



For more information about your device, use your phone to scan the QR code below or visit our support site at tenovi.com/13

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1 Power Your Gateway

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



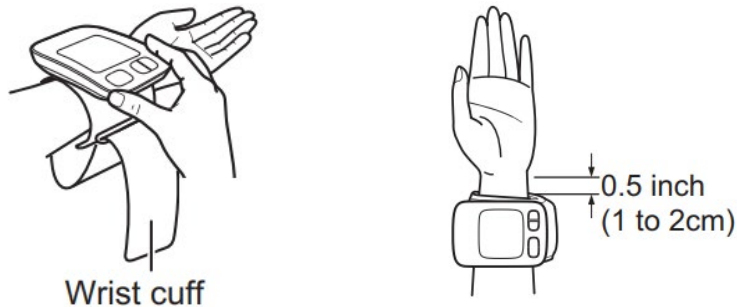
2 Insert BPM Batteries

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



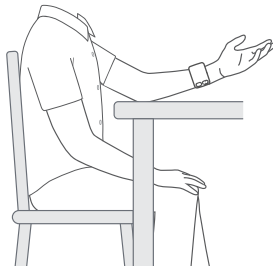
3 Properly Set Up

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.



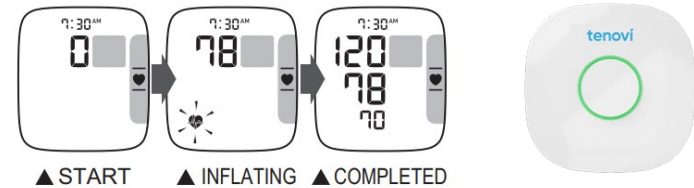
4 Body Position

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.



5 Take A Measurement

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.



6 Daily Measurements

Take one measurement each day unless advised by your healthcare provider. The LED light will turn RED at midnight then turn GREEN and BEEP once your first measurement for the day has been successfully transmitted. **You can continue to take additional measurements and they will be transmitted to the Gateway, but the color will not change.**



Measurement Needed



Measurement Successful