For more information about your device, use your phone to scan the QR code below or visit our support site at tenovi.com/05
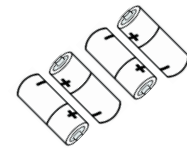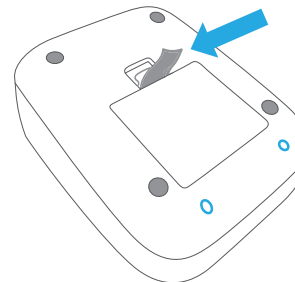
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1 Power Your Gateway

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

2 Remove Pull Tab

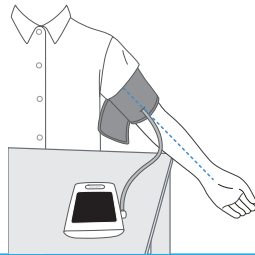**Remove pull tab** from the battery compartment to power on the device.

(4AA Batteries included)

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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 Velcro carefully**, ensuring the cuff edges line up. **Tighten the cuff snugly** until only one finger fits between the cuff and your arm; this is essential for proper inflation.
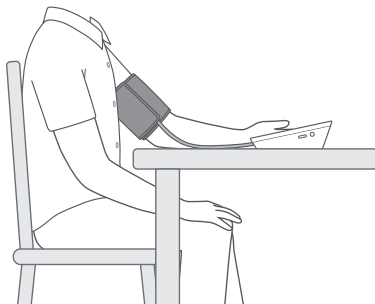
Position cuff above elbow and wrap tightly.

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.
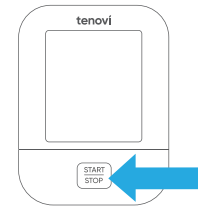
Properly Set Up

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.**

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