A&D Blood Pressure Monitor
Quick Start Guide

7 Daily measurements

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

Email: support@tenovi.com
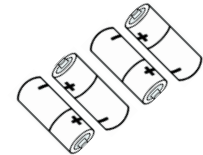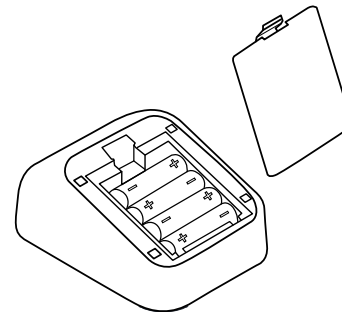
1 Power your Gateway

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

2 Insert BPM batteries

Insert the four batteries into the back of your blood pressure monitor and connect the cuff into the port on the left side of the monitor.
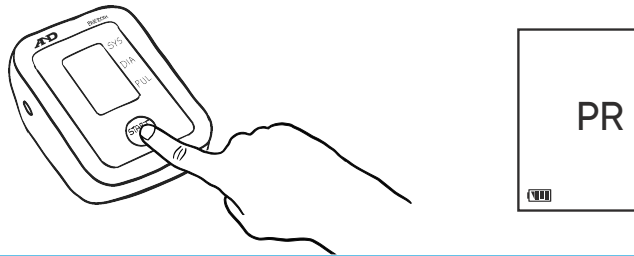

(4AA Batteries included)
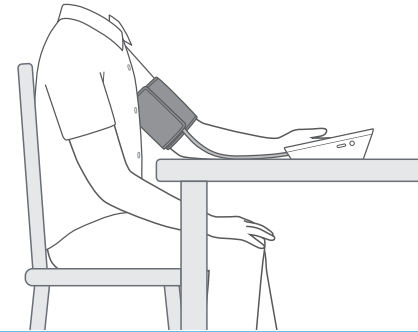
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3 Pairing your BPM & Gateway

Press and hold the "START" button until "Pr" is displayed. The gateway should flash **yellow** and beep after 5 seconds. Your device will display "Set" when completed properly. This pairing process only needs to be completed once.
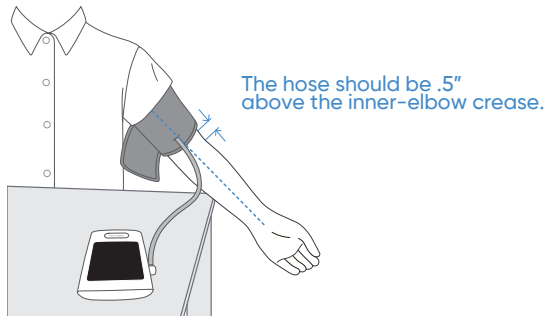
PR

5 Properly set up

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.

4 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 air tube should rest over your forearm.

The hose should be .5" above the inner-elbow crease.

6 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.