

# HEY META

COMPLETE  
**INDEX**  
INSIDE

A PRACTICAL GUIDE TO  
**COMMANDS, CONTROLS & FEATURES**



VOICE  
COMMANDS



CONTROLS



AI FEATURES



SMART  
ASSISTANCE



COMPREHENSIVE  
INDEX

VOICE COMMANDS • CONTROLS • AI FEATURES • COMPREHENSIVE INDEX

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# About the Guide

**Hey Meta – A Practical Guide to Commands, Controls & Features** has been specifically developed to assist people who are blind or have low vision in using the Ray-Ban Meta Smart Glasses through spoken commands and voice interaction.

This guide provides a practical reference to the commands, controls, and features available with the glasses helping users to confidently operate and access the many functions offered by Meta AI technology.

To improve accessibility and ease of use, the guide has been coil-bound and printed on one side of each page only, allowing pages to be turned easily and read clearly with the assistance of AI reading tools or screen-reading technology.

A comprehensive two-column index is included at the end of the guide to help users quickly locate specific commands, controls, or features.

**Compiled by Warren**

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## Camera & Media Capture

- "Take a photo"
- "Take a picture"
- "Start a video"
- "Start recording"
- "Record a video now"
- "Take a video"
- "End video"
- "Stop video"
- "Stop recording"
- "Zoom in"
- "Zoom out"
- "Start a time lapse video."
- "Start slow motion recording."

## **Photo & Video Sharing**

- "Take a picture and send it to [contact name]"
- "Take a picture and send it to [contact name] on Messenger/WhatsApp/my phone"
- "Send a photo to [contact name]"

## Communication

- "Call [contact name]"
- "Call [contact name] on Messenger/WhatsApp"
- "Send a message to [contact name]"
- "Send a message to [contact name] on Messenger/WhatsApp"
- "Answer"
- "Answer call"
- "Reject"
- "Reject call"
- "Hang up"
- "Send a photo to [contact name] on Messenger/WhatsApp/my phone"
- "Send my last picture to [contact name]"

## **Media & Volume Control**

- "Play"
- "Pause"
- "Stop"
- "Resume"
- "Next"
- "Volume up" - (Also "Turn It Up")
- "Volume down" - (Also "Turn It Down")
- "Play [song/podcast]"

## AI Vision & Environment Analysis

- "Look and read this text"
- "Read this text"
- "Describe my surroundings"
- "What's in front of me?"
- "What am I looking at?"
- "What am I holding?"
- "Look and tell me what you see"
- "Look and give me a detailed description"
- "Look and tell me everything you see"
- "Describe the colour"
- "What kind of plant is that?"
- "Look and please restyle this into a [scene description]" - For example "Cyberpunk", "Western", "Anime" or "Starship" or let Meta choose something randomly.

## General Information & Assistance

- "What time is it?" (Also "What's the Time")
- "What's the date?"
- "How much battery is left?"
- "What's the weather today?" (Also can Add "In Detail")
- "When is rain next expected?"
- "What's nearby?"
- "What restaurants or cafes are nearby?"
- "Set a Reminder"
- "Set a Reminder for [X]"
- "Set a Reminder for [date and time] about [anything you want to remember]"
- "Please scan this QR code" to scan a QR-Code

## Navigation & Location

- "Navigate to [location]"
- "What's nearby?"
- "What restaurants or cafes are nearby?"

## Timers, Alarms & Reminders

- "Set a timer for [X] minutes"
- "Change my [X] minute timer to [Y] minutes"
- "Cancel my [X] minute timer"
- "What are my timers?"

## **Music Identification**

- "What song is this?" (Shazam integration)
- "Identify this music"

## Live Translation

- "Start live translation" (English, French, Italian, Spanish)
- "Start conversation in (English)"
- "How do I say [phrase] in (language)?"
- "Translate this sign"

The translations are processed in real-time, making them perfect for travel situations or quick language assistance.

