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

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Power Your Gateway

1

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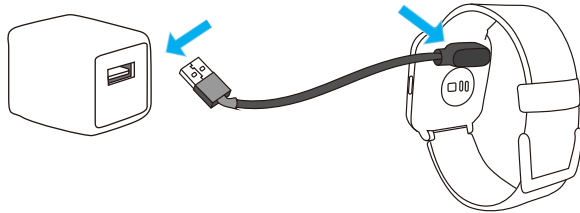

Pair Watch To Gateway

2

When your watch first turns on, select language. A screen will appear asking to **"Scan to Bind,"** just wait for the next screen to show up asking **"Agree to the phone binding request"** and **select the blue check mark.**

Charge your Tenovi Watch 3

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.
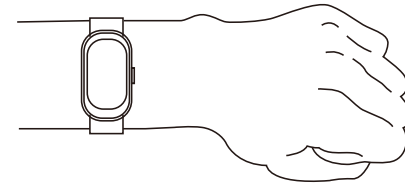
Wear The Tenovi Watch 5

Wear your watch every day unless instructed otherwise by your healthcare provider.
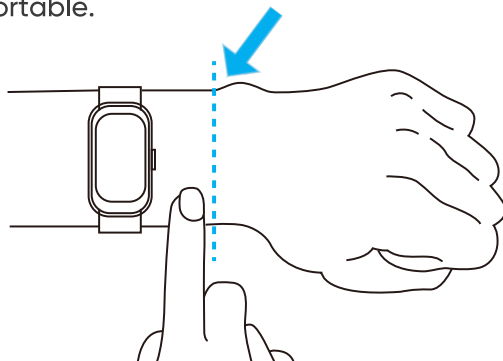
Do not pair your watch with any phone apps.

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

Put On The Tenovi Watch 4

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

Transmit Data to your Provider 6

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.

Measurement Needed   Measurement Successful