



CONRAD RGOHBRSWLBL R-Go HE Break Ergonomic Mouse User Manual

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Congratulations with your purchase!

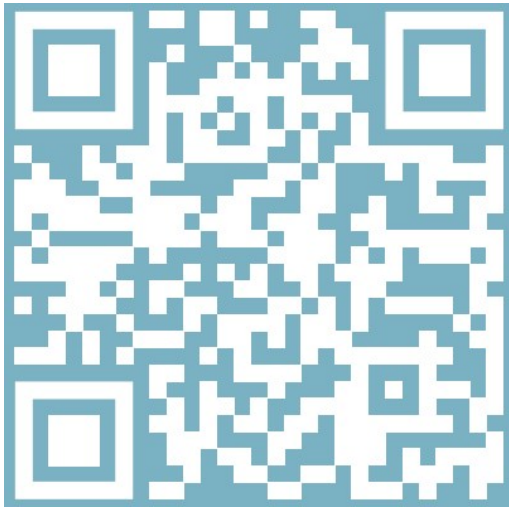
Our ergonomic R-Go HE mouse has a vertical grip that ensures a natural, relaxed position of your hand and wrist. The mouse stimulates movements from the forearm instead of the wrist, which prevents RSI. This comfortable mouse supports your thumb and fingers and is as lightweight as possible, hereby reducing the muscle tension. HE is the way to a healthy life! #stayfit

System requirements/Compatibility:

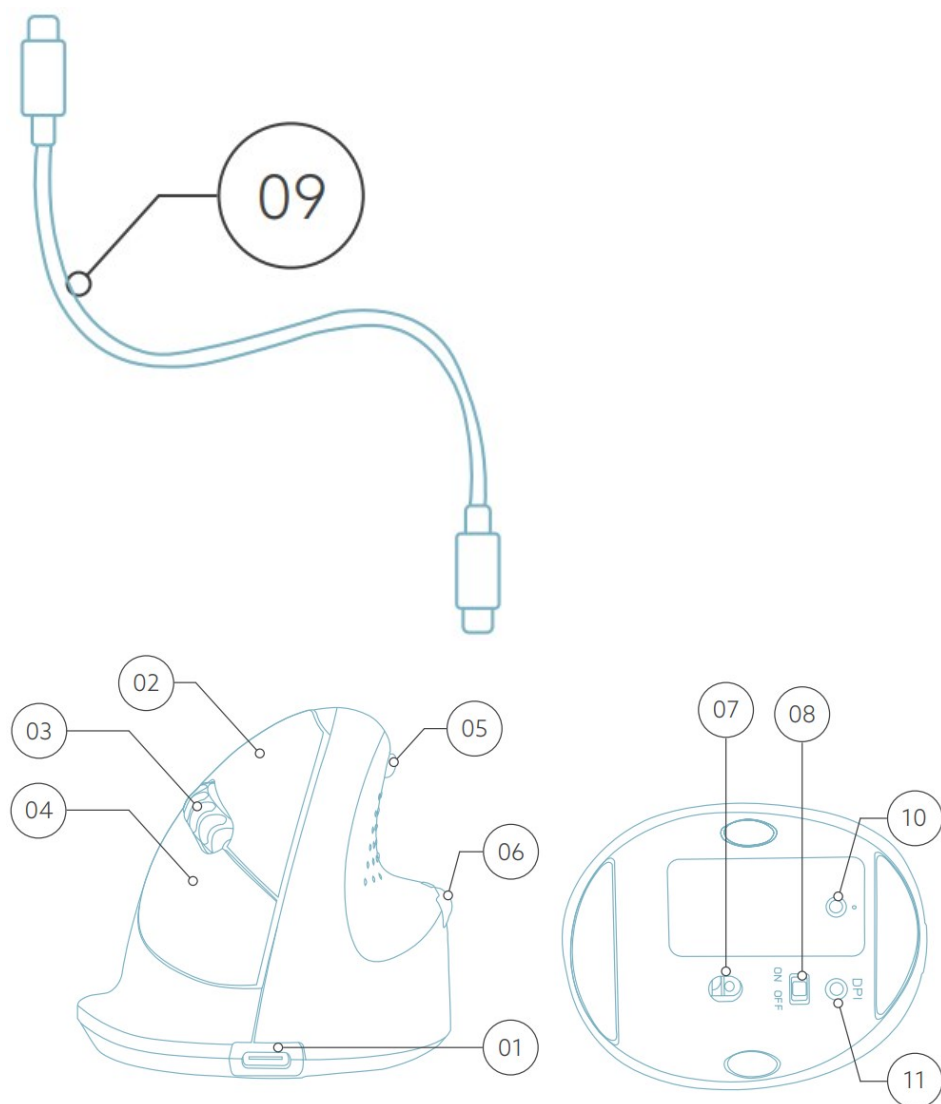
Windows XP/Vista/10/11, MacOS

For more information about this product, scan the QR code!

