



Essential Indoor Camera (3rd Gen)(Plug-In) User Manual

- Essential Indoor Camera 2K (3rd Gen)(Plug-In)
- Essential Indoor Camera HD (3rd Gen)(Plug-In)



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1. Get to Know your Essential Indoor Camera (3rd Gen)

There are two Arlo Essential Indoor Cameras:

- Essential Indoor Camera HD (VMC2070)
- Essential Indoor Camera 2K (VMC3070)

Get the Arlo Secure App

Download the Arlo Secure App. The Arlo Secure App lets you create an Arlo account in the cloud and set up and manage all your Arlo devices. You can either search for it in your phone's app store or scan the QR code below to download or update your Arlo Secure App.

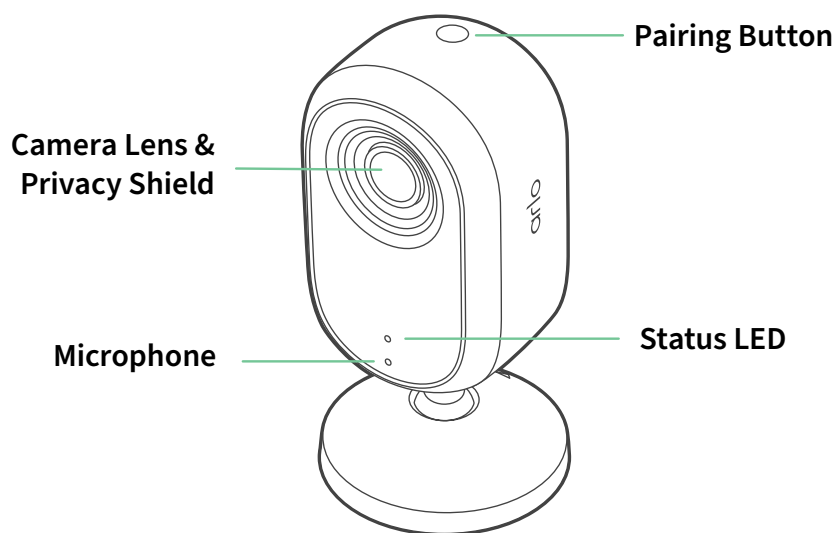


www.arlo.com/install/e3indoor

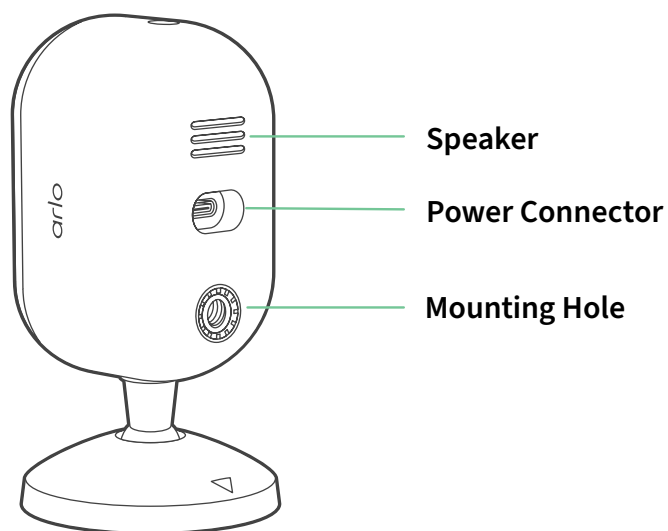
Note: If you already use the Arlo Secure App, make sure that you're using the latest version. To find out if an update is available, go to the app store and search for Arlo Secure.

