

For further assistance, please
visit [Tenovi.com/support](https://tenovi.com/support).

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1 Power Your Gateway

Plug your Gateway into an outlet with the provided power cord and wait until LED on the Gateway turns **red**.



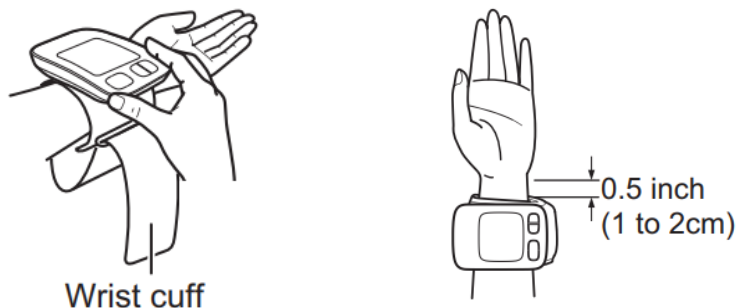
2 Insert BPM Batteries

Insert the two batteries into the back of your blood pressure monitor.



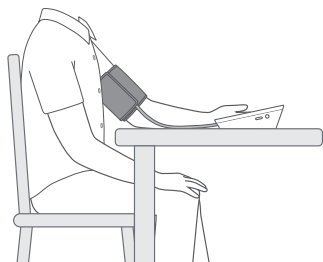
3 Properly Set Up

Tie the cuff on your **bare wrist**, with the monitor and your palm facing upwards. **Leave 1/2 an inch** between the cuff and your palm.



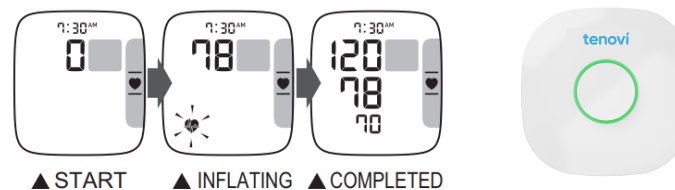
4 Body Position

Sit comfortably with your tested arm **resting on a flat surface** at the same level as your heart. Relax your arm and hand with your **palm facing upwards**.



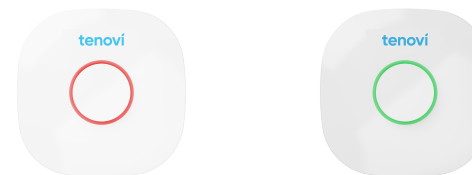
5 Take A Measurement

Press the **"Start/Stop"** button to take a measurement. Wait for the measurement to display before removing the cuff. When the LED ring turns Green, you have properly taken a measurement.



6 Daily Measurements

Take one measurement each day unless advised otherwise by your healthcare provider. The LED will turn **RED** each morning and then turn **GREEN** once a measurement has been successfully transmitted.



Measurement Needed

Measurement Successful