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RGOHBRSWLBL
Break Ergonomic
Mouse

R-Go RGOHBRSWLBL Break Ergonomic Mouse Instruction Manual

Contents

R-Go RGOHBRSWLBL Break Ergonomic Mouse

Product Information

- Congratulations on your purchase of the ergonomic R-Go HE Break mouse! This mouse features a vertical grip that promotes a natural hand and wrist position, reducing the risk of RSI.
- It encourages forearm movement over wrist movement, providing a comfortable and lightweight design that minimizes muscle tension.

Product Usage Instructions

- Turn on the mouse using the on/off switch located at the bottom.
- Press the pair button for 5 seconds until a blue light flashes at the bottom of the mouse.
- Access the Bluetooth & other devices menu on your screen by typing "Bluetooth" in the Windows bar.
- Ensure Bluetooth is enabled on your PC/laptop.
- Add the device by clicking on 'Bluetooth' and selecting your mouse for connection.
- Turn on the mouse using the on/off switch located at the bottom.
- Press the pair button for 5 seconds until a blue light flashes at the bottom of the mouse.
- Access Bluetooth settings by clicking on the Mac icon and going to System Settings.
- Ensure Bluetooth is enabled and connect to the mouse under 'Nearby Devices'.
- To maintain your R-Go HE Break mouse, regularly clean the exterior surface with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials that may damage the device.
- If you experience any issues with your mouse, refer to the troubleshooting section in the user manual for guidance. Ensure that the device is charged and properly connected to your computer.

FAQ

- **Q: How do I know if my PC has Bluetooth capability?**
  - **A:** You can check if your PC has Bluetooth by typing 'device manager' in the Windows search bar. If Bluetooth is not listed, your PC may not have Bluetooth functionality.
- **Q: Can I use the Bluetooth dongle if my device does not have built-in Bluetooth?**
  - **A:** Yes, you can use the Bluetooth dongle provided with the mouse if your device does not have Bluetooth. Simply plug in the dongle, follow the setup instructions, and connect your mouse.

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, thereby reducing 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
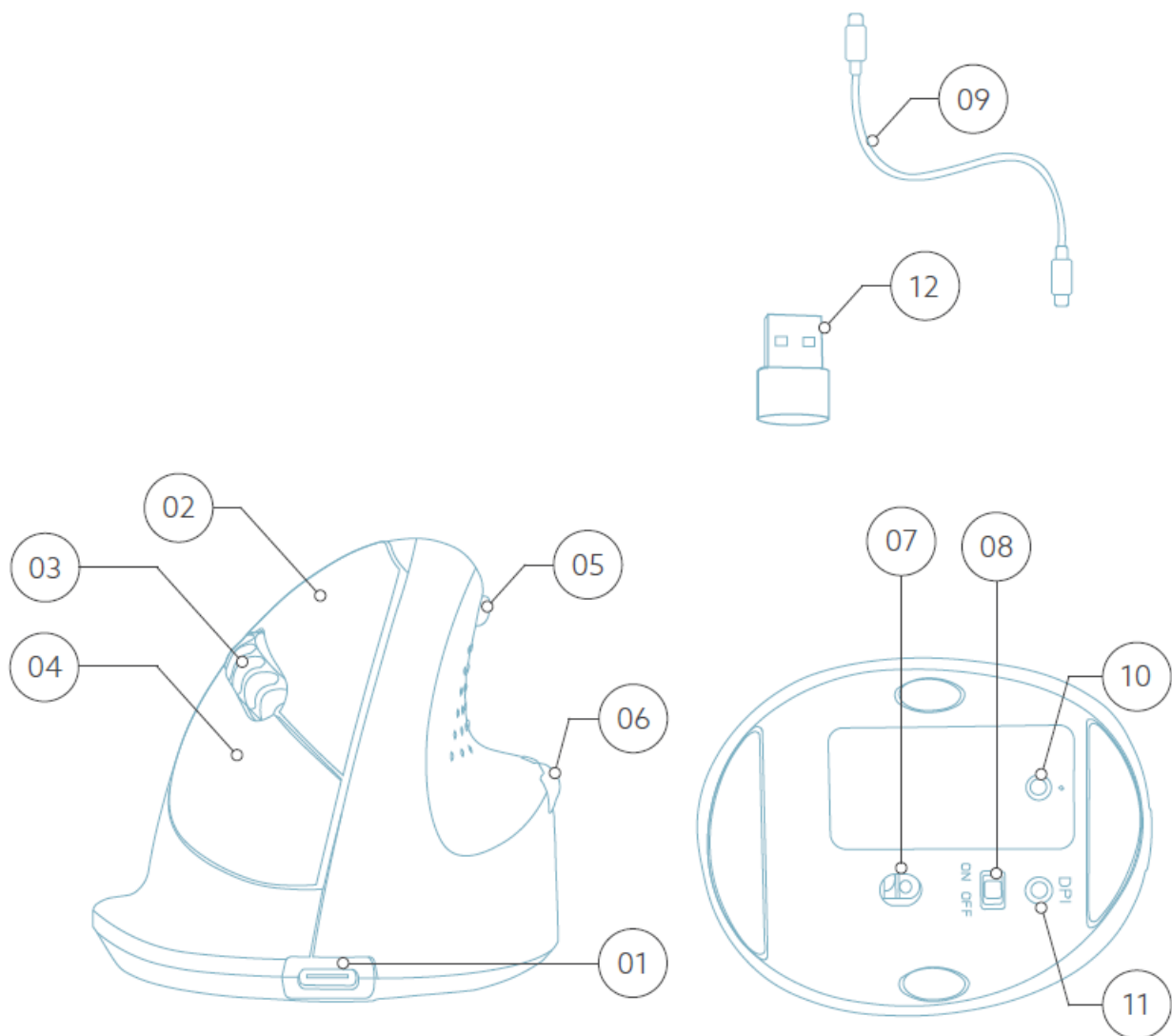
- Right version is shown in these illustrations.