Meet your Essential Indoor Camera (3rd Gen)

Front View



Back View



Features

- **Wide field of view.** 130° viewing angle lets you see more and eliminates blind spots.
- **Capture every detail perfectly.** Record high-resolution 2K or HD video for clear, crisp imagery in any lighting condition.
- **Dual band Wi-Fi.** Connect to either 2.4 GHz or 5 GHz Wi-Fi for seamless connection.
- **Night vision.** Monitor your surroundings, even in complete darkness, using your device's high-powered Infrared LEDs.
- **Full duplex 2-Way audio.** Listen and speak clearly through your camera's integrated speaker and microphone, enjoy advanced noise reduction and echo cancellation to ensure seamless conversation without distractions.
- **Built-in siren.** Siren can be triggered remotely or set to activate automatically to help deter unwanted activity.
- **Privacy mode.** Protect your privacy on your terms, control when and how your camera operates to maintain your personal space.
- **Military-grade encryption.** Feel secure knowing every Arlo camera comes with our industry-leading privacy pledge.
- **Security in the palm of your hand.** Watch live streams or recorded video anytime, anywhere with the Arlo Secure App.
- **Receive alerts when motion is detected.** Smart, real-time notifications are sent directly to your phone, keeping you informed the moment activity is detected.
- **Take action faster.** Get AI-powered notifications from your camera, one-tap access to take action, and secure cloud video storage with Arlo Secure.¹

¹ This Arlo Secure feature may require a paid subscription after the trial period, and some Arlo Secure services may be unavailable in certain regions. For current information on features that need a paid subscription, visit. arlo.com/en_gb/serviceplans

2. Get Started

Use the Arlo Secure App for set up

The free Arlo Secure App helps you complete set up and guides you through the installation process.

Open the Arlo Secure App and connect to your Wi-Fi network. If you don't have the app, you can download it from your phone's app store and create your Arlo account. Once you set up your Arlo account, you can access it from the Arlo Secure App on a smartphone or tablet.

Make sure you are upgraded to the latest version of the Arlo Secure App to utilize the newest features, functions, and enhanced security experience for your device.

If you are unable to scan the QR Code, do the following in the Arlo Secure App:

Essential Indoor Camera 2K/HD: www.arlo.com/install/e3indoor

Select **Devices**, and tap the **plus** icon in the upper right corner. Choose **Cameras, Essential Series**, select **Plug-In Cameras**, and **Indoor Camera (3rd Gen)**.

Check that the camera has a pairing button on top

Check that your camera's pairing button is located on top of the device. This ensures you are installing the correct Essential camera model.

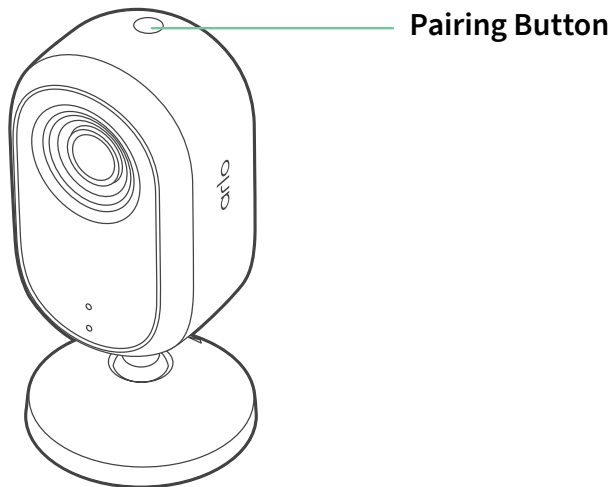
Enable Bluetooth

Bluetooth must be enabled to find and connect to available Arlo devices.

1. Find where the Arlo Secure App permissions are located in your phone's Settings App.
2. Ensure Bluetooth access is enabled.
3. If Bluetooth access is not enabled for the Arlo Secure App, activate it now.

Press the pairing button to sync your camera

To begin Bluetooth pairing, look for the pairing button on the top of your camera and hold it for up to three seconds, until the LED is flashing blue. Ensure your phone's Bluetooth is enabled so the Arlo Secure App can locate your new device.



The Arlo app should detect your camera automatically, follow the instructions in the Arlo Secure App to pair and install the camera.

Wi-Fi Set Up and Connection

When you install and set up your camera, the Arlo Secure App guides you through the process of connecting the camera to your Wi-Fi network.

Tips for optimal Wi-Fi performance

The distance between Wi-Fi devices can affect the Wi-Fi signal:

- **Maximum recommended distance.** We recommend that you place your camera within 300 feet (90 meters) of the router. The maximum line-of-sight range of 300 feet is reduced by each wall, ceiling, or other major obstruction between the camera and the router.
- **Minimum recommended distance.** To reduce Wi-Fi interference, allow at least 6½ feet (2 meters) between your camera and any Arlo cameras that you install.

