

R-Go Tools RGOHBRWLBL Ergonomic Mouse



R-Go Tools RGOHBRWLBL Ergonomic Mouse Instruction Manual

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R-Go Tools RGOHBRWLBL Ergonomic Mouse



Specifications

- Product Name: R-Go HE Break
- Model Numbers: RGOHBRSWLBL, RGOHEWL, RGOHEWLL, RGOHELAWL, RGOHELELAWL
- Size Options: Small, Medium, Large
- Connection: Bluetooth
- Hand Orientation: Left, Right
- Compatibility: Windows XP/Vista/10/11, MacOS

Product Overview

The R-Go HE Break is an ergonomic mouse designed to provide a natural and relaxed position for your hand and wrist. It promotes forearm movements instead of wrist movements, helping to prevent RSI (Repetitive Strain Injury). The mouse is lightweight and supports your thumb and fingers, reducing muscle tension.

The package includes the following components:

1. Connection for charging cable
2. Left (primary) button

3. Scroll wheel
4. Right (secondary) button
5. Forward button (not available for MacOS)
6. Backward button (not available for MacOS)
7. Sensor
8. On/off button
9. USB cable (for charging only)
10. Pair button
11. DPI button
12. Bluetooth dongle

Setup

Windows Setup

Note: The mouse buttons work correctly when the mouse settings in Windows are set for right-handed use!

macOS Setup

Note: The mouse buttons work correctly when the mouse settings in MacOS are set for right-handed use!

DPI Switch

To change the DPI mode, click the DPI button. DPI stands for Dots Per Inch. A lower DPI setting requires larger movements to move the cursor the same distance on the screen compared to a higher DPI setting. It is recommended to use a lower DPI setting to move the mouse with your arm instead of your wrist, preventing 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 provides insights into your work behavior and allows customization of mouse buttons.

The R-Go Break software acts as a reminder to take breaks from work. It controls the LED light on your Break mouse or keyboard, changing its color like a traffic light. Green indicates healthy working, orange indicates a short break is needed, and red indicates that you have been working for too long. This provides positive feedback on your break behavior.

FAQ

- Q: What are the system requirements for the R-Go HE Break mouse?
A: The R-Go HE Break mouse is compatible with Windows XP/Vista/10/11 and MacOS.
- Q: Where can I find more information about this product?
A: For more information about this product, you can scan the QR code provided in the user manual or visit https://r-go.tools/hewireless_web_en
- Q: How do I change the DPI setting on the R-Go HE Break mouse?
A: To change the DPI setting, click the DPI button on the mouse. Lower DPI settings require larger movements to move the cursor on the screen, while higher DPI settings allow for smaller movements.
- Q: Where can I download the R-Go Break software?
A: You can download the R-Go Break software at <https://r-go.tools/bs>
- Q: Is the R-Go Break software compatible with all R-Go HE Break products?
A: Yes, the R-Go Break software is compatible with all R-Go HE Break mice and keyboards.

