

Get started with the FreeStyle Libre 2 system



life. to the fullest.

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Section 1

The FreeStyle Libre 2 system



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Components of the FreeStyle Libre 2 system





Applicator used to apply sensor



Sensor pack

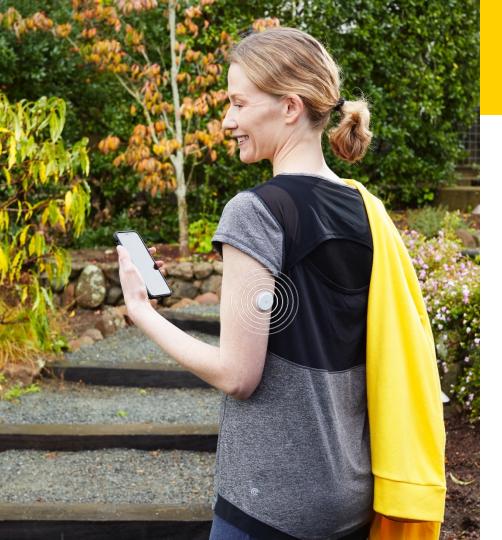
Sensor

The FreeStyle Libre 2 ecosystem



Images and simulated data are for illustrative purposes only. Not real patient data.

The **FreeStyle LibreLink** app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of **FreeStyle LibreLink** may require registration with LibreView. The **LibreView** website is only compatible with certain operating systems and powers. Please check www.LibreView.com for additional information. The **LibreLinkUp** app is only compatible with certain mobile devices and operating systems. Please check www.LibreView.com for additional information. The **LibreLinkUp** app is only compatible with certain mobile devices and operating systems. Please check www.LibreView.com for additional information. The **LibreLinkUp** app is only compatible with certain mobile devices and operating systems. Please check www.LibreView.com for additional information. The **LibreLinkUp** app is only compatible with certain mobile devices and operating systems. Please check www.LibreView.The **LibreLinkUp** nequires registration with LibreView. The **LibreView** proteinse app is not intended to be a primary glucose monitor: home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the app.



The FreeStyle Libre 2 sensor features

 Small size (35mm x 5mm) – comparable to a €2 coin



- Designed to stay on the body for up to 14 days
- Requires no finger prick calibration¹
- Water resistant²
- Automatically³ captures readings day and night
- Scan for glucose readings anytime⁴, even during a signal loss
- Glucose readings every minute, every hour and every day for up to 14 days

Images are for illustrative purposes only. Not real patient.

 Finger pricks are required if glucose readings do not match symptoms or expectations. 2. Sensor is water resistant in up to 1 metre (3 feet) of water for a maximum of 30 minutes. Do not immerse longer than 30 minutes. Not to be used above 10,000 feet. 3. Glucose readings are automatically displayed in the FreeStyle LibreLink app only when your smartphone and sensor are connected and in range. 4. 60-minute warm-up required when applying the sensor.

No more finger pricking¹



Proven to be accurate, stable and consistent for up to 14 days without finger prick tests^{1,2}

Finger prick tests are only necessary if glucose readings and alarms don't match symptoms or expectations.

Images are for illustrative purposes only. Not real patient. **1.** Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. **2.** Alva S. *et al, Journal of Diabetes Science and Technology*, (September 2020). http://doi.org/10.1177/1932296820958754. Section 2

Apply your FreeStyle Libre 2 sensor and get started



Three steps to apply your sensor

1. Wash, clean and dry

Choose an area on the back of your upper arm that stays flat during normal daily activities and at least 2.5cm (1 inch) away from an insulin injection site.

Wash your skin with a non-moisturising, fragrance-free soap and water.

Use an alcohol wipe to remove any oily residue that may prevent the sensor from adhering properly to the skin.

Allow the area to air dry before the next step.

Images are for illustrative purposes only. Actor portrayal, not real patient





Three steps to apply your sensor

2. Open the applicator

Open sensor pack by peeling back the lid. Unscrew cap from the sensor applicator. Line up the dark mark on the sensor applicator, with the dark mark on the sensor pack. Place on flat surface then Press down firmly until you hear a click.



