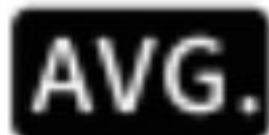


## Important Screen Icons

**AVG:** If you see "AVG." you are viewing the average of the last 3 measurements. This will NOT be sent to the Gateway.

**3MEAS:** 3 measurements are taken back to back and the average is shown and sent to the Gateway.

A black rectangular icon with the white text "AVG." inside.A white square icon with a black border containing the number "3" above the text "MEAS".

For more information about your device, use your phone to scan the QR code above or visit our support site at [tenovi.com/08](https://tenovi.com/08)

The tenovi logo in blue lowercase letters.

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Revision 06.11.26

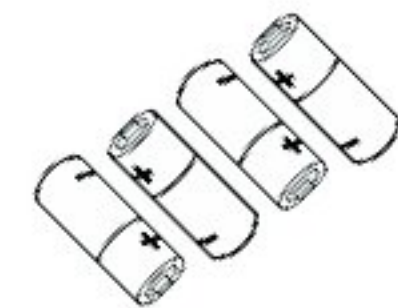
## Power Your Gateway

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



## Remove Pull Tab

Remove pull tab from the battery compartment to power on the device.



(4AA Batteries included)

## Fasten The Cuff

3

Place the cuff directly on your bare upper left arm (above the elbow) with the hose exiting near your elbow. **Wrap the cuff** carefully, ensuring the edges line up. **Tighten snugly** until only one finger fits between the cuff and your arm; this is essential for proper inflation.

Position cuff above elbow and wrap tightly.



## Properly Set Up

4

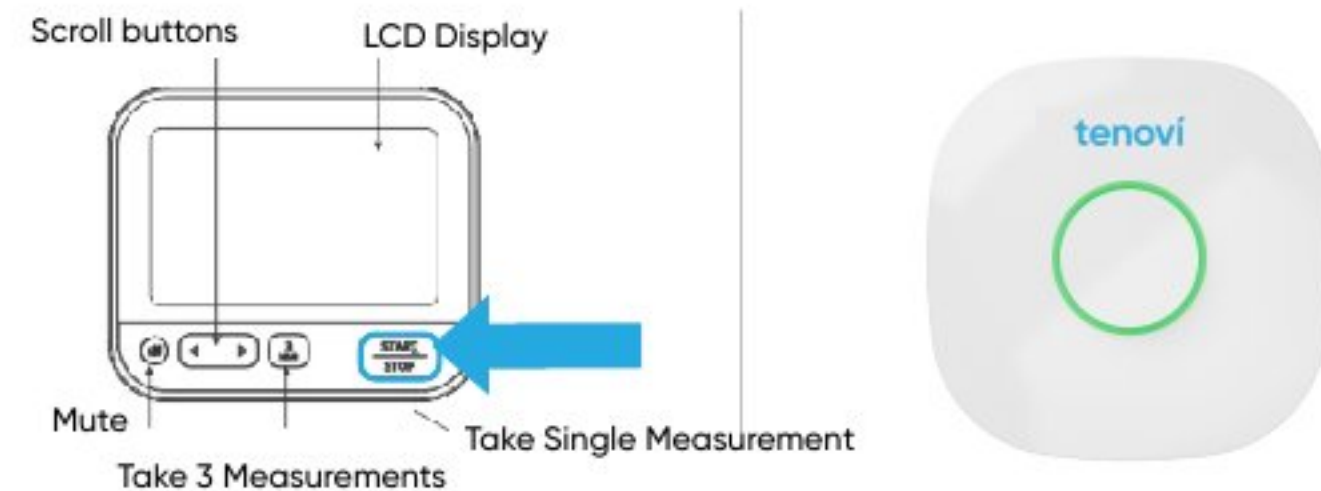
Sit comfortably with your left arm **resting on the table** in front of you and your **palm facing up**. Do not cross your legs. **Sit quietly** and take **5-6 deep breaths**.



## Take A Measurement

5

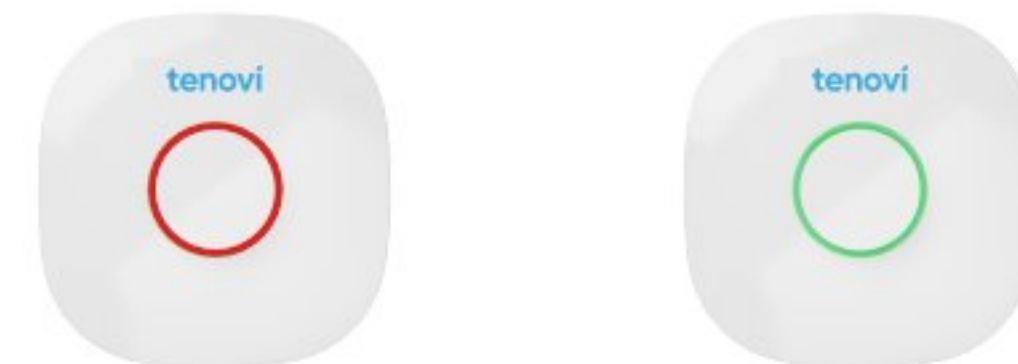
Press the "Start/Stop" button to take a measurement. After measurement has been displayed for 5 seconds, you may remove the cuff. If the LED ring is **GREEN**, you have properly taken a measurement for the day, and that measurement has been successfully transmitted.



## Daily Measurements

6

Take one measurement each day unless advised otherwise by your healthcare provider. The LED will turn **RED** at midnight and then turn **GREEN** and BEEP once your first measurement for the day has been successfully transmitted. **You can continue to take additional measurements and they will be transmitted to the Gateway, but the color will not change.**



Measurement Needed

Measurement Successful