

For further assistance on how to
use your Tenovi device,
please contact a Tenovi representative
at:

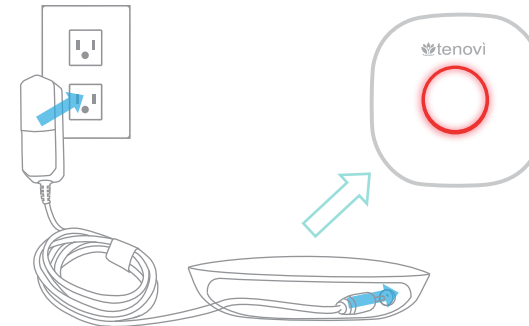
Phone: (714) 418-5658

**Email:
support@tenovi.com**

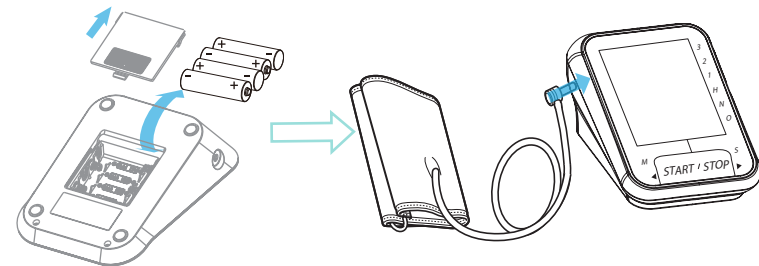




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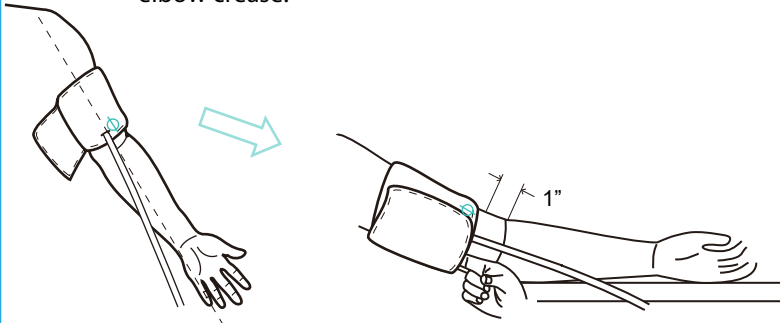
- 1** Plug your gateway into a power outlet with the provided power cord and wait until the LED on the gateway turns red.



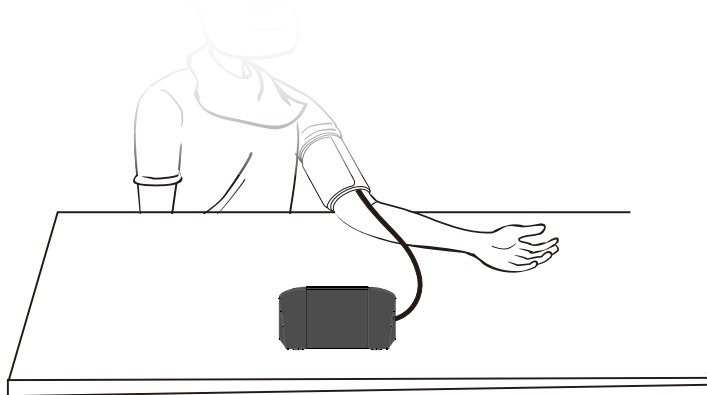
- 2** Insert the four batteries into the back of your blood pressure monitor and connect the cuff into the port on the left back side of the monitor.



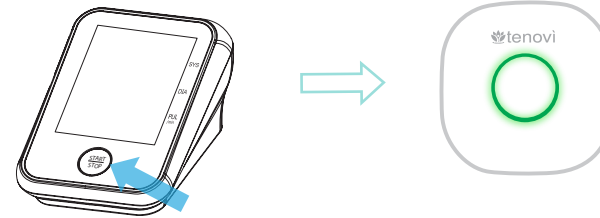
- 3** Tie the cuff on your upper arm and position the artery symbol  over the main artery on the inside of your arm. The artery symbol  should be 1 inch away from your elbow crease.



- 4** Sit comfortably with your tested arm resting on a flat surface at the same level as your heart. Turn your palm upwards and take 5-6 deep breaths.



- 5** Press the "Start/Stop" button to take a measurement. If the LED ring is **Green**, you have properly taken a measurement for the day and that measurement has been successfully transmitted.



- 6** **Take one measurement once per day unless otherwise advised by your healthcare provider.** The LED on your Tenovi device will turn **Red** at the beginning of each day indicating you must take measurement for that day. The LED ring will turn **Green** when you successfully take a measurement and transmit it to your healthcare provider.



Measurement Needed



Measurement Successful