Do not put the cap back on because it may damage the sensor.

Do not use if the sensor applicator looks damaged or if the tamper label indicates sensor applicator has already been opened.

Do not touch the inside of the sensor applicator as it contains a needle.

Do not use if past expiry date.

Three steps to apply your sensor

3. Apply your sensor

Apply the sensor to the back of your upper arm, by pressing the applicator against your arm.

Listen for the click.

Wait for a few seconds and then pull the applicator away slowly, leaving the sensor on your skin.



Do not push down on the sensor applicator until it's been placed over a prepared site to prevent unintended results or injury.

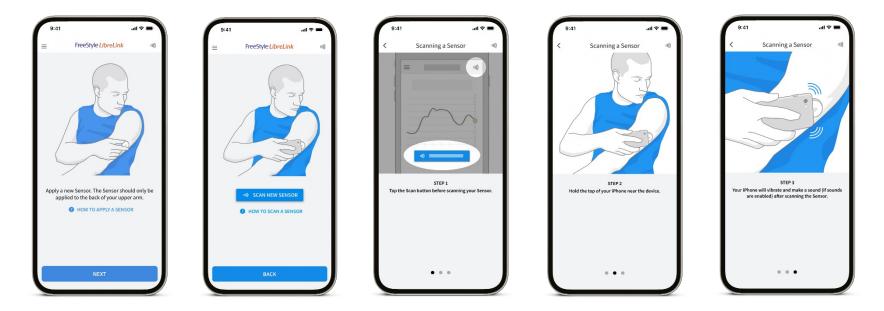
Images are for illustrative purposes only. Actor portrayal, not real patient.



How to apply your FreeStyle Libre 2 sensor



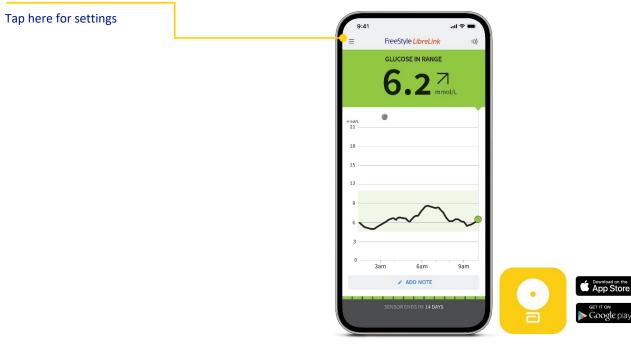
Start your sensor with your phone



Images are from iPhone. For Android smartphones: Start a new sensor by scanning with the BACK of your smartphone. You may need to turn on NFC in your smartphone's settings.

12

Main menu





Glucose reading is updated every minute



Background colours

The background colour reflects your current glucose reading.



High glucose reading (above 13.3 mmol/L)



Between the target glucose range and high or low glucose level



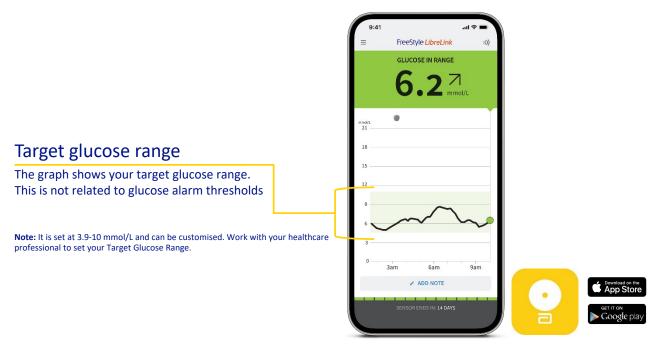
Within the target glucose range

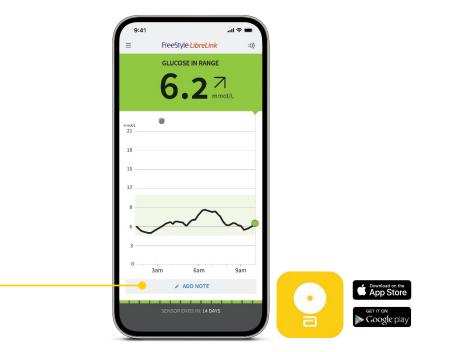


Low glucose reading (below 3.9 mmol/L)



Simulated data are for illustrative purposes only. Not real patient data.