These materials can reduce Wi-Fi signal strength if they are located between Wi-Fi devices:

- Unusually thick walls and ceilings
- Brick
- Concrete
- Stone
- Ceramic
- Glass, especially mirrors
- Metal
- Large quantities of water, such as the water in a fish tank or water heater

Find a good location for your camera

Select a location for your camera with a clear vantage point to fully optimize the wide field of view. Choose a location where the camera is near a power outlet and within Wi-Fi range. You can check the Wi-Fi signal strength in the Arlo Secure App.

Position your camera to detect motion in specific areas

Choose a place that provides a clear view of the area you want to monitor and ensures motion is detected in non-shadowed areas of the image. For expanded coverage, mount your camera in a corner to maximize your field of view. Utilize tables, shelves, walls, and ceilings to give your camera its ideal placement. Choose a spot that is close to a power outlet and within strong Wi-Fi range to ensure consistent performance.

Avoid a placement that positions your camera directly facing windows, mirrors, or reflective surfaces where the glare from the sun could interfere with the camera's performance.

Note: The motion sensor is most effective when movement occurs across its field of view, rather than directly toward or away from the camera.

Test your camera placement

Hold the camera where you intend to mount it and check for three critical things:

- Clear line of sight,
- Nearby power outlet and,
- Good Wi-Fi signal.

The Arlo Secure App will show you how strong the Wi-Fi is for your camera, make sure your camera placement meets these requirements before you begin the installation process. If the connection strength is weak, try moving your camera closer to your router.

Mount your Arlo Essential Indoor Camera (3rd Generation)

Once you have reviewed your desired placement in the Arlo Secure App and determined your camera is in the proper location, you may proceed with installing your device.

1. Using the mounting bracket as a guide, mark pilot hole locations with a pencil.
2. Drill pilot holes using the pencil marks as a guide.

If you are using wall anchors, drill the pilot holes with a 15/64 (size B, 6mm) drill bit. Then, insert the wall anchors into the pre-drilled holes.

3. With the arrow pointing up, align the mounting bracket with the pre-drilled holes
4. Use the provided screws to secure the mounting bracket to the wall.
5. Unscrew the mount from the bottom of the camera.
6. Screw the mount to the back of the camera before wall mounting.
7. Align the arrow on the Mount with the arrow on the mounting bracket.
8. Slide the camera onto the mounting bracket to lock it in place. Test to make sure it feels secure.
9. Hold the mount while firmly grasping and rotating the camera to achieve the desired angle.

Set up your free trial of Arlo Secure

Arlo Secure is a subscription-based service that enhances everything about your Arlo security system with AI-powered intelligence. You get:

- Smarter notifications with AI recognition for known people, vehicles, and deliveries – which include a convenient thumbnail to preview the event,
- To look back at past events with cloud recording and video history,
- Customizable Activity and Privacy zones.

Arlo Secure is free to try, follow the easy set up process in the Arlo Secure App.

3. Troubleshooting

Arlo does not discover your camera during set up

If you are trying to set up and connect your Arlo camera directly to your Wi-Fi router and Arlo does not discover your camera, here are some things to check to identify and correct the problem.

When you're using the Arlo Secure App to add your camera, check the following:

- Bluetooth is enabled and remains enabled during set up.
- Make sure that you select the correct camera model when adding a device in the Arlo Secure App. The Arlo Secure App only tries to discover the Arlo device that you select.
To find your camera's model number, check the box that your camera came in.
- You are entering the correct Wi-Fi network SSID (network name) and password. The network SSID and password are case-sensitive and must be exactly correct.
- Your mobile device and Arlo camera are within the Wi-Fi signal range of your Wi-Fi router. During set up, we recommend placing your camera within 10-15 feet (3-4.5 meters) of your Wi-Fi router. After the camera is set up and connected, you can move the camera any place within range of your Wi-Fi router.

Camera loses connection during set up

Ensure your camera and smartphone remain nearby during the setup. When connecting to Wi-Fi, try moving your camera closer to your router to establish a stronger connection, or choose a different network.