Setup

Note: Only use the dongle if you don't have Bluetooth on your device!

Windows

1. Turn your mouse on. At the bottom of the mouse, you will find the on/off switch. Turn the switch to "on".
2. Press the pair button for 5 seconds. You will see a blue light on the bottom of the mouse blinking.
3. Go to the Bluetooth & other Devices menu on your screen. To find this you can type "Bluetooth" in your Windows bar.
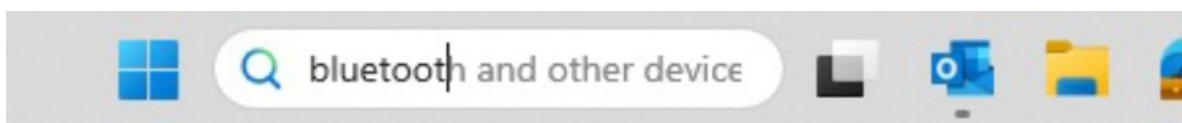
4. Check if Bluetooth is on. If not, turn on Bluetooth or check if your PC has got Bluetooth.

5. Add the device and click on 'Bluetooth'. Select your mouse. The mouse will connect to your PC/laptop.
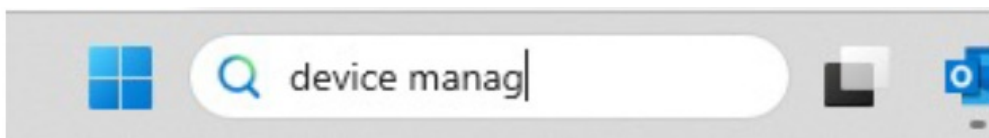

- To check if your PC has got Bluetooth, type 'device manager' in the Windows bar at the bottom of your screen.

- You will see the following screen (see picture). When your PC doesn't have Bluetooth, you won't find 'Bluetooth' in the list. You won't be able to use Bluetooth devices.
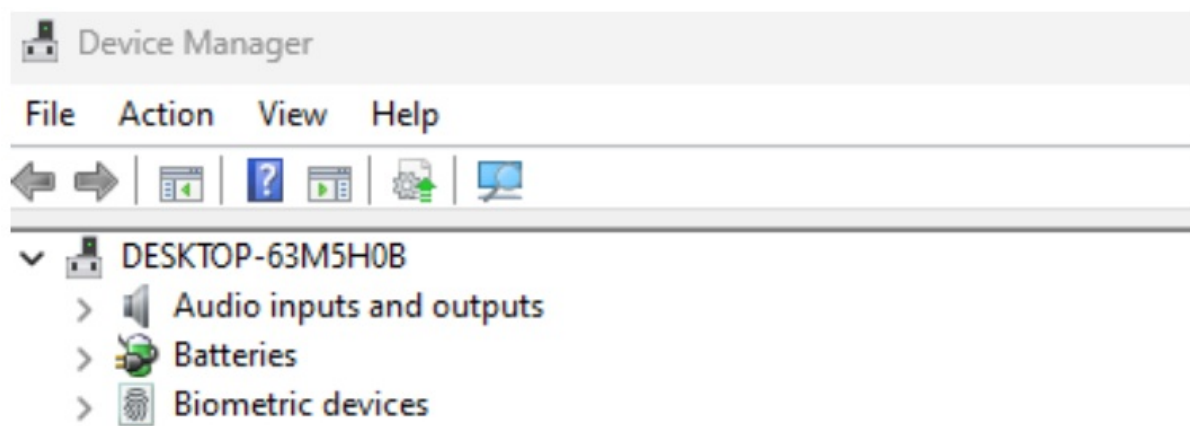

Only if you don't have Bluetooth, you can use the bluetooth DONGLE provided

- When you plug the dongle into the PC, 'Bluetooth' appears in the device manager. Check that this is OK (and there are no warnings in the form of yellow exclamation marks: solve this first by following Windows' recommendations).
- Then reboot the PC and add the mouse as explained from step 5.

