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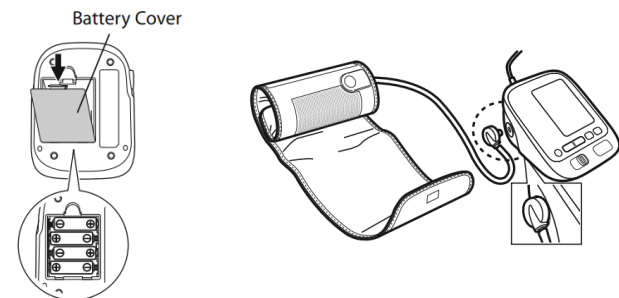visit Tenovi.com/support.

tenoví

Power Your Gateway

1

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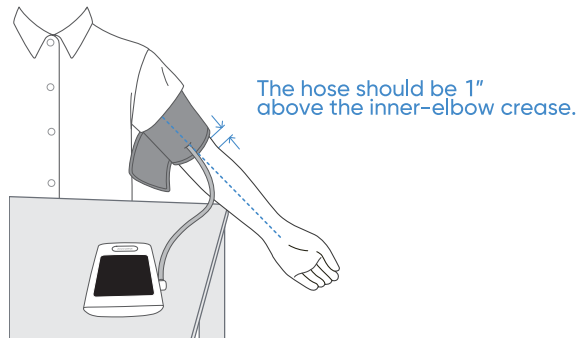turns red.

Insert BPM Batteries

2

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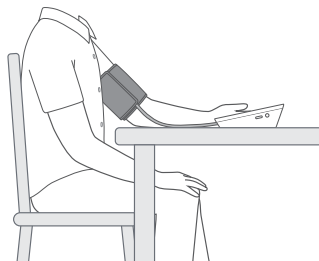on the left back side of the monitor.

Battery Cover

Properly Set Up 3

Fasten the cuff to your left arm directly on your skin. Leave 1 inch between the cuff and your elbow joint. The hose should rest over your forearm
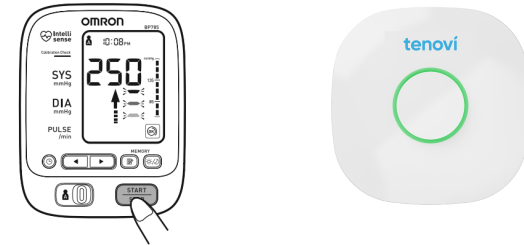
The hose should be 1" above the inner-elbow crease.

Body Position 4

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

Take A Measurement 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.

Daily Measurements 6

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