Congratulations with your purchase

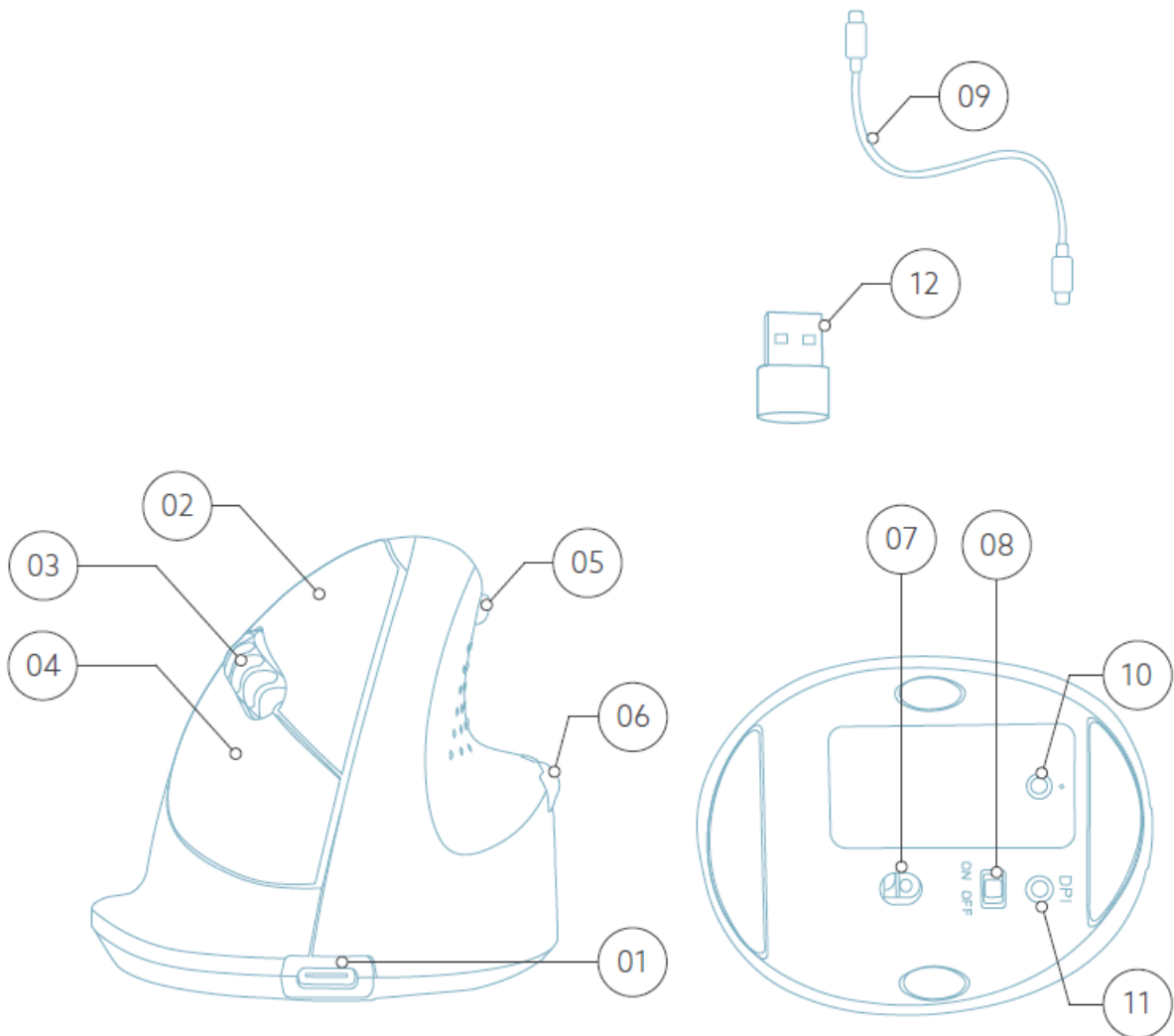
Our ergonomic R-Go HE mouse has a vertical grip that ensures a natural, relaxed position of your hand and wrist. The mouse stimulates movements from the forearm instead of the wrist, which prevents RSI. This comfortable mouse supports your thumb and fingers and is as lightweight as possible, hereby reducing 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
12. Bluetooth dongle

Right version is shown in these illustrations

Setup

Only for computers without Bluetooth connection

- Put the Bluetooth dongle 12 in the USB hub on your computer.
Note: do this only if you do not have a Bluetooth connection on your computer.
- To connect the mouse, follow the steps for Windows or macOS on the following pages.

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.

Note: The mouse buttons work correctly when the mouse settings in macOS are set for right-handed use!

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 to 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 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 behavior 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



[R-Go Tools RGOHBRSWLBL Ergonomic Mouse](#) [pdf] Instruction Manual
RGOHBRSWLBL, RGOHEWL, RGOHEWLL, RGOHELAWL, RGOHELELAWL, RGOHBRSWL
BL Ergonomic Mouse, Ergonomic Mouse, Mouse

References

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- [R-Go Break Software - R-Go Tools](#)
- [Pauzesoftware - R-Go Tools](#)
- [R-Go HE Break Mouse - R-Go Tools](#)
- [Souris R-Go HE Break - R-Go Tools](#)
- [R-Go HE Break Mouse - R-Go Tools](#)
- [User Manual](#)

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