Note: Signal strength is reduced by walls, ceilings, or other obstructions between the camera and router.

Device is already claimed

If the device has already been claimed while trying to onboard it, the Arlo Secure App will let you know the device is already added to your account. Continue to view the mounting instructions, or start over by factory resetting the device. If the device is claimed, but not appearing as an available device on your Arlo Secure App, proceed with resetting your device.

Reset the camera to its factory settings

This process returns the camera to its default settings and removes it from your Arlo account. This means that you must follow the Arlo Secure App set up process to use your camera after a factory reset.

1. Press and hold the pairing button for about 15 seconds, until the camera LED begins blinking amber, then let go.
2. Ensure that the camera LED blinks amber three times.
Make sure to let go of the pairing button when the camera LED begins blinking amber. If you hold the pairing button too long, you must restart the factory reset process until the camera LED blinks amber three times after you let go of the pairing button.

After a factory reset, the camera still appears in the Arlo Secure App, but it is disabled.

Add multiple devices

You are able to set up multiple devices during a single Arlo Secure App session.

1. After setting up a device in the Arlo Secure App, you will be prompted to either end the set up process or set up another device.
2. Choose to set up another device.

Available devices that are powered on, nearby, and discoverable will be shown in the Arlo Secure App.

Camera live streaming issues

If you are experiencing issues with live streaming or video quality, check the following.

Wi-Fi signal interference

Environments with multiple Wi-Fi networks, Wi-Fi devices, or frequencies can cause signal interference. If possible, minimize the number of networks, Wi-Fi devices, and transmitted frequencies in the area where you place your camera. For help with adjusting Wi-Fi settings such as the channel for your router, check the instructions that came with your router or contact your Internet service provider (ISP) if they installed your router.

We recommend that you place your camera at least 1 to 3 feet (30 to 100 centimeters) from your router. Allow at least 6½ feet (2 meters) between each camera or Arlo camera to prevent Wi-Fi signals between the devices from interfering with each other.

Out of range

Make sure that your camera is close enough to receive a strong Wi-Fi signal. The range of your router's Wi-Fi signal can vary depending on the router model and conditions in your local environment.

Make sure that your cameras display three or four bars of signal strength in the area where you intend to install them. The camera can work when signal strength is at one or two bars, but might go out of range intermittently due to fluctuations in the environment.

Not receiving push notification alerts

You must be logged in to the Arlo app to receive Arlo alerts on your smartphone or mobile device. Arlo registers your device for push notification when you log in. If you used the logout option instead of simply exiting the app, you must log back in to the app. You will receive Arlo alerts even if your device is sleeping.

Check your SMS settings

If you didn't receive an SMS text message with a verification code, check your phone number and make sure that SMS message notifications are enabled.

If you changed your phone number, your verification codes are still sent to your old phone number unless you change the phone number in the Arlo Secure App.

To make sure SMS text messages and notifications are enabled:

- Turn off Do Not Disturb mode on your device to make sure that you're alerted when you receive a text message.
- Check your phone and phone carrier settings to ensure that you can send and receive text messages.

Check your email settings

Check your email's spam folder. Your email settings might filter Arlo messages into your spam folder. If Arlo messages are filtered into your spam folder, adjust your email settings.

Reduce push notification alerts

If you have an Arlo Secure plan, you can easily adjust activity and privacy zones for your camera, so you only get alerts for the areas you want. Just select zones in your camera's settings.

To mute alerts temporarily, long-press on an incoming alert and select mute notifications right from your phone's lock screen.

Optimize multiple 2K streams

You might experience connectivity issues if you're running multiple 2K live streams on your Arlo Secure App. To optimize connectivity, check your network environment and adjust your camera settings as needed.

Make sure your average bandwidth speed is at least 2 Mbps per camera.

Note: To check your Internet speed, visit www.speedtest.net. The result of the Internet speed test might change, depending on varying amounts of traffic. For accurate results, run the speed test several times.

LED Indicators

The LED on the camera lights up when the camera is powered on. The LED changes colour and blinks to indicate the status of activities such as pairing the camera and updating the camera firmware.

