

# Discover our R-Go Break software.



Check  
out this  
video!



## R-Go Break software

### Your personal break coach

Download the R-Go Break software



#### Break indication LED

Alerts you with color signals on the R-Go Break mouse and keyboard when it's time to take a break.



#### Additional modules

The **Sit/stand coach** moves your desk from sitting to standing height. The **Fit coach** offers you various stretching exercises (45 days free trial).



#### Personal settings

The software measures your actual mouse and keyboard usage and provides break advice based on this. The break times and frequency are personally adjustable.

### Healthy working with R-Go Break software

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.

The R-Go Break can be personalized. You can increase the break frequency in case of complaints or at the advice of your therapist. Personalize your breaks by, for example, setting a reminder when it's time for a cup of tea, a game of table tennis or a walk. It is also possible to configure the buttons of your mouse to your personal needs.



Break indicator



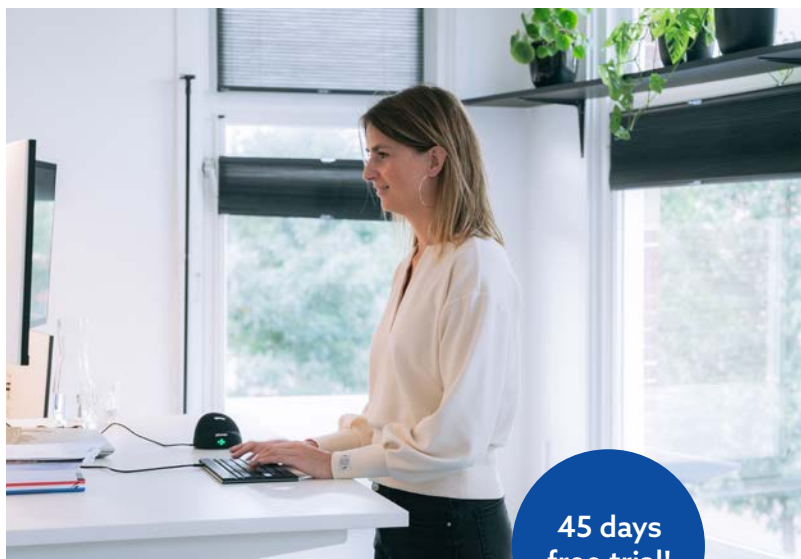
# Stay fit with our extra modules

## Sit/Stand coach

By changing your posture regularly during the working day, you stimulate the blood circulation and prevent physical complaints. Based on actual screen usage, the Sit/stand coach moves your desk from sitting to standing or a height in between (for use of a stool or desk bike). You can personally set your breaks and program your electric desk\* to move to your chosen height.

The Sit/Stand coach\*\* is developed in cooperation with furniture manufacturers.

\* Only for desks with a Linak, Innotech or OMT control box  
\*\* Only available for Windows



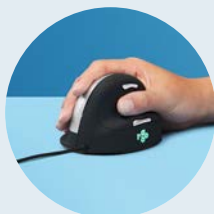
## Fit coach

With this module you can work even healthier! The Fit coach\* offers you various exercises from physiotherapists, which can be performed sitting on your desk chair or standing up. With these exercises you are more productive and stay fit during your working day.

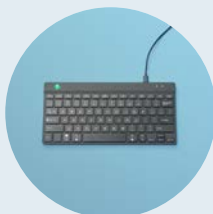
\* Only available for Windows



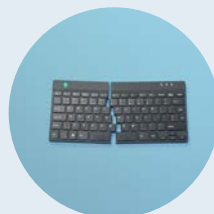
## Discover all products that work with the Break software



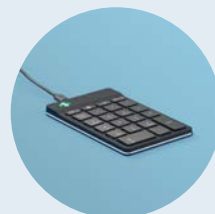
R-Go HE Break



R-Go Compact Break



R-Go Split Break



R-Go Numpad Break

	R-Go HE Break	R-Go Compact Break	R-Go Split Break	R-Go Numpad Break
<b>Wired</b>	RGOBRHESMR <sup>(1)</sup>	RGOCOUSWDBL <sup>(2)</sup>	RGOSP-USWIBL <sup>(2)</sup>	RGOCONMWDBL
<b>Wireless</b>	•	RGOCOUSWLBL <sup>(2)</sup>	Expected in 2023	RGOCONMWLBL

<sup>(1)</sup> Also available in Medium Left, Large Right and Large Left variant.

<sup>(2)</sup> Available in AZERTY (BE), AZERTY (FR), QWERTY (IT), QWERTY (ND), QWERTY (UK), QWERTY (US), QWERTZ (DE).  
For all article numbers, go to our website.