



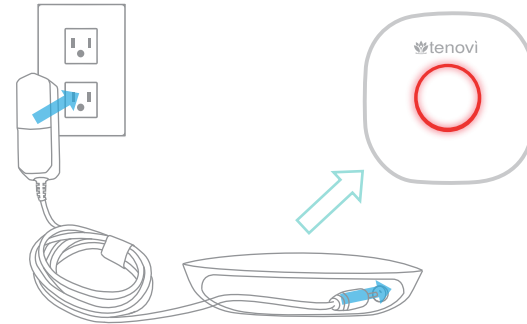
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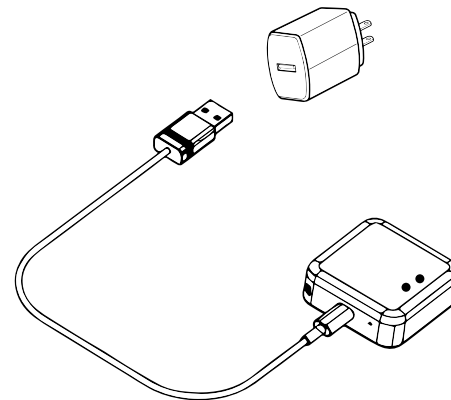
Tenovi, Co. unless otherwise noted.

Revision 05.01.2021

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



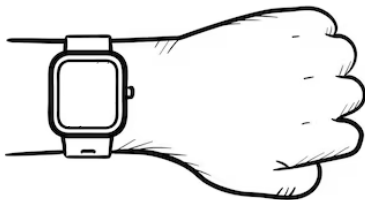
- 2** Plug the included charging cable to a USB charging adapter or a USB port in your computer.



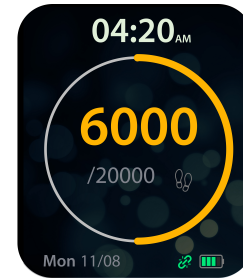
- 3** Place the two charging pins on the watch on top of the charging pins on the base of the charging cradle. Charge for at least 1 hour.



- 4** Place and adjust the watch around your wrist.



- 5** Do your best to complete the daily goal assigned by your health provider.



- 6** The cellular gateway will offload your activity data once per day. Move within 30 feet of your cellular gateway between the hours of 10AM and 12PM for data to offload. If the data offloads properly, the gateway LED will turn **Green**.



Measurement Needed



Measurement Successful