

## 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 more information about your device, use your phone to scan the QR code below or visit our support site at [tenovi.com/09](https://tenovi.com/09)

**tenovi**

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## Power Your Gateway

1

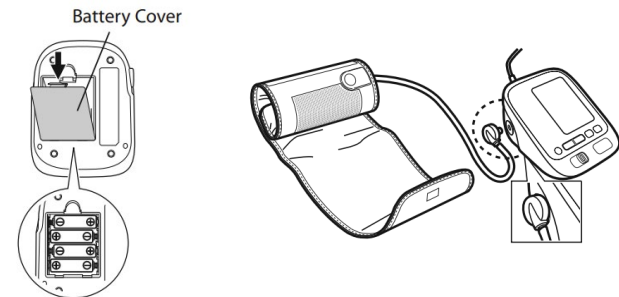
Plug your Gateway into an outlet with the provided power cord and wait until LED on the Gateway turns **red**.



## Insert BPM Batteries

2

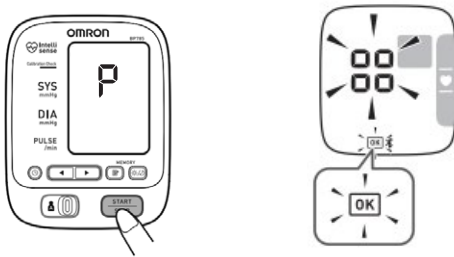
Insert the four batteries into the back of your blood pressure monitor and connect the cuff into the port on the left back side of the monitor.



## Pairing Your Device

3

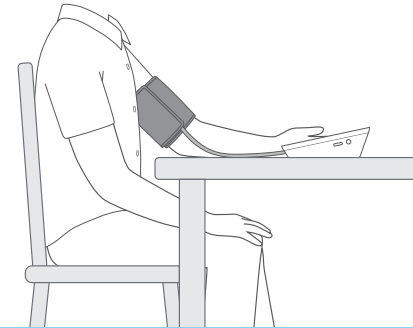
Press and hold the **bluetooth button**. The letter "P" will appear blinking. When the Gateway beeps and 4 squares are shown, your device has been successfully paired. This only needs to be done one time.



## Body Position

5

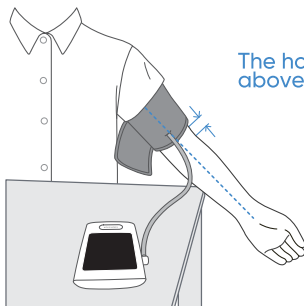
Sit comfortably with your tested arm **resting on a flat surface** at the same level as your heart. Relax your arm and hand onto the table and **turn your palm upwards**.



## Proper Set Up

4

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.

## Take A Measurement

6

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.

