

## 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://tenovi.com/support).

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## Power Your Gateway

1

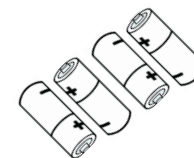
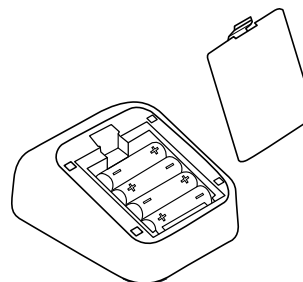
Plug your Gateway into an outlet with the provided power cord and wait until LED on the Gateway turns **red**.



## 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 side of the monitor.

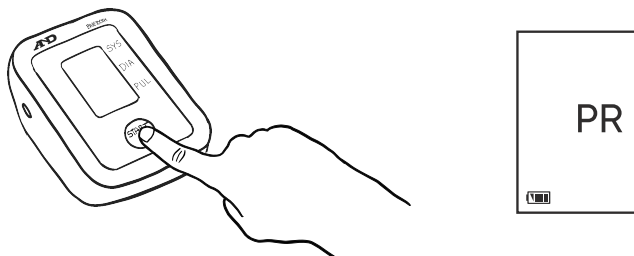


(4AA Batteries included)

## Pairing Your BPM & Gateway

3

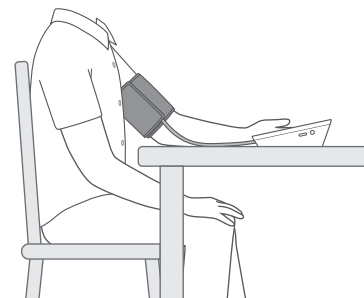
Press and hold the "START" button until "Pr" is displayed. The Gateway should flash **yellow** and beep after 5 seconds. Your device will display "Set" and then "End" when complete and is now ready for use. This pairing process only needs to be done one time.



## Properly Set Up

5

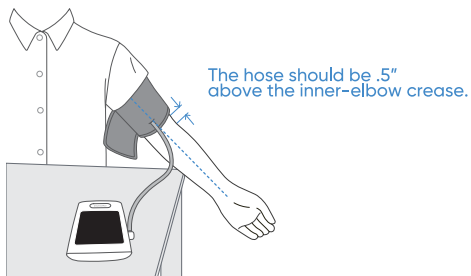
Sit comfortably with your left arm resting on the table in front of you and your **palm facing up**. **Do not cross your legs**. Sit quietly and take 5-6 deep breaths.



## Fasten The Cuff

4

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.



## Take A Measurement

6

Press the "Start/Stop" 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.

