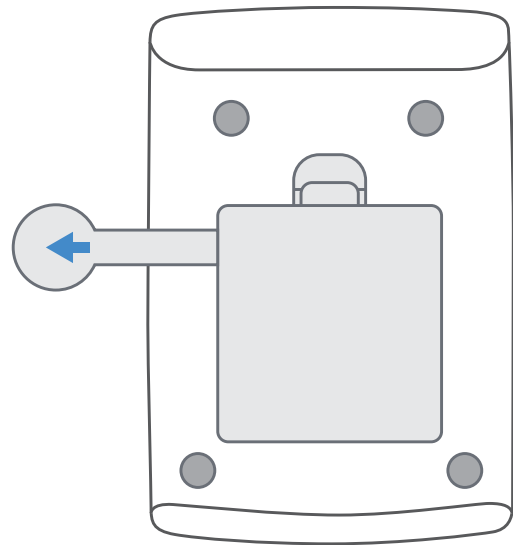


1

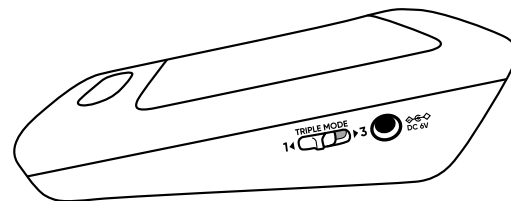
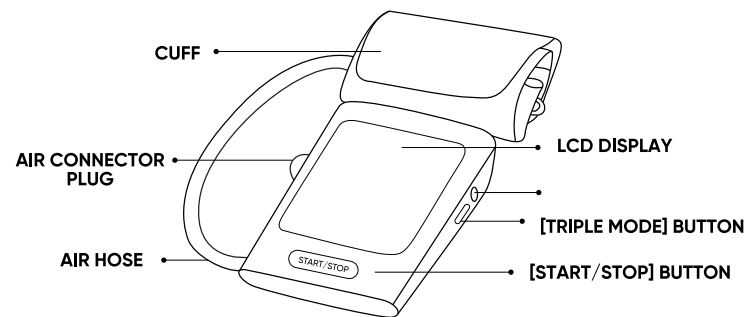
Remove The Tab



Remove the **plastic tab** from the battery compartment.

2

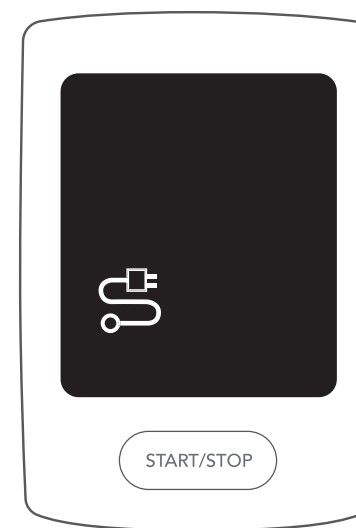
Set Up



Make sure that the switch labeled "**Triple Mode**" on the right of the device is **set to 1**.

3

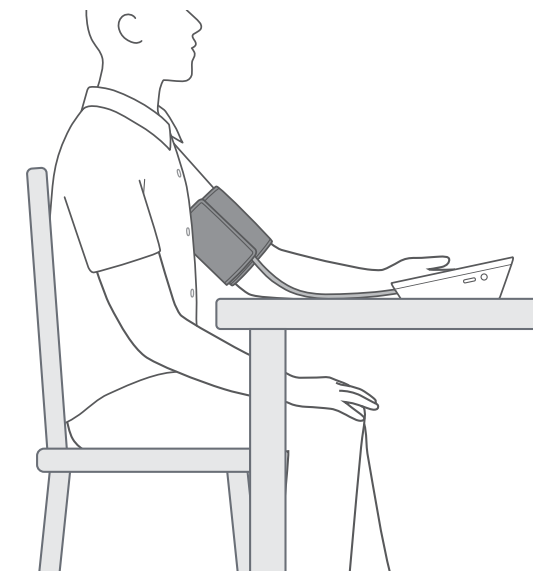
Connect Cuff



Ensure you push the cuff connector all the way in until it's fully seated in the slot. If not properly connected, the device may display an error.

