

## 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).

**tenovi**

© 2025 Tenovi Co.  
All rights reserved. Republication, duplication or modification  
in whole or in part is prohibited without prior written permission  
from Tenovi. All trademarks are owned by or licensed to  
Tenovi, Co. unless otherwise noted.  
Revision 05.01.2024

## Power Your Gateway

1

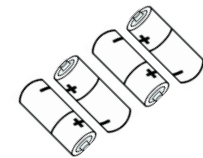
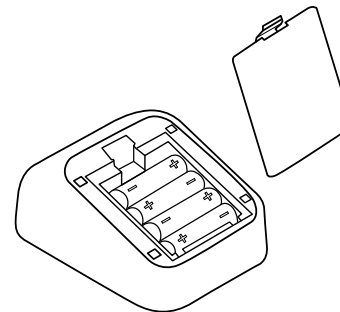
Plug your Gateway into a power outlet with the provided power cord and wait until the LED on the Gateway turns **RED**.



## Insert BPM Batteries

2

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

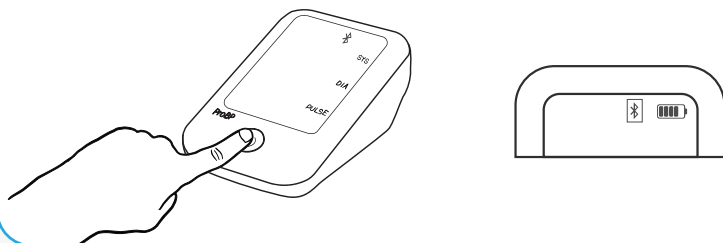


(4AA Batteries included)

## Pairing your BPM & Gateway

3

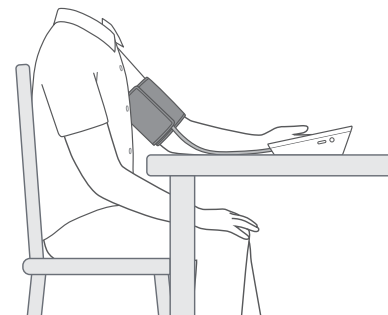
With the gateway plugged in, **press and hold down the power button**. A blinking bluetooth symbol will appear on the screen. Once paired, the bluetooth symbol will stop blinking and appear with a box around it. This pairing process only needs to be completed once.



## Properly set up

5

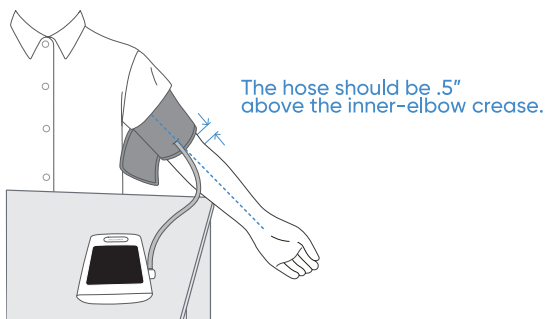
**Sit comfortably** with your left arm resting on the table in front of you and your **palm facing up**. **Do not cross your legs**. **Sit quietly** and take 5-6 deep breaths.



## 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 power 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.