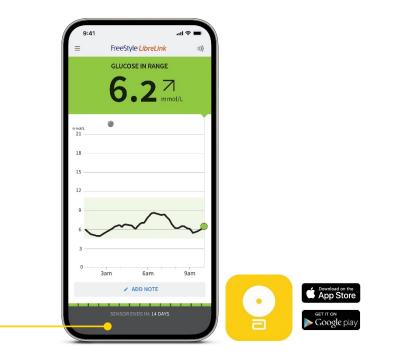




Notes

Tap to add notes or edit notes to the glucose reading

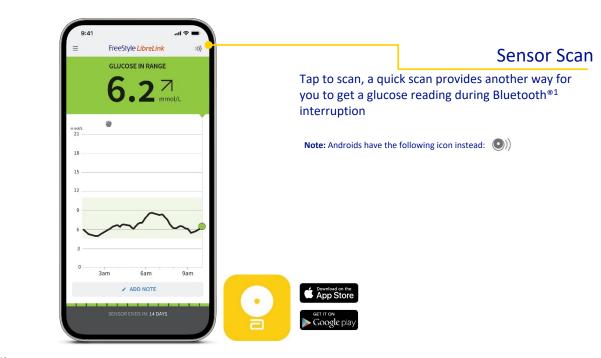
Simulated data are for illustrative purposes only. Not real patient data. The graph will scale to 27.8 mmol/L to accommodate glucose readings above 21 mmol/L.



Sensor life

Sensor life displays the number of days of wear remaining on your sensor

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Simulated data are for illustrative purposes only. Not real patient data.

The graph will scale to 27.8 mmol/L to accommodate glucose readings above 21 mmol/L.

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Simulated data are for illustrative purposes only. Not real patient data. The graph will scale to 27.8 mmol/L to accommodate glucose readings above 21 mmol/L.

Glucose trend arrows



Rising quickly – more than 3 mmol/L in 30 minutes



Rising – 1.8–3 mmol/L in 30 minutes



Changing slowly – < 1.8mmol/L in 30 minutes

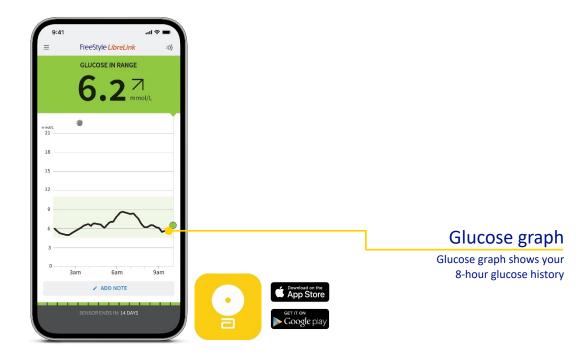


Falling – 1.8–3 mmol/L in 30 minutes

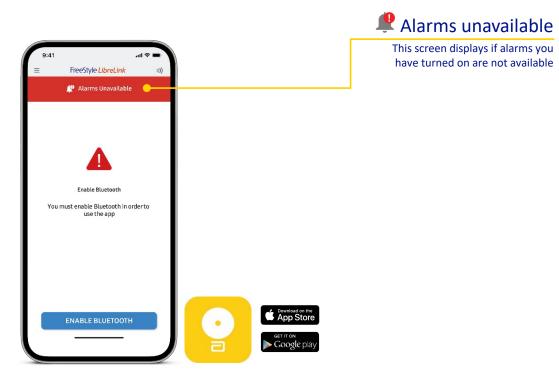


Falling quickly – more than 3 mmol/L in 30 minutes





Simulated data are for illustrative purposes only. Not real patient data. The graph will scale to 27.8 mmol/L to accommodate glucose readings above 21 mmol/L.



