



# ergonomic mouse

R-Go HE

Ergonomische Maus  
Souris ergonomique

medium  
wireless | wired  
break | left | right

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## Congratulations with this healthy product!

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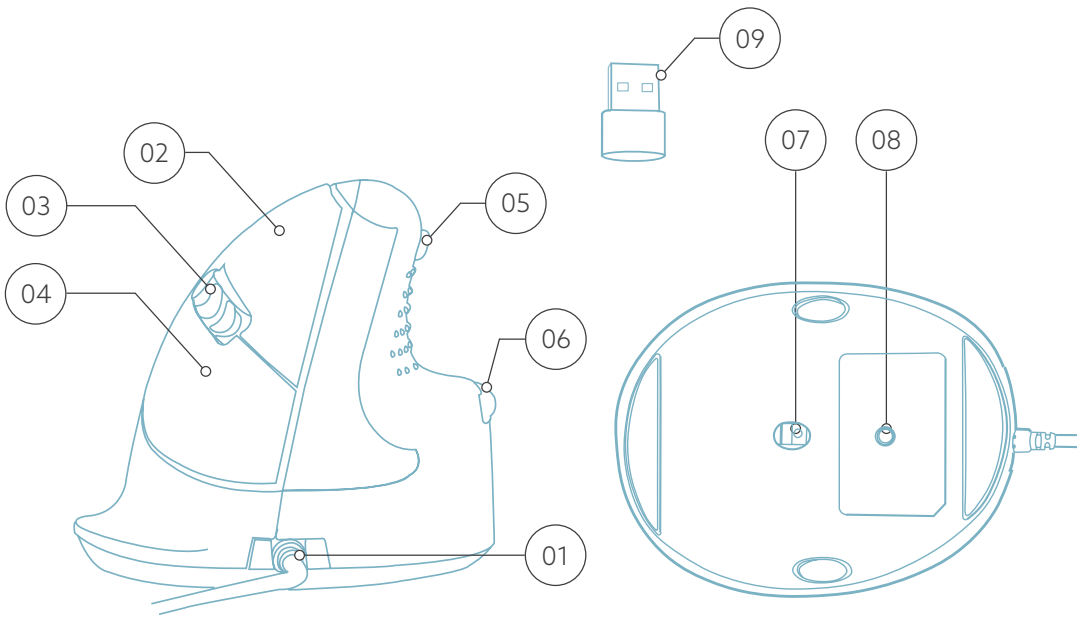
Our ergonomic R-Go HE mouse has a vertical grip that ensures a natural, relaxed position of your hand and wrist. The mouse stimulates movements from the underarm instead of the wrist, which prevents RSI. This comfortable mouse supports your thumb and fingers and is as lightweight as possible, hereby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

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

# Product overview Wired

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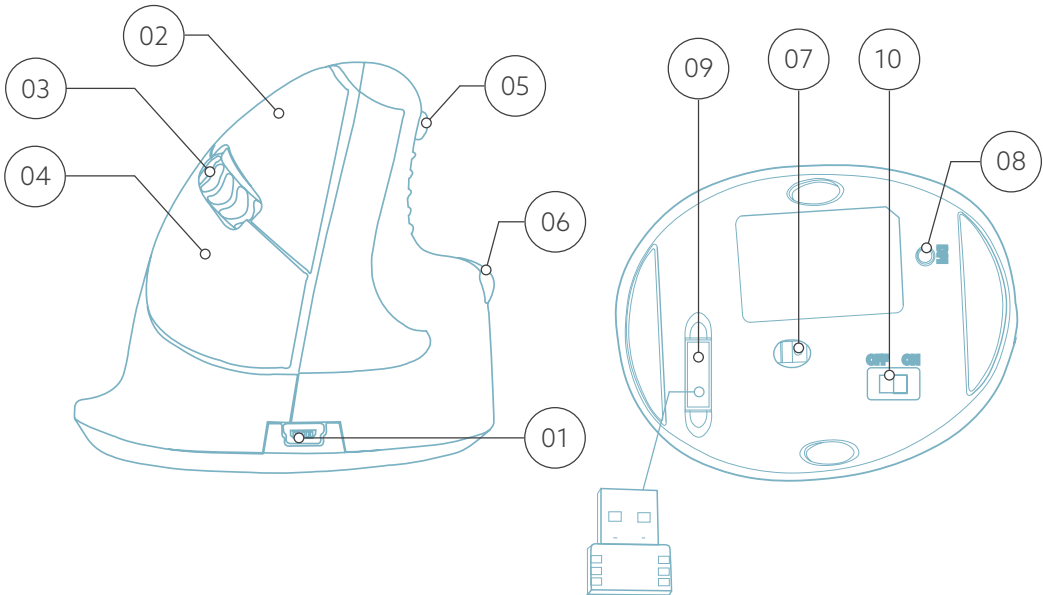
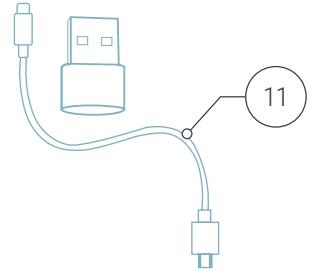
- 01 Cable
- 02 Left button
- 03 Scroll wheel
- 04 Right button
- 05 Forward (not for MacOS)
- 06 Backward (not for MacOS)
- 07 Sensor
- 08 DPI switch
- 09 USB-C to USB-A converter



