

**Hoverstop**  
active ergonomic mouse



The Hoverstop active ergonomic mouse is suitable for rehabilitation and prevention of injuries and discomfort associated with computer mouse usage. The Hoverstop assists by changing the mouse usage habits that produce static loadings on the body. For more information on how to use the Hoverstop and an introductory video please visit <http://www.hoverstop.com> or [www.balancedergonomics.com](http://www.balancedergonomics.com)

### **The Mouse**

How does the mouse work?

The Hoverstop ergonomics mouse detects if your hand is on the mouse. It then monitors if you are actually using it (clicking, scrolling). If you are not using it for more than 10 seconds, it will **vibrate softly** to remind you to take your hand away and relax. This will give you many (micro)breaks per hour. Meanwhile you continue to work normally (thinking, reading), without being disturbed. If you need the mouse again, just pick it up to resume work.

### **How do I benefit?**

The Hoverstop ergonomic mouse helps you to relax up to 25 times an hour. On average you will have 10 minutes of 'free' breaks each hour. That is a lot of relaxation time. Most people find it not only helps them relax, but also improves concentration on the task at hand, they get less tired and feel more comfortable.

### **Which technology has been used?**

The Hoverstop ergonomic mouse has a built-in sensor that detects if there is a hand close to or on the mouse. It then starts a timer-counter. Mouse action (clicking, scrolling) is monitored. If there is no mouse action for more than 10 seconds, the built-in vibration unit is triggered. The vibration will continue until you click the mouse or remove your hand. Every time you click or scroll the timer-counter is reset to zero, so during ordinary, active use of the mouse a signal is never generated. However, our research results show that there are always longer periods of inactive time, with you still holding the mouse.

The Hoverstop mouse is operating system independent. All necessary functions are performed by the mouse itself, not using processor time from the PC or slowing it down. Just plug it into the USB/PS2 port and start using it.

### **What adjustable settings do I have?**

The Hoverstop mouse does not require a special driver or software to operate. The default driver of your operating system will allow to adjust settings like mouse speed and double-click sensitivity.



The Hoverstop Sym 8-3 is a high-end office mouse. The Hoverstop technology is built into the mouse, so there is no need to install any software.

Hoverstop© active ergonomic technology

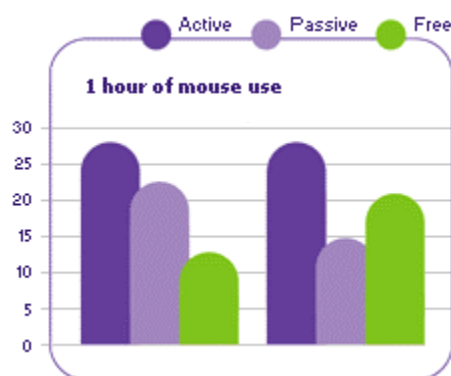
- 3-button mouse with scrollwheel
- 800-dpi optical sensor
- USB and PS/2 compatible
- For Windows 98/Me/2000/XP
- For Mac OS 10.x



## Here you see what happens...

...with your muscles when you are using a mouse. The red line shows the tension in your arm-muscles. When you are actively clicking and scrolling, you can see some peaks caused by movement. When you leave your hand on the mouse (mouse passive) and try to relax, the peaks disappear, but the muscle tension remains elevated.

Only when you release the mouse and rest your hand on the table, your muscles will relax.



## Do you know...

...how often your hand remains tensed on the mouse without actually using it? Up to 30 times an hour! Total passive mouse time can run up to more than 10 minutes per hour!

Save yourself this time and tension, release the mouse and relax!

For more information contact Balanced Ergonomics or visit  
<http://www.balancedergonomics.com>  
<http://www.hoverstop.com>