

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

tenovi

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## Power Your Gateway

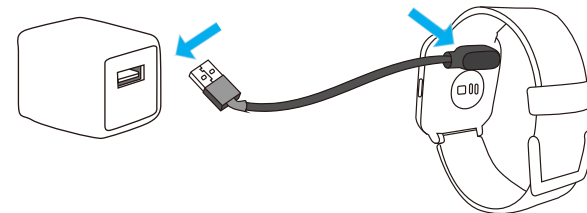
Plug your Gateway into a power outlet with the provided power cord and wait until the LED on the Gateway turns **RED**.



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## Charge your Tenovi Watch

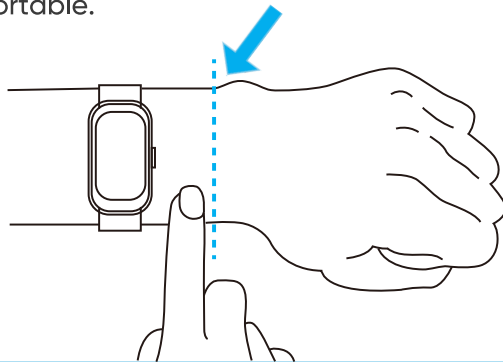
Before first use, **plug the charging cable into a power supply with a USB-A port** and the other end to the watch which will snap on magnetically. **Recharge every 5-7 days.**



3

## Put On The Tenovi Watch

Place the band a finger width away from your wrist. Adjust the strap tightness so that it is not loose but still comfortable.



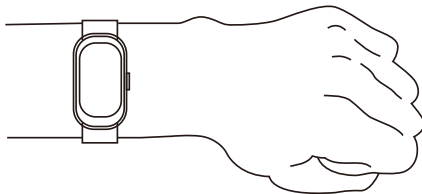
4

## Wear The Tenovi Watch

Wear your watch every day unless instructed otherwise by your healthcare provider.

Do not pair your watch with any phone apps.

Do not submerge watch in water or wear in the shower. You may leave watch on while washing your hands.



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## Transmit Data to your Provider

Every 12 hours, when you are within **25 feet** of the Gateway, the Tenovi Watch will **automatically connect** to the Tenovi Gateway and **transmit data** to your provider. The LED will turn **red** every morning and switch to **green** after the first connection in the day.



LED turns **red** every morning



LED turns **green** after transmitting your stored measurements.