

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](https://www.tenovi.com/support).

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Power Your Gateway

1

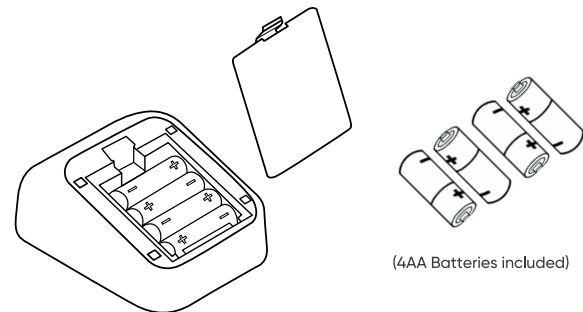
Plug your Gateway into a power outlet with the provided power cord and wait until the LED on the Gateway turns **RED**.



Insert BPM Batteries

2

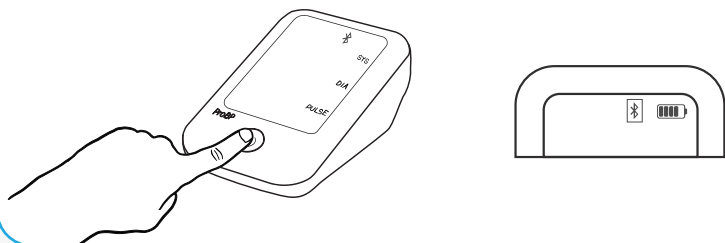
Insert the **four batteries** into the back of your blood pressure monitor.



(4AA Batteries included)

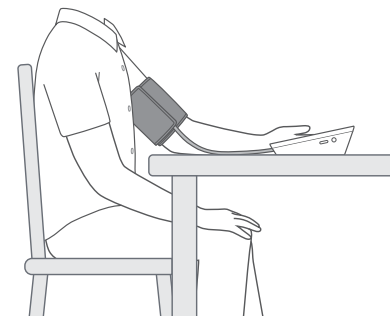
3 Pairing your BPM & Gateway

With the gateway plugged in, **press and hold down the power button**. A blinking bluetooth symbol will appear on the screen. Once paired, the bluetooth symbol will stop blinking and appear with a box around it. This pairing process only needs to be completed once.



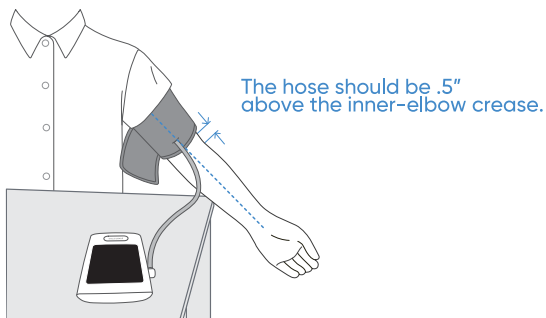
5 Properly set up

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.



4 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.



6 Take a measurement

Press the power button to take a measurement. **Wait for the screen to turn off** before removing the cuff. If the LED ring is **green**, you have properly taken a measurement for the day, and that measurement has been successfully transmitted.

