next Track/Previous Track
C/D = Volume Up/Down
A = Mute
B = Play/Pause
R1 = Home Button
L1 = Nothing

@ + B Game Mode (Horizontal/Two Handed)

Controls app dependent

@ + C Vertical Game Mode (One Handed)

Controls app dependent

@ + D Mouse Mode (One Handed)

360° Rocker = Mouse Movement
C/D = Volume Up/Down
L1 = Select (Screen Press)

Apple IOS Instructions:

1. The switch on the side of the remote should be switched to iOS.

2. The device mode can be changed based on the function of the remote. To change mode, press and hold @ then press any key (A/B/C).