https://r-go.tools/hewireless_web_en



Product overview



1. Connection for charging cable
2. Left (primary) button
3. Scroll wheel
4. Right (secondary) button
5. Forward (not for MacOS)
6. Backward (not for MacOS)
7. Sensor
8. On/off button
9. USB cable (for charging only)
10. Pair button
11. DPI button

Setup

Windows

- Flip the switch 08 on the bottom to “ON”.
- Click the Windows icon on your screen or hit the Windows-button on your keyboard.
- Type in “Bluetooth and other device settings” and click.

- If Bluetooth is not already working, click on the checkbox to turn Bluetooth on.
- In the window that appears click on “Add Bluetooth or other device”.
- In the new window, click on the option “Bluetooth”.
- Now click the pair button 10 on the bottom of the mouse and click on the new device that appears in the list.
- Your device will now establish a connection with the mouse.
- The next time your device starts up or when you turn the mouse on, just click one of the buttons and the mouse will be connected to your pc.

Mac Os

- Flip the switch 08 on the bottom to “ON”.
- Click the Apple icon in the top-left corner of the screen and select “System Preferences”.
- In the window that appears click on “Bluetooth”.
- If Bluetooth is not already working, select “Turn Bluetooth on”.
- Now click the pair button 10 on the bottom of the mouse and click on the new device that appears in the list.
- Your device will now establish a connection with the mouse.
- The next time your device starts up or when you turn the mouse on, just click one of the buttons and the mouse will be connected to your pc.

DPI switch

To change the DPI-mode, click the DPI button 11 .

DPI means Dots Per Inch. With a low DPI, you will have to make larger movements to get the cursor move the same distance on your screen compared to a higher DPI. We recommend a lower DPI setting, so you will move the mouse with your arm instead of your wrist in order to prevent RSI.

R-Go Break

Download the R-Go Break software at

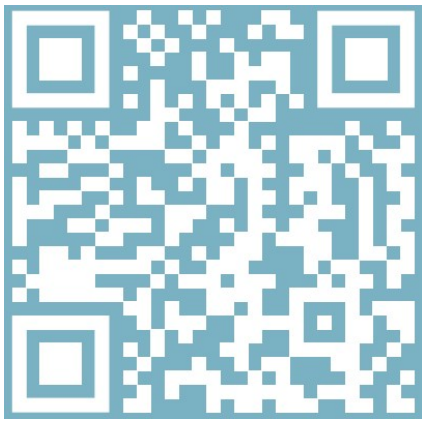
<https://r-go.tools/bs>

The R-Go Break software is compatible with all R-Go HE Break mice and keyboards. It gives you insight into your work behaviour and gives you the possibility to customize your mouse buttons.

The R-Go Break is a software tool that helps you to remember to take breaks from your work. As you work, the R-Go Break software controls the LED light on your Break mouse or keyboard. This break indicator changes color, like a traffic light. When the light turns green, it means you are working healthily. Orange indicates that it is time for a short break and red indicates that you have been working too long. This way you receive feedback on your break behavior in a positive way

For more information about the R-Go Break software, scan the QR code!

https://r-go.tools/break_web_en



Maintenance

- Do not bring the mouse in contact with water. Water could damage the electronic parts inside the mouse. To clean the mouse, disconnect the device from your PC. Do not clean the mouse with alcohol or with water and soap. This will damage the coating of the mouse. If you want to clean the mouse, use a water-based damp cloth.
- Do not remove any of the rubber parts on the bottom of the mouse. You will not be able to place them back and your mouse will not move smoothly as before.
- Do not obstruct the laser on the bottom of the mouse.


Troubleshooting

Is your mouse not working properly, or do you experience problems while using it? Please follow the steps mentioned below.

- Check if the mouse is connected properly (page 4-6).
- Click the 'Pair' button on the bottom of the mouse to start the pairing process. Check if the device appears on the screen. If it does not appear, restart your computer.
- Test the mouse on another device, if it is still not working contact us via info@r-go-tools.com.



Documents / Resources

	<p>CONRAD RGOHBRSWLBL R-Go HE Break Ergonomic Mouse [pdf] User Manual RGOHBRSWLBL R-Go HE Break Ergonomic Mouse, RGOHBRSWLBL R-Go HE, Break Ergonomic Mouse, Ergonomic Mouse, Mouse</p>
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