Section 3

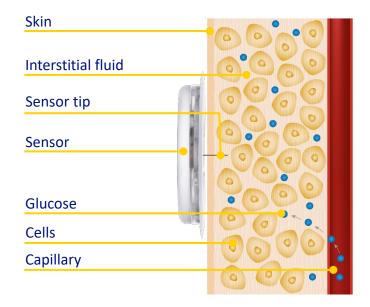
Sensor technology



Understanding interstitial glucose measurement

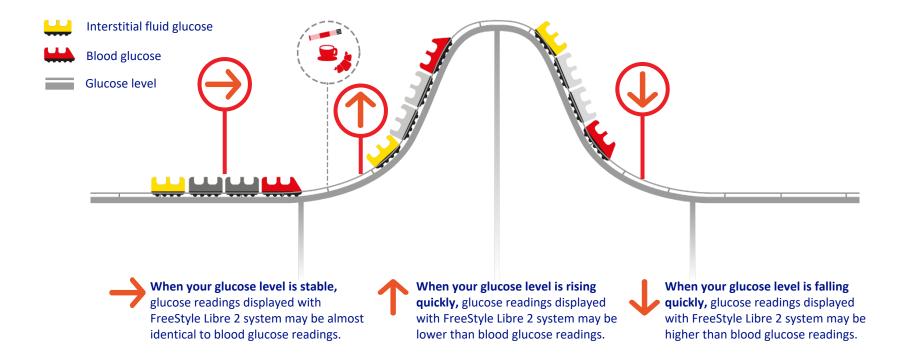
FreeStyle Libre 2 system

The FreeStyle Libre 2 system measures glucose in the interstitial fluid. Blood glucose and sensor glucose are closely related but not identical.



The average¹ lag time between blood glucose and interstitial fluid glucose is just over 2 minutes

Understanding interstitial glucose measurement (continued)





The FreeStyle Libre 2 system and driving

- The NDLS (National Driving License Service) has permitted the use of flash glucose monitoring systems for the purpose of driving with Group 1 drivers.
- Drivers using the FreeStyle Libre 2 system must get a confirmatory finger prick glucose level in the following circumstances:
 - if their glucose level is 4.0mmol/L or below;
 - if they have symptoms of hypoglycaemia;
 - if their readings are not consistent with their symptoms;
- Flash glucose monitoring systems are not legally permitted for the purposes of Group 2 drivers.

For more information visit www.NDLS.ie

Images are for illustrative purposes only. Not actual patient.

Section 4

Optional alarms





Difference between using app and reader







Provides alarms and glucose readings **automatically**² on the app or glucose readings with a scan on the app



Provides alarms and glucose readings **with a scan** on the FreeStyle Libre 2 reader

1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle LibreLink may require registration with LibreView. 2. Glucose readings are automatically displayed in the FreeStyle LibreLink app only when your smartphone and sensor are connected and in range.

Optional alarms on the FreeStyle LibreLink app

Optional alarms

The sensor has a built in **Bluetooth** transmitter

The sensor **transmits data every minute** that may result in an alarm being activated on the FreeStyle LibreLink app¹

When the glucose **passes** the **set threshold**, an alarm is generated

Take action!

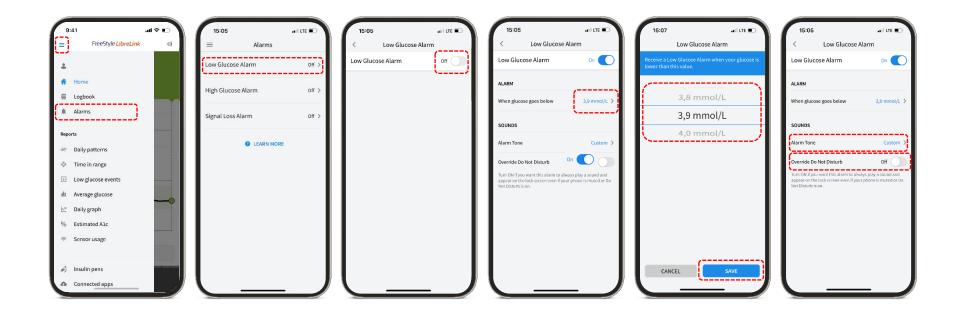


Simulated data for illustrative purposes only. Not real patient or data.

