Joining as a contact

This is the simplest way to join. If the host/administrator has already added your email to their SimLab **Contacts** list, you don't need a link.

Prerequisites:

- The host must have added your email to their SimLab **Contacts** list.
- You must be **Signed In** to the SimLab VR Viewer app on your Quest headset.

Joining via In-App Notification

Because you are an invited contact, the SimLab VR Viewer will handle the invitation entirely inside your headset.

Action (In-App Join):

1. **Notification Prompts:** When you are inside the SimLab VR Viewer, you may see timed messages leading up to the scheduled start time.
2. **Host Initiates Session:** When the host clicks **Start Collaboration**, you will receive the final launch prompt directly inside your headset.
   - *Message:* "[Host Name] has invited you to join a Collaborative VR Experience session."
3. **Click the 'Join' Button:** Use your Quest controller to click the **Join** button within the notification window to immediately launch and enter the collaborative VR session **Lobby**.



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