- **Slow blinking blue.** The camera is in the process of pairing to a Wi-Fi network.
- **Fast blinking blue.** The camera paired with a Wi-Fi network and connected.
- **Blinking amber.** The camera is out of range or a connection error occurred during pairing.
- **Alternating blue and amber.** A firmware update is in process.
- **Solid red.** The camera is paired with Apple HomeKit and streaming.

Support

For in-app product support, visit the Support Center. In the Arlo Secure App, tap **Profile**, then **Support Center**.

For product updates and web support, visit arlo.com/en_gb/support

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Environmental Information

The minimum to maximum operational temp 32° F (0° C) to 113° F (45° C).

Compliance

The regulatory marking is located at the bottom of the unit.

For regulatory compliance information including the EU Declaration of Conformity and where to find e-label information for Compliance Taiwan NCC, US FCC & Industry Canada, visit arlo.com/en_gb/about-us/regulatory

Some Arlo products have a regulatory e-label that you can access in the Arlo app or web portal. This is because a printed regulatory label does not fit all of the regulatory information on the Arlo product label.

To find the regulatory e-label for your Arlo product:

1. Launch the Arlo Secure App or log in to my.arlo.com.
2. From the Devices screen, open the **Device Settings** page for your Arlo product.
3. On iOS and web browser, tap the **Settings** icon next to your Arlo device.
4. On Android, tap the menu icon next to your Arlo device, then tap **Device Settings**.
5. Tap or click **Device Info > Regulatory**.

Note: If the Arlo Secure App does not show a Regulatory sub-menu for your Arlo product, then the product does not have a regulatory e-label, and you can find all regulatory information on the physical label located either at the base, inside the battery compartment, or near the power input port of the Arlo product.

For additional compliance information on Arlo products, visit <https://www.arlo.com/en-us/about/regulatory/>.

この装置は、クラスB機器です。この装置は、住宅環境で使用することを目的としていますが、この装置がラジオやテレビジョン受信機に近接して使用されると、受信障害を引き起こすことがあります。

取扱説明書に従って正しい取り扱いをして下さい。

VCCI —B

NCC Warning

應避免影響附近雷達系統之操作。高增益指向性天線只得應用於固定式點對點系統。

取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

為避免本器材影像畫面遭偷窺或擷取，本器材使用者應先修改預設密碼，並定期更新密碼

FCC ID: 2APLE18300431

IC: 23815-18300431

CAN ICES (B) / NMB (B)

Federal Communication Commission Interference Statement:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

RF exposure statements:

This Transmitter must not be colocated or operating in conjunction with any other antenna or transmitter.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body or nearby persons.

Déclaration d'exposition aux radiations:

Cet équipement est conforme aux limites d'exposition aux rayonnements IC établies pour un environnement non contrôlé. Cet équipement doit être installé et utilisé avec un minimum de 20 cm de distance entre la source de rayonnement et votre corps.

ISED RSS Warning/ISED RF Exposure Statement

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) L'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

ISED RF Exposure Statement:

This equipment complies with ISED radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20 cm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le rayonnement de la classe B respecte ISED fixant un environnement non contrôlé. L'installation et mise en œuvre de ce matériel devrait avec un échangeur de distance minimale entre 20 cm de votre corps. Les émetteurs ou ne peuvent pas coexister avec cette antenne ou capteurs avec d'autres.

Caution:

1) The device for operation in the band 5150-5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems;

Avertissement:

1) Le dispositif fonctionnant dans la bande 5150-5250 MHz est réservé uniquement pour une utilisation à l'intérieur afin de réduire les risques de brouillage préjudiciable aux systèmes de satellites mobiles utilisant les mêmes canaux;

Innovation, Science and Economic Development Canada Statement

This digital apparatus complies with CAN ICES (B) / NMB (B).

Énoncé d'Innovation, Sciences et Développement économique Canada

Ce périphérique numérique est conforme à la norme CAN ICES (B) / NMB (B).

Resolução 680 Declaração de advertência

Este equipamento não tem direito à proteção contra interferência prejudicial e não pode causar interferência em sistemas devidamente autorizados.