ergonomic
mouse R-Go HE

Ergonomische Maus
Souris ergonomique

small
Bluetooth connection
break | left | right

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Congratulations with this healthy product!

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 underarm 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
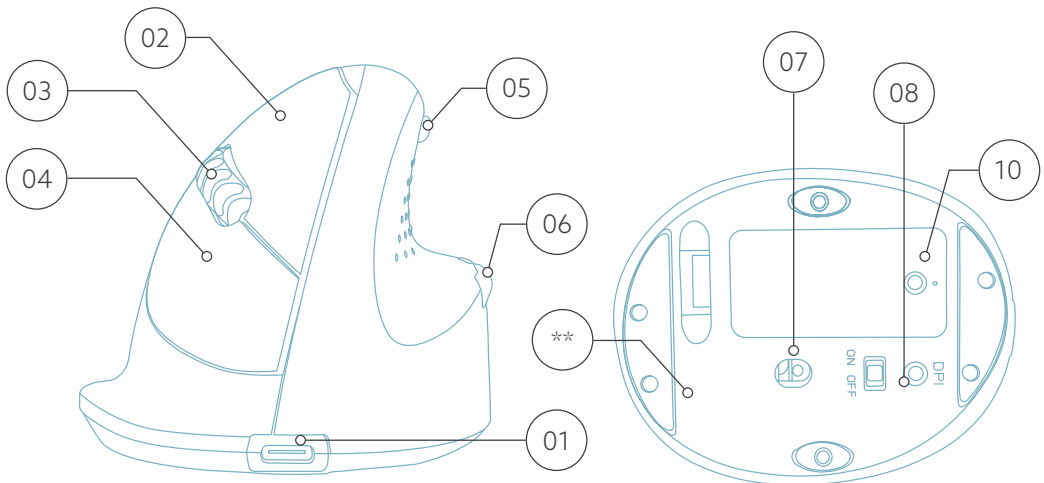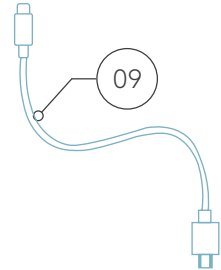
System requirements/Compatibility:
Windows XP/Vista/10/11, MacOS

Product overview

01   Connection for charging cable
02   Left button
03   Scroll wheel
04   Right button
05   Forward (not for MacOS)
06   Backward (not for MacOS)
07   Sensor
08   On/off button
09   USB cable (for charging only)
10   Pair button
*   DPI switch (03) + (04) (see p.8)
** Intentionally empty

* Small, right version is shown in these illustrations

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.

Setup

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 1 time, hold the right button $\widehat{04}$ and the scroll wheel $\widehat{03}$ 4 seconds and then release. The DPI-mode has now been changed. You have to repeat this every time when you want to change the DPI-mode of your mouse.

DPI means Dots Per Inch. With a low DPI, you will have to make longer 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
www.r-go-break.com

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

Extra functionality when used with R-Go Break devices, which are equipped with a LED light. This light changes colour during use to indicate when it is time to take a break.

Scan the QR-code to watch the video.

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 place anything in front of the laser on the bottom side 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 using the correct connectors and cables (page 7).
- Connect the mouse to another USB port of your computer.
- Connect the mouse directly to your computer if you are using an USB hub.
- Restart your computer.
- Test the mouse on another device, if it is still not working contact us via **info@r-go-tools.com**.