Place the FMD on a solid surface 2-3 feet off the ground.
Unplug your telephone from the wall and plug it into the FMD.
Plug the telephone cord from the FMD to the phone jack in the wall.
Plug the power cord from the FMD to the power jack in the wall.
Do NOT answer/use the phone for 15 minutes. (The phone will ring).
During the hookup process, the FMD will make some noises and lights will flash.
After the hookup is complete, make sure the green light is solid green (not blinking) unless there is a power outage in your neighborhood. Check to make sure at least 2x/day.