

Daily Measurements

7

Take **one measurement** each day unless advised otherwise by your healthcare provider. The LED will turn **RED** each morning and then turn **GREEN** once a measurement has been successfully transmitted.



Measurement Needed



Measurement Successful

For further assistance, please
visit [Tenovi.com/support](https://tenovi.com/support).

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Power Your Gateway

1

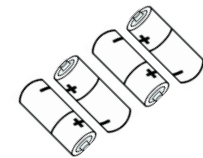
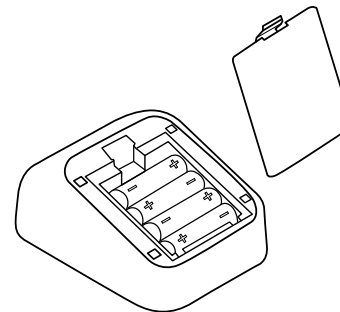
Plug your Gateway into a power outlet with the provided power cord and wait until the LED on the Gateway turns **RED**.



Insert BPM Batteries

2

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

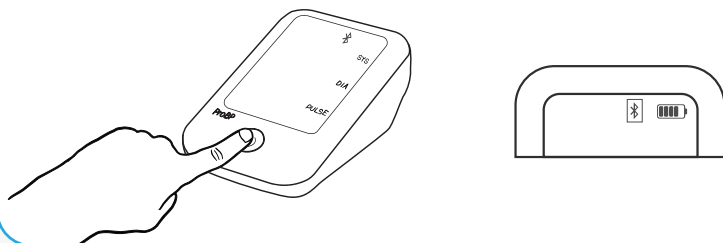


(4AA Batteries included)

Pairing your BPM & Gateway

3

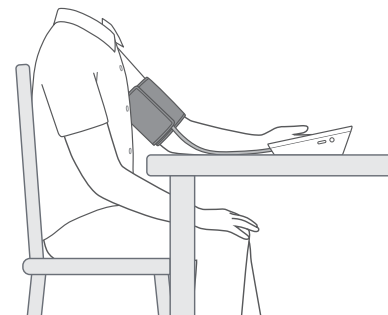
With the gateway plugged in, **press and hold down the power button**. A blinking bluetooth symbol will appear on the screen. Once paired, the bluetooth symbol will stop blinking and appear with a box around it. This pairing process only needs to be completed once.



Properly set up

5

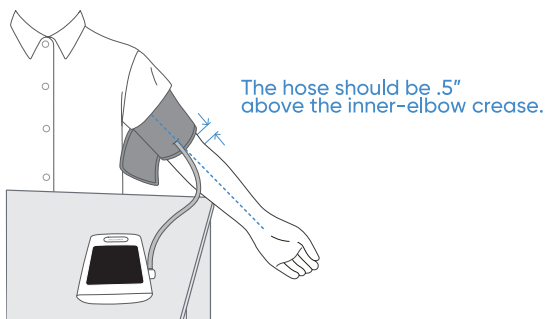
Sit comfortably with your left arm resting on the table in front of you and your **palm facing up**. **Do not cross your legs**. **Sit quietly** and take 5-6 deep breaths.



Fasten the cuff

4

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.



Take a measurement

6

Press the "Start/Stop" button to take a measurement. After measurement has been displayed for 5 seconds, you may remove the cuff. If the LED ring is **GREEN**, you have properly taken a measurement for the day, and that measurement has been successfully transmitted.

