

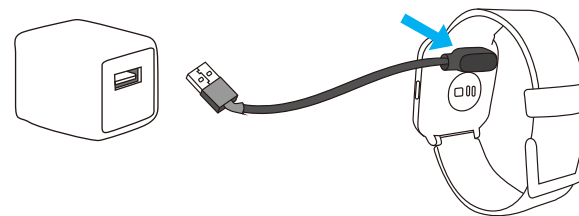
1 Power Your Gateway

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



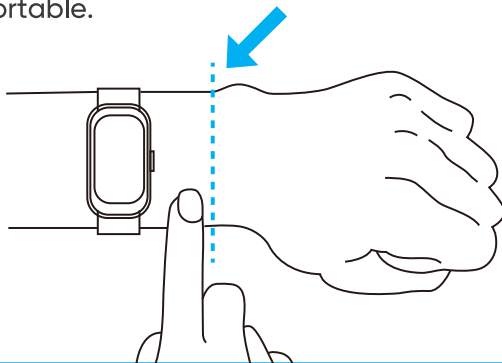
2 Charge your Tenovi Watch

Before first use, plug the charging cable into a power supply with a **USB-A** port and the other end to the watch which will snap on magnetically. **Recharge** every **5-7** days.



3 Put On The Tenovi Watch

Place the band a finger width away from your wrist. **Adjust the strap tightness** so that it is not loose but still comfortable.

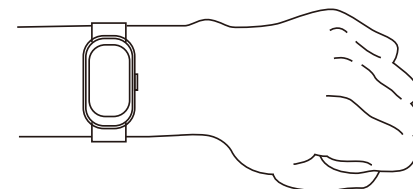


4 Wear The Tenovi Watch

Wear your watch every day unless instructed otherwise by your healthcare provider.

Do not pair your watch with any phone apps.

Do not submerge watch in water or wear in the shower. You may leave watch on while washing your hands.



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Transmit Data to your Provider

Every 12 hours, when you are within **25 feet** of the Gateway, the Tenovi Watch will **automatically connect** to the Tenovi Gateway and **transmit data** to your provider. The LED will turn **red** every morning and switch to **green** after the first connection in the day.



LED turns **red** every morning



LED turns **green** after transmitting your stored measurements.

6

Binding New Watch

If this is an additional device or replacement watch for your current Gateway, your Watch needs to be paired to the Gateway. **Select your language. Wait for "Scan to Bind" until you see "Agree to the phone binding request," then select the blue check mark.** If you received this watch with a new Tenovi Gateway you will not need to do this step.



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Sleep Tracker

Swipe left on the main screen to see the sleep data screen.



Swipe Left

Log Workouts

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Swipe right on the main screen and select the workout icon. Choose from the list of activities to start a timer. Depending on the activity the watch will collect different measurements (e.g. heart rate, kcal, steps, etc.). To view your logged workouts, **select the Workout Record icon.** Click on the workout to bring up more detailed data.



Swipe Right



Open Control Screen

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To access controls such as Do Not Disturb mode and screen brightness, **swipe down on the main watch face screen.** You can access the settings menu here by selecting the Gear icon.



Swipe down to access control screen



Swipe up to return to main screen

Troubleshooting Watch Pairing

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If you're setting up an additional or replacement device and didn't get the binding request, or if you missed it, try this: Unplug your gateway, then plug it back in. Your watch should then receive the request again.



For further assistance, please
visit Tenovi.com/support.



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