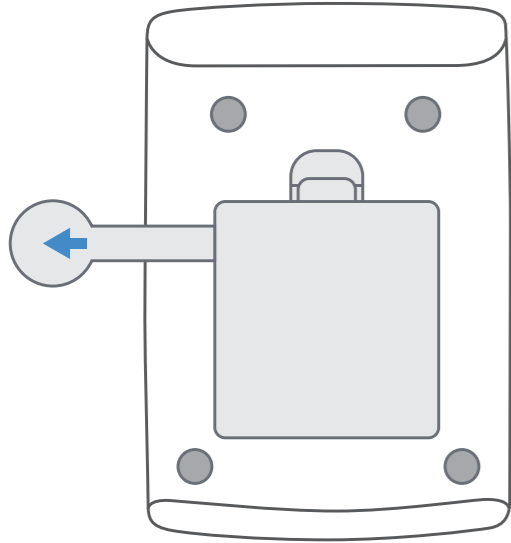


1

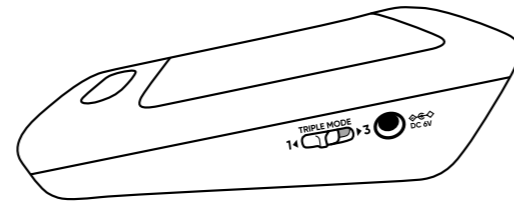
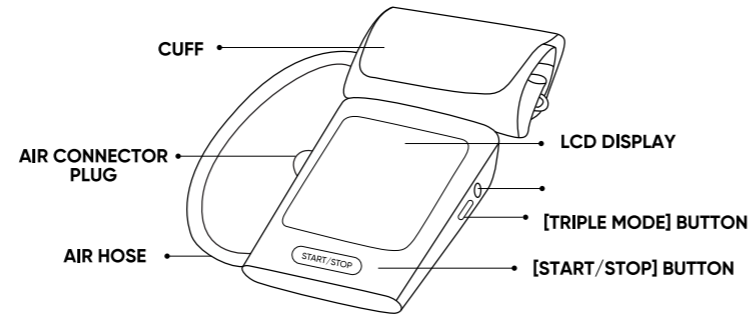
## Remove The Tab



Remove the plastic tab from the battery compartment.

2

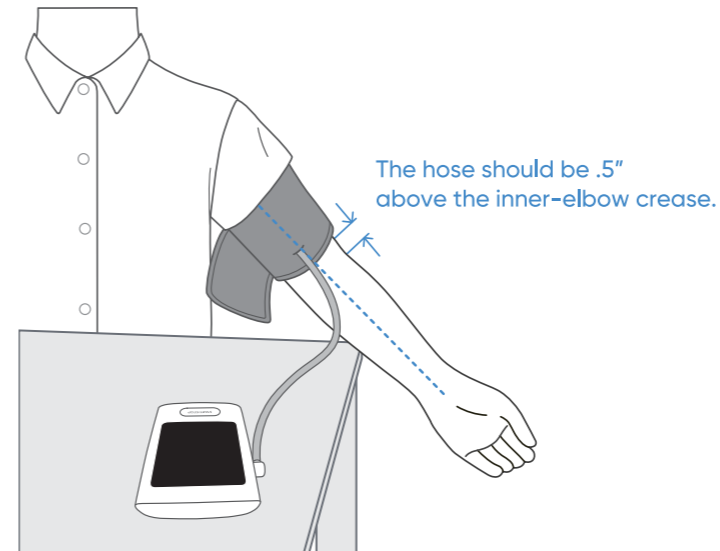
## Set Up



Make sure that the switch labeled “Triple Mode” on the right of the device is **set to 1**.

3

## Fasten The Cuff



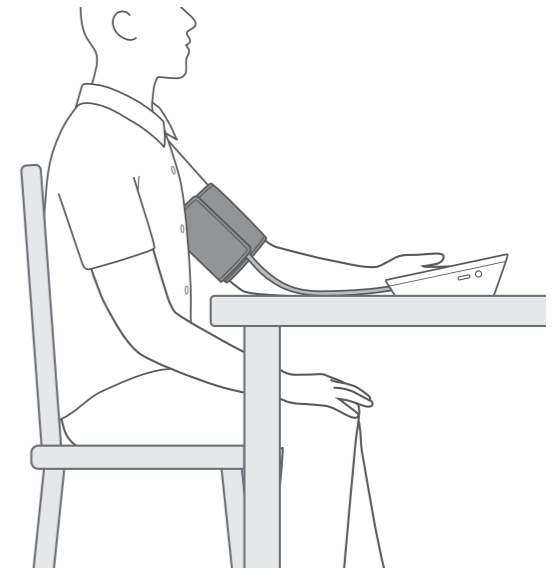
**Fasten the cuff** to your left upper arm directly on your skin.

**Leave 0.5 inches between the cuff and your elbow joint.** The hose should rest over your forearm.

**Tighten the cuff** enough to be able to fit just one finger between the cuff and your arm.

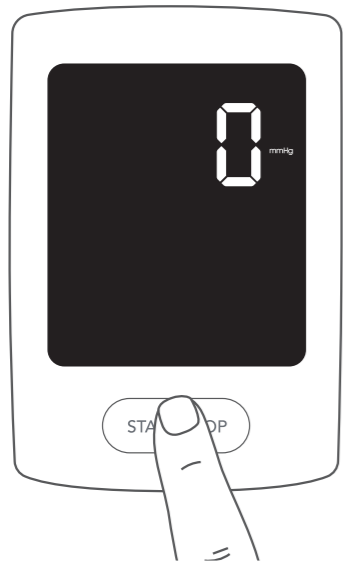
4

## Body Position



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


## 5 Take Your Measurement



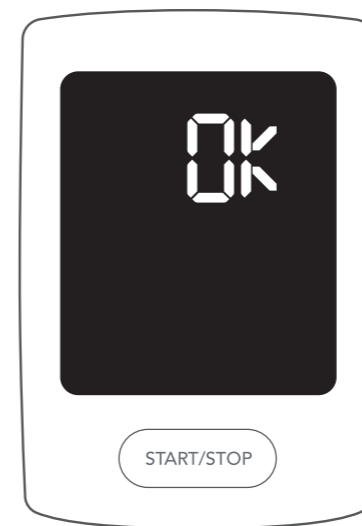
Press the "Start/Stop" button to inflate.  
Keep your body still and do not talk.


## 6 Reading



Wait 5 seconds after the final reading is displayed  
on the screen to take cuff off.  
If there is network connectivity the  will appear.

## 7 Successful Measurement



The device will display  within 2 minutes if the measurement has been successfully transmitted. If not, your measurement will be stored and the device will try again following the next reading.

# Cellular BPM

Quickstart Guide

The logo for tenovi, with 'tenovi' in a blue, lowercase, sans-serif font.