Mac

1. Turn your mouse on. At the bottom of the mouse, you will find the on/off switch. Turn the switch to "on".
2. Press the pair button for 5 seconds. You will see a blue light on the bottom of the mouse blinking.
3. Go to Bluetooth on your screen. To find this you click on the Mac icon in the upper left and go to System settings.
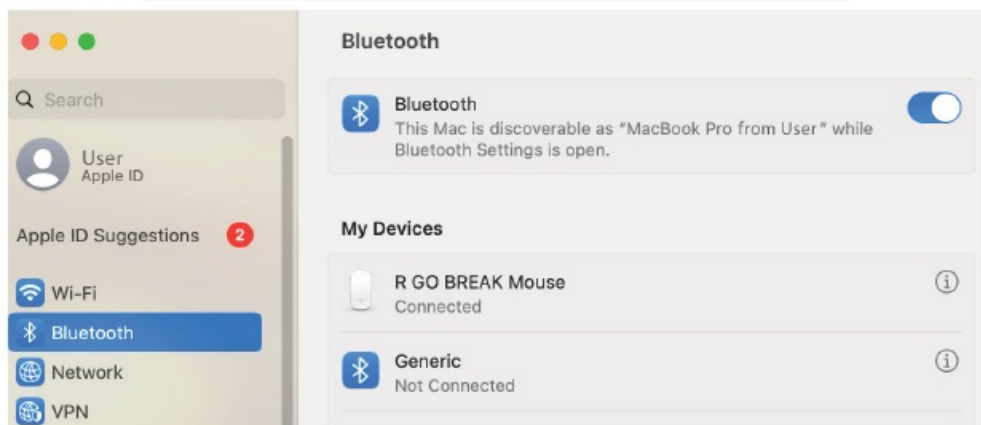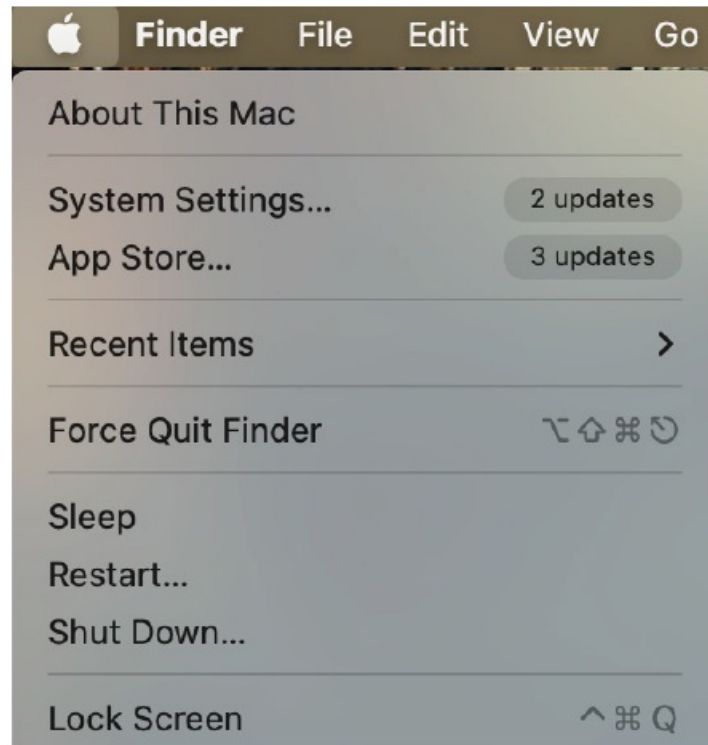
4. Check if Bluetooth is on. If not, turn on Bluetooth or check if your PC has Bluetooth.
5. Scroll down to 'Nearby Devices' and click Connect.
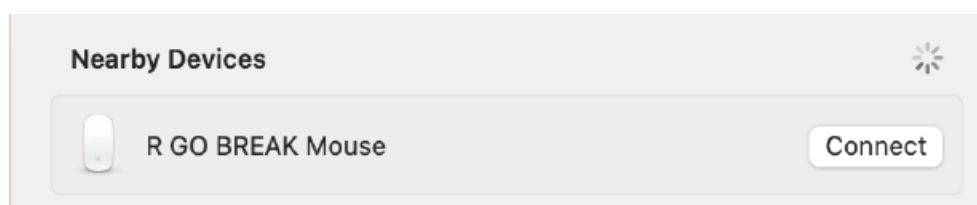
R-Go Break

- 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 positively.

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.
- 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 RGOHBRSWLBL Break Ergonomic Mouse [pdf] Instruction Manual
RGOHBRSWLBL, RGOHEWL, RGOHEWLL, RGOHELAWL, RGOHELELAWL, RGOHBRSWLBL Break Ergonomic Mouse, RGOHBRSWLBL, Break Ergonomic Mouse, Ergonomic Mouse, Mouse

References

- ⚛ **Pauzesoftware - R-Go Tools**
- **User Manual**