4

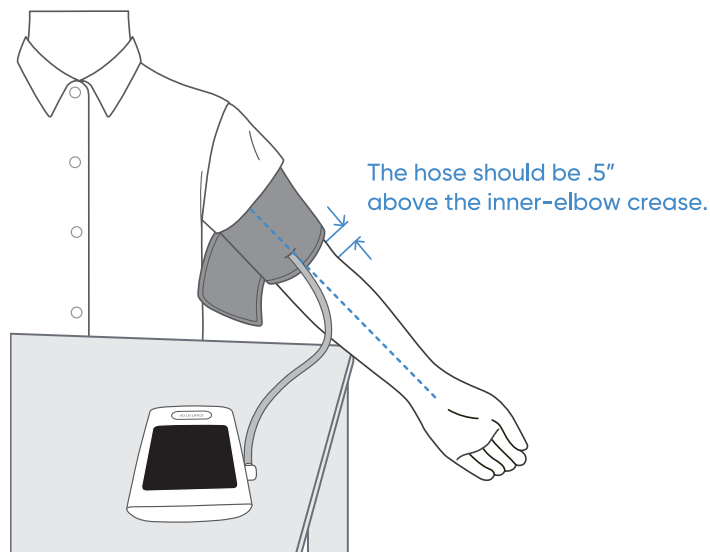
Body Position



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

5

Fasten The Cuff



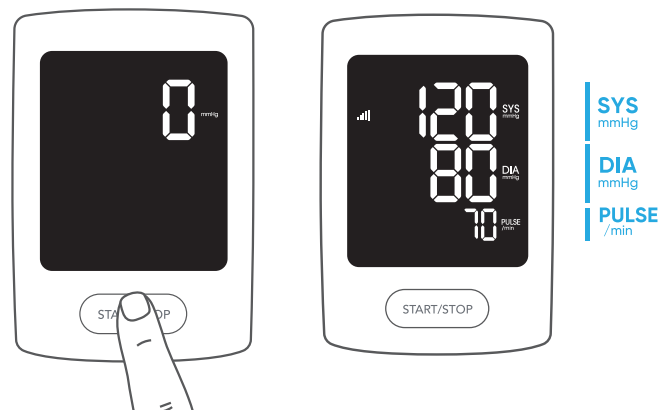
Fasten the cuff to your left upper arm directly on your skin.

Leave 0.5 inches between the cuff and your elbow joint. The air tube should rest over your forearm.


Tighten the cuff enough to be able to fit just one finger between the cuff and your arm.

6

Take Your Measurement

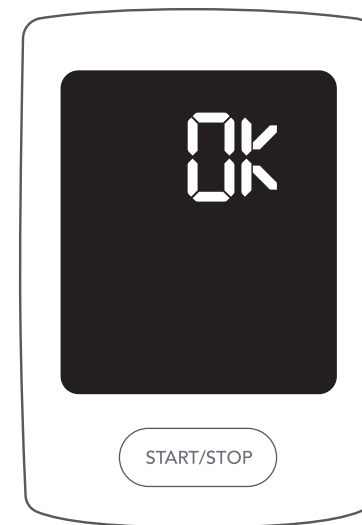



Press the "Start/Stop" button to inflate. **Keep your body still and do not talk.**

Wait until the final reading is displayed on the screen. If there is network connectivity the  will appear.

7

Successful Measurement



The device will display  within 2 minutes if the measurement has been successfully transmitted. If not, your measurement will be stored and the device will try again following the next reading..

tenovi

Cellular Blood Pressure monitor

Quickstart Guide