1. The FreeStyle Libre 3 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Sharing of glucose data requires the app. Notifications are only received when alarms are turned on and the sensor is within 6 metres of the phone, with no obstructions.

-

Setting optional alarms



Dismissing an alarm¹



- Tap on the push notification
- App will open to home screen
- View current glucose value

Viewing the glucose value in the app will dismiss the glucose alarm.

Note: If you have the app open when an alarm is generated, viewing the home screen will dismiss the alarm notification.

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1. Notifications will only be received when alarms are turned on and the sensor is within 6 meters unobstructed of the reading device.

Section 5

Digital Health Solutions for the FreeStyle Libre 2 system



Digital health tools that work together for seamless diabetes management

Easily monitor your glucose on your smartphone anytime,¹ anywhere,² and share results

FreeStyle LibreLink

Easy monitoring³

One app allows you to monitor and share your glucose readings⁴



LibreView Easy insights⁵ Share glucose readings with your healthcare team for more effective consultations⁶

LibreLinkUp

Easy connection

Share glucose levels and alarms with your loved ones for peace of mind^{7,8}

Images are for illustrative purposes only. Not actual patient data.

60-minute warm-up required when applying the sensor.
2. Sensor is water resistant in up to 1 metre (3 feet) of water. Do not immerse longer than 30 minutes.
3. Haak, T. *Diabetes Ther* (2017): https://doi.org/10.1007/s13300-016-0223-6.
4. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle LibreLink may require registration with LibreView.
5. Unger, J. Postgrad Med. (2020): https://doi.org/10.1080/00325481.2020.1744393.
6. The LibreView website is only compatible with certain operating systems and browsers. Please check www.LibreView.com for additional information.
7. The LibreLinkUp app is only compatible with certain mobile devices and operating systems. Please check www.LibreLinkUp.com for more information about device compatibility before using the app.
8. Campbell, F. *Pediatr. Diabetes* (2018): https://doi.org/10.111/pedi.12735.

LibreView

Share your glucose data with your diabetes team





Connect to a clinic

Use the FreeStyle LibreLink app¹ to share your glucose data with your diabetes team

LibreView

Better informed doctor's appointments

You and your diabetes team can have more effective conversations about your glucose patterns and trends²

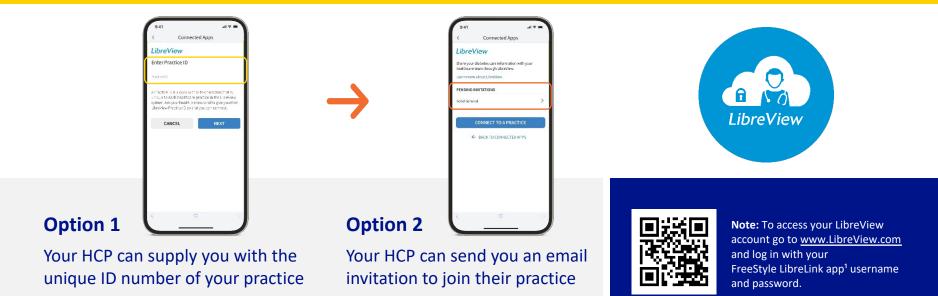




1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView. 2. The LibreView data management software is intended for use by both patients and healthcare professionals to assist people with diabetes and their healthcare professionals in the review, analysis and evaluation of historical glucose device data to support effective diabetes management. The LibreView software is not intended for making treatment decisions and must not be used to replace professional medical advice.



Sign up and share data with LibreView

