

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

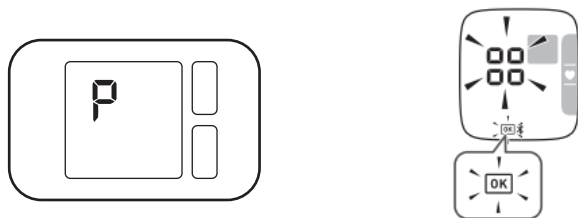
Insert the **two batteries** into the back of your blood pressure monitor.



Pairing Your Device

3

Press and hold the **bluetooth button on the back of the device**. 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

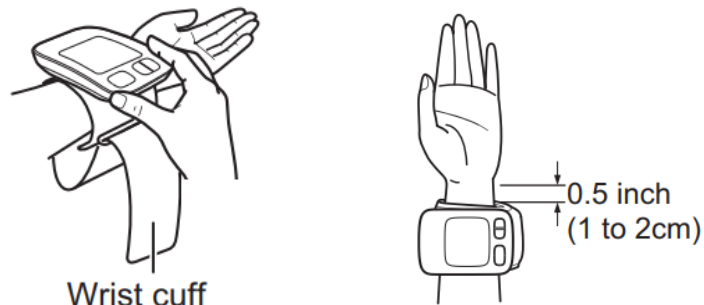
Sit comfortably with your tested **elbow resting on a flat surface and wrist at the same level as your heart**. Relax your arm and hand with your **palm facing upwards**.



Proper Set Up

4

Tie the cuff on your **bare wrist**, with the monitor and your palm facing upwards. **Leave 1/2 an inch** between the cuff and your palm.



Take A Measurement

6

Press the **"Start/Stop"** button to take a measurement. Wait for the measurement to display before removing the cuff. When the LED ring turns Green, you have properly taken a measurement.

