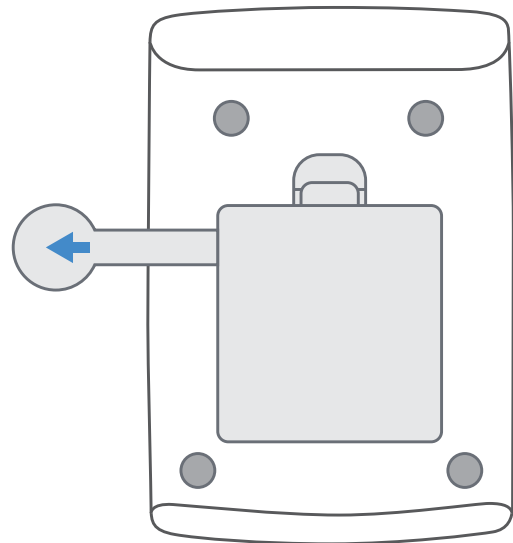


1

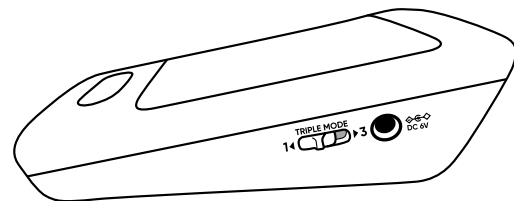
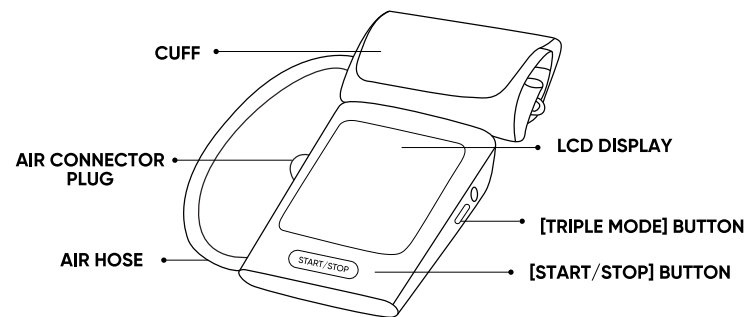
## Remove The Tab



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

2

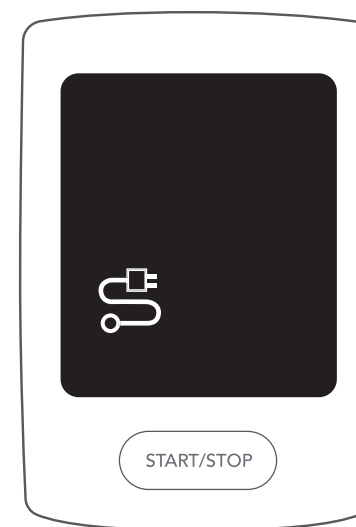
## Set Up



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

3

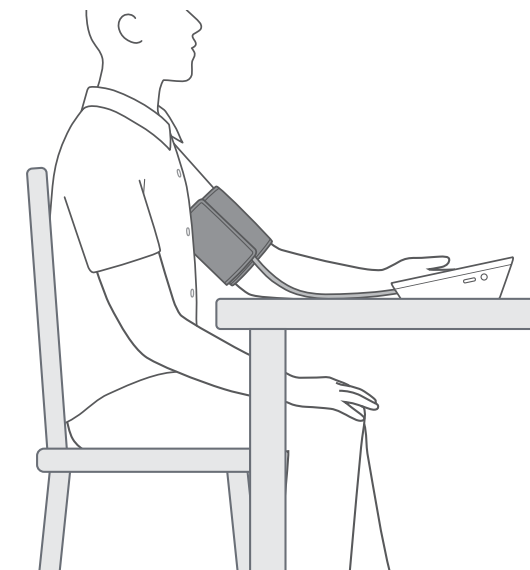
## Connect Cuff



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

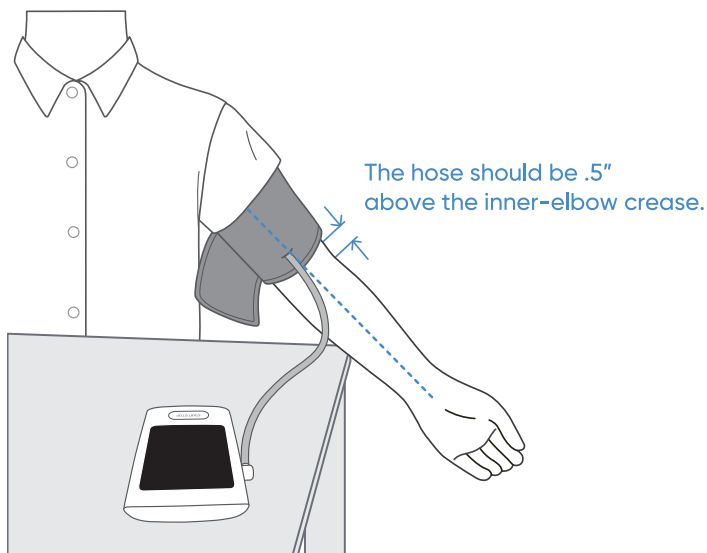
## Body Position



- 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



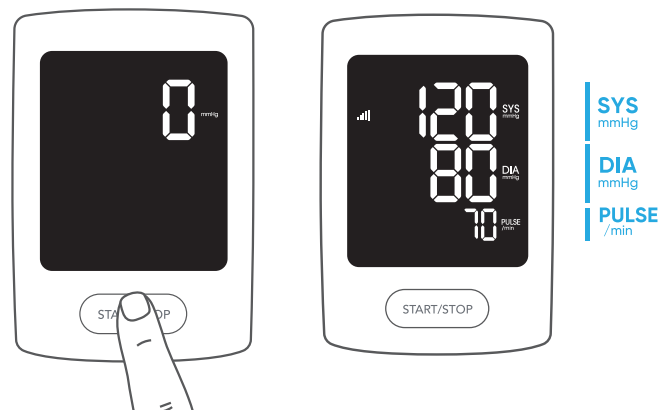
**Fasten the cuff** to your left upper arm directly on your skin.

**Leave 0.5 inches between the cuff and your elbow joint.** The hose 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

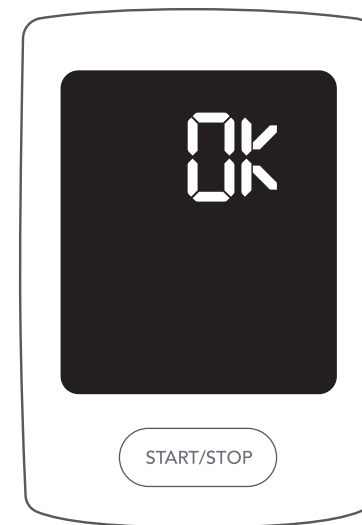



**Press the "Start/Stop" button** to inflate. **Keep your body still and do not talk.**

**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.

# Cellular Blood Pressure Monitor

## Quickstart Guide

**tenovi**