

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

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**.



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

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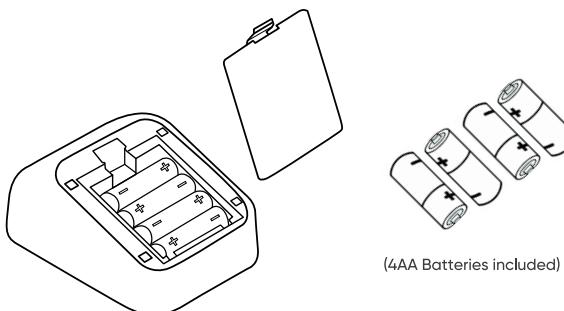
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Insert BPM Batteries

2

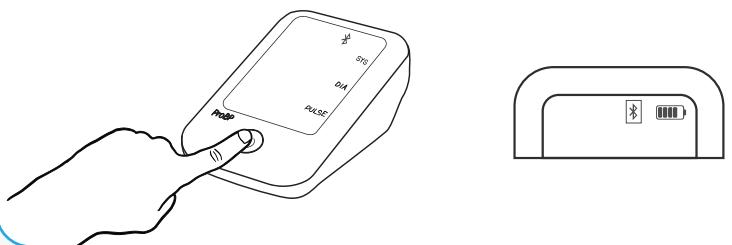
Insert the four batteries into the back of your blood pressure monitor.



Pairing your BPM & Gateway

3

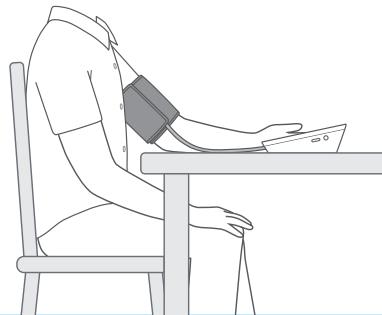
With the gateway plugged in, **press and hold down the power button**. A blinking bluetooth symbol will appear on the screen. Once paired, the bluetooth symbol will stop blinking and appear with a box around it. This pairing process only needs to be completed once.



Properly set up

5

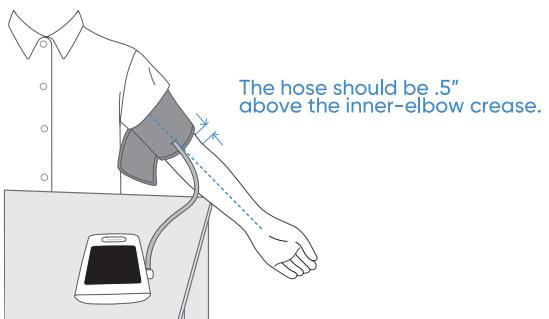
Sit comfortably with your left arm resting on the table in front of you and your palm facing up. Do not cross your legs. Sit quietly and take 5-6 deep breaths.



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.

