

Tenovi Blood Pressure Monitor

Quick Start Guide

For further assistance on how to use your Tenovi device, please contact a Tenovi representative

Email: support@tenovi.com

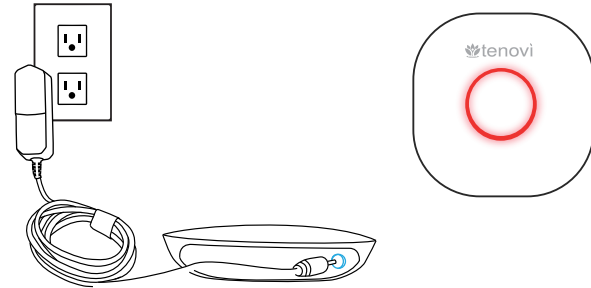


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1

Power your Gateway

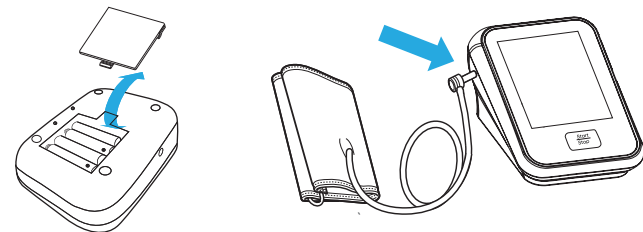
Plug your gateway into a power outlet with the provided power cord and wait until the LED on the gateway turns **red**.



2

Insert Batteries And Cuff

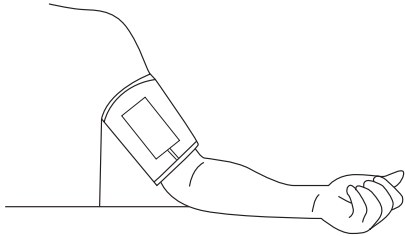
Open the lid from the back of your blood pressure monitor and **pull the plastic tab**. Connect the cuff into the port on the left back side of the monitor.



3

Fasten The Cuff

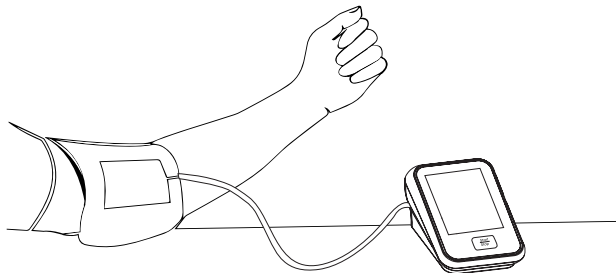
Remove tight-fitting clothing from your upper left arm. **Fasten the cuff** to your on your left upper arm leaving 1 inch of space between your elbow fold. The air tube should rest over your forearm.



4

Properly Set Up

Sit comfortably with your tested arm resting on a flat surface at the same level as your heart. Turn your palm upwards and take 5-6 deep breaths.



5

Take A Measurement

Press the **"Start/Stop"** button to take a measurement. **Wait for the screen to turn off** before removing the cuff.

If the LED ring is **green**, you have properly taken a measurement for the day, and that measurement has been successfully transmitted.



6

Take a measurement daily

Take one measurement per day unless otherwise advised by your healthcare provider. The LED on Tenovi devices will turn **red** at the beginning of each day reminding you to take a measurement and will turn **green** after the measurement has been successfully sent to your healthcare provider.



Measurement Needed



Measurement Successful