\* Medium, right, wired version is shown in these illustrations

# Product overview Wireless

- 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 DPI switch
- 09 USB receiver (2.4 GHz)
- 10 On/off button
- 11 USB-C cable with USB-C to USB-A converter (for charging only)

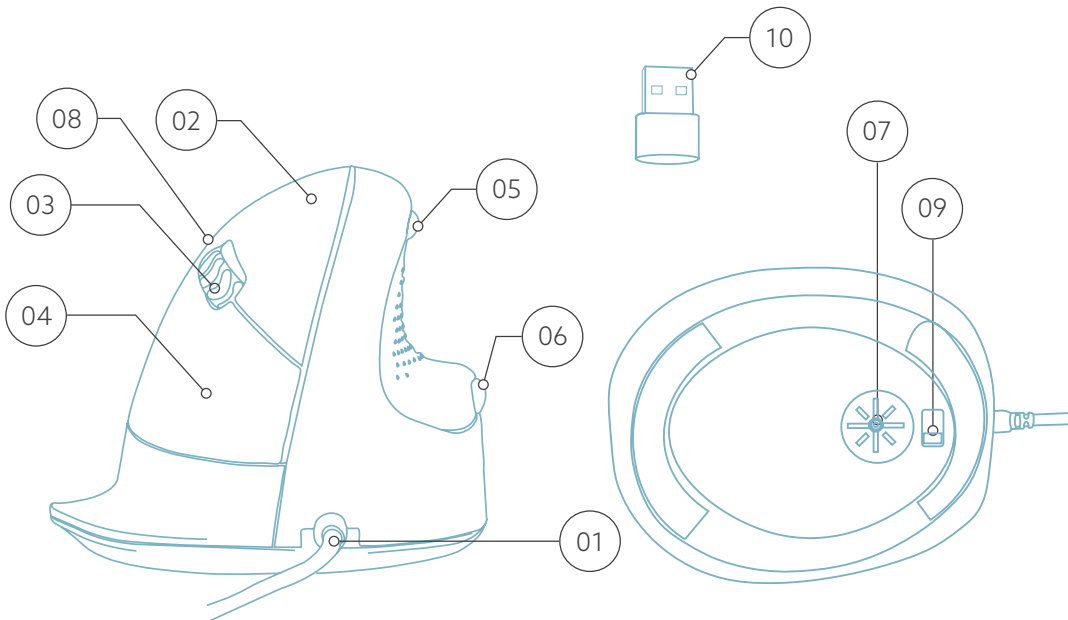


\* Medium, right, wireless version is shown in these illustrations

# Product overview Break

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- 01 Cable
- 02 Left button
- 03 Scroll wheel
- 04 Right button
- 05 Forward (not for MacOS)
- 06 Backward (not for MacOS)
- 07 Sensor
- 08 DPI switch
- 09 On/off button
- 10 USB-C to USB-A converter



\* Medium, right, Break version is shown in these illustrations

# Setup

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## Wired/Break

Connect the USB Cable ① to your computer.

## Wireless

Connect the USB receiver (2.4 GHz) ⑨ to your computer. Switch the mouse on ⑩, and click once to connect with the USB receiver (2.4 GHz). You can charge the mouse by plugging cable ⑪ into the PC and mouse ①. Please note that this cable is for charging only.

If you want to use the mouse while charging, do not remove receiver from PC.

## R-Go Break

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Download the R-Go Break software at  
[www.r-go-break.com](http://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.





## DPI switch

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Cycle through the DPI-mode by clicking the DPI switch button .

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.

## Maintenance

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- 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

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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](mailto:info@r-go-tools.com).