## Translation Tips

- Speak clearly and at a moderate pace for better translation accuracy
- Use simple phrases for more accurate translations
- Enable visual translation in settings if you prefer to read translations
- Download language packs in advance when traveling to areas with limited connectivity

## Painting Description

- Look and give me a detailed description of the painting and identify as many of the landmarks that you can see also tell me what people are doing

### *Meta Response*

- The painting depicts a bustling street scene in London, with several iconic landmarks visible in the background. On the left side of the painting, Big Ben and the Houses of Parliament are prominent, with the clock tower's distinctive clock face and Gothic architecture clearly visible. In the centre of the painting, a red double-decker bus is driving down the street, while several people are walking on the sidewalk.

Some people are walking alone, while others are in groups or couples. A few people are looking at their phones or taking pictures, while others are simply enjoying the scenery.

On the right side of the painting, a few buildings and shops are visible, including a pub with a sign reading "The Red Lion." Overall, the painting captures the energy and activity of a busy city street, with a mix of modern and historic elements.

- What is the name of the street

### *Meta Response*

The street depicted in the painting appears to be Westminster Bridge Road, which is located in the heart of London and runs along the south bank of the River Thames.

## **Be My Eyes Integration**

- "Call Be My Eyes"
- "Call a volunteer with Be My Eyes"
- "Open Be My Eyes and call a volunteer"

## **Creative & Informational Queries**

- "Who sang the song [title]? Tell me more about the artist"
- "What's the population of [place]?"
- "When was [landmark] built? How tall is it?"
- "What's a fun summer drink to make with mint that isn't too sweet?"
- "Write an old school rap about cats"
- "Help me write a polite message"

## Memory & Personal Information Storage

- "Remember this person as my [family member/friend name]"
- "My name is [name], remember this and store it in your database"
- "Remember this address [address] as my home address"
- "Hey Meta, always use metric measurements like Celsius when talking to me"
- "Look and remember the [Text in image]" - like a room number or licence plate or parking lot number.

## System Controls

- “Check Connection”
- "Battery status"
- “Pair Bluetooth”
- “Connect to Wi-Fi”
- “Factory reset”: Resets the device to its default settings (requires confirmation).
- “Power off”: Powers down the glasses. To turn the power on again, you will need to use the sliding toggle switch on the inside of the left arm, near the hinge. Using your fingernail, move the sliding switch forward toward the lens to turn the power back on. If the switch is already forward, then slide the switch back to “off”, then back to “on” again.

## Physical Controls

### Capture Button (Right Temple)

- **Single press:** Take a photo

- **Press and hold:** Start video recording
- **Press again:** Stop recording
- **Double tap during calls:** Switch between glasses and phone camera

### **Touchpad Controls (Right Temple)**

- **Single tap:** Play/pause music
- **Double tap:** Skip to next track
- **Triple tap:** Go back to previous track
- **Swipe forward:** Increase volume
- **Swipe back:** Decrease volume
- **Double tap:** Answer incoming call
- **Press and hold:** Reject incoming call
- **Double tap during call:** Hang up

## Reading Magazine and Documents

- “Look and give me a detailed description of all the articles mentioned on the front page and give me a bio of any major contributor”
- “What are useful prompts to find out about books?” Provides a range of questions to enable you to find out
- “What titles by S J Parris are available as audiobooks?”
- “What are the names of authors similar to S J Parris?”
- “Look and give me a summary of the document I’m holding.” Provides a general idea of the printed item before you.
- “Look and give me a detailed description of anything on this envelope.”
- “Look and give me a detailed description and summary of what is on this envelope.”
- “Look and give me a very detailed description and summary of the brochure I am holding.”
- “Look and give me a detailed description from top to bottom of the document I am holding.”
- “Look and give me a detailed description of the document I am holding.

**Reading Magazine and Documents**

## Search

- “Look and tell me what the last book I have in the (Jacqueline Winspear), (Maisy Dobs) series and (where it is situated) on the bookshelf.

### *Meta Response*

The last book in the Jacqueline Winspear series that you have is “A Sunlit Weapon”. It is located on the second shelf from the top, on the right side of the bookcase.

## Reading Menus

- “Look and summarize and describe in detail the items on this menu.”
- “Look and summarize the beverages and pricing on this menu.”
- “Look and give me a detailed description of the appetizers on this menu with pricing for each item.”
- “Look and give me a detailed summary of the main courses on this menu with pricing for each item.”
- Look and give me a detailed description of the desserts on this menu with pricing for each item.”
- “Suggest an Australian or New Zealand wine to go with the (prawns) and tell me the region

## Audible

- You can control the Audible app hands-free with Meta AI Glasses voice commands. This includes playing and pausing your audiobook, bookmarking a spot, and searching for specific titles that are available to you.

