Daily Measurements 7

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

For further assistance, please visit Tenovi.com/support.

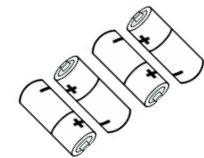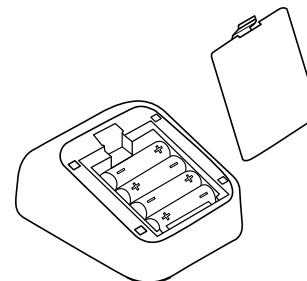# tenovi

Power Your Gateway 1

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

Insert BPM Batteries 2

Insert the four batteries into the back of your blood pressure monitor and connect the cuff into the port on the left side of the monitor.
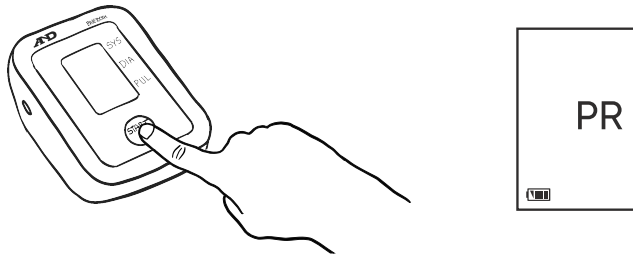
(4AA Batteries included)
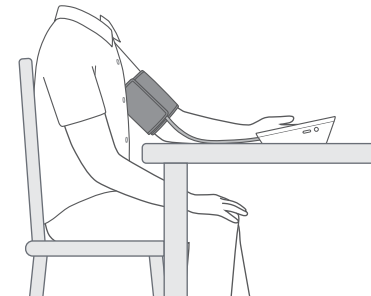
Pairing Your BPM & Gateway
3

Press and hold the "START" button until "Pr" is displayed. The gateway should flash **yellow** and beep after 5 seconds. Your device will display "Set" when completed properly. This pairing process only needs to be completed once.

PR

Fasten The Cuff
4

Fasten the cuff to your left upper arm directly on your skin. **Leave 0.5 inches** between the cuff and your elbow joint. The hose should rest over your forearm.

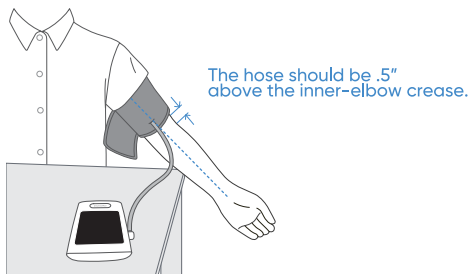The hose should be .5" above the inner-elbow crease.

Properly Set Up
5

Sit comfortably with your left arm resting on the table in front of you and your **palm facing up. Do not cross your legs. Sit quietly** and take 5-6 deep breaths.

Take A Measurement
6

Press the "Start/Stop" button to take a measurement. After measurement has been displayed for **5 seconds**, you may remove the cuff. If the LED ring is GREEN, you have properly taken a measurement for the day, and that measurement has been successfully transmitted.

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