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## Power Your Gateway

Plug your Gateway into a power outlet with the provided power cord and wait until the LED on the Gateway turns **RED**.



For further assistance, please visit [Tenovi.com/support](https://Tenovi.com/support).

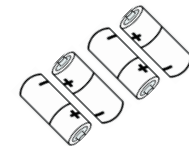
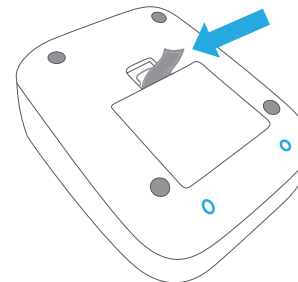
# tenovi

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## Remove Pull Tab

Remove pull tab from the battery compartment to power on the device.

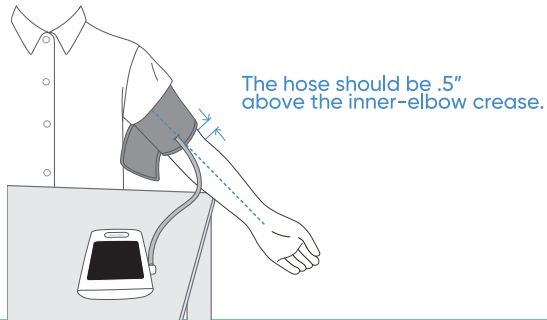


(4AA Batteries included)

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## Fasten The Cuff

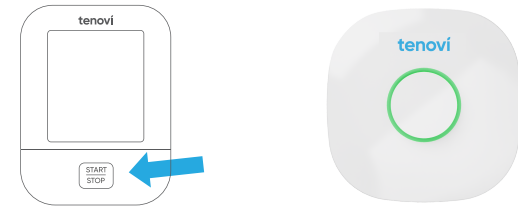
Fasten the cuff to your left upper arm directly on your skin. Leave **0.5 inches** between the cuff and your elbow joint. The air tube should rest over your forearm.



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## Take A Measurement

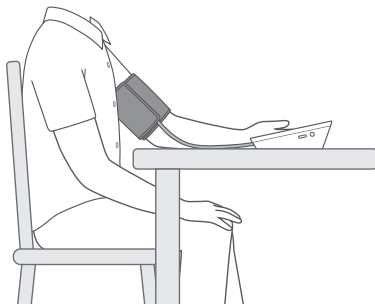
Press the "Start/Stop" button to take a measurement. After measurement has been displayed for 5 seconds, you may remove the cuff. If the LED ring is **GREEN**, you have properly taken a measurement for the day, and that measurement has been successfully transmitted.



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## Properly Set Up

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**.



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## Daily Measurements

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