

Quickstart Guide

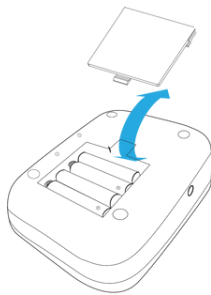
Tenovi Blood Pressure Monitor



Step ONE:

Remove Plastic Tab from Batteries

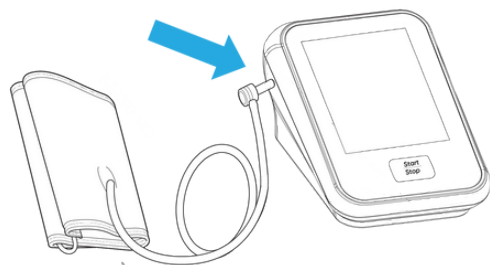
Open the lid on the back of the blood pressure monitor and pull the plastic tab to activate the batteries.



Step TWO:

Connect the Cuff

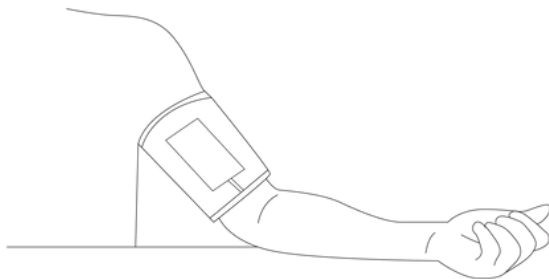
Connect the cuff into the port on the left back side of the monitor.



Step THREE:

Fasten the Cuff

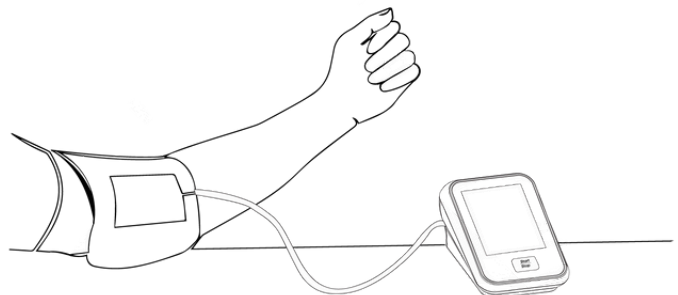
Remove tight-fitting clothing from your upper left arm. Fasten the cuff to your left upper arm leaving 1 inch of space above your elbow fold. The air tube should rest over your forearm.



Step FOUR:

Proper Set-Up

Sit with legs uncrossed, with your tested arm resting on a flat surface at the same level as your heart. Turn your palm upwards and take 5-6 deep breaths.



For further assistance, please contact your care team.

Read the device manufacturer instructions for operation and safety before use.

Step FIVE:

Take a Reading

- a. Press the Start / Stop button to take a reading. The Hub will beep when it has captured your reading.



- b. The Hub will turn YELLOW when a reading is being taken, and turn GREEN when the reading is transmitted successfully.



YELLOW:
a reading is
being taken



GREEN:
the reading is
transmitted
successfully.



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