To use Meta AI glasses with Audible, you must have the Audible and the Meta AI apps installed on your phone.

### **Note:**

- Playing Audible without specifying a title will play whatever title's already in the player.
- Searching for podcasts isn't supported at the moment
- Only titles you own or have access to with membership or that are in your Library are playable using Meta AI glasses.

## How do I pair my glasses to Audible?

To connect Audible to your AI glasses:

1. Go to Meta AI app settings.
  2. Select **Audible**.
  3. Select Connect Audible.
  4. Audible app will open automatically displaying a confirmation page.
  5. In the Audible app, select **Allow** to confirm.
- **Note:** Audible will share specific title details with Meta AI, including author and narrator, for any title currently being played in response to your requests. For more details on how to control playback or download titles to your Audible Library from your Meta device, please visit the [Meta Help Center](#).

## What are the voice commands?

- There are several Meta voice commands you can use to control Audible on your AI glasses.

**How do I pair my glasses to Audible?**

You can also ask Meta questions while you're listening (e.g., "Hey Meta, who wrote Anna Karenina?"), and playback will pause for the answer and then automatically resume.

To do this...	Say this
<ul style="list-style-type: none"><li>• Play or resume your current listen.</li></ul>	<ul style="list-style-type: none"><li>• "Hey Meta, play Audible."</li></ul> <p>"Hey Meta, resume Audible."</p> <p>"Hey Meta, continue my audiobook."</p>
<ul style="list-style-type: none"><li>• Play a specific audiobook in your Library.</li></ul>	<ul style="list-style-type: none"><li>• "Hey Meta, play Animal Farm."</li></ul> <p>"Hey Meta, play my audiobook on Audible."</p>

**What are the voice commands?**

<ul style="list-style-type: none"> <li>• Skip chapters in your audiobook</li> </ul>	<ul style="list-style-type: none"> <li>• "Hey Meta, previous chapter"</li> <li>• "Hey Meta, next chapter"</li> </ul>
<ul style="list-style-type: none"> <li>• Pause your audiobook</li> </ul>	<ul style="list-style-type: none"> <li>• "Hey Meta, pause."</li> </ul>
<ul style="list-style-type: none"> <li>• Go back or skip forward</li> </ul>	<ul style="list-style-type: none"> <li>• "Hey Meta, jump forward"</li> <li>• "Hey Meta, jump back"</li> </ul>
<ul style="list-style-type: none"> <li>• Bookmark a spot</li> </ul>	<ul style="list-style-type: none"> <li>• "Hey Meta, bookmark this"</li> <li>• "Hey Meta, add a bookmark on Audible"</li> </ul>

### **What touch pad controls are available for Audible?**

- You can use the following gestures on your Meta AI glasses touchpad to control playback on Audible. The touchpad is located along the side of the right glasses arm.

### **What touch pad controls are available for Audible?**

- Tap the touchpad once to pause/resume.
- Double tap to jump forward.
- Triple tap jump back.
- Forward swipe to turn volume up.
- Back swipe to turn volume down.

## **How do I listen to Audible?**

- The Meta Ray-Ban Display glasses feature advanced gesture controls through a Meta neural band that reads hand movements. Using these gestures, you can access your Audible title, play/pause, jump forward and back, and adjust the volume.

The glasses can read the following gestures:

- Thumb swipe up/down to navigate/search for Audible app
- Tap thumb to index finger to select Audible app
- Double thumb tap to activate "Hey Meta..." voice command
- Middle finger hold to open the app grid

**How do I listen to Audible?**

- Rotate dial in the air to adjust volume up and down

## How do I disconnect Audible?

- You can disconnect the Audible app from your Meta AI glasses anytime in your Meta AI app settings. When disconnecting, the Audible app may briefly open while its unpairing.
- **Note:** If disconnecting through your Meta AI app doesn't work, you can try uninstalling and reinstalling the Audible app.

**How do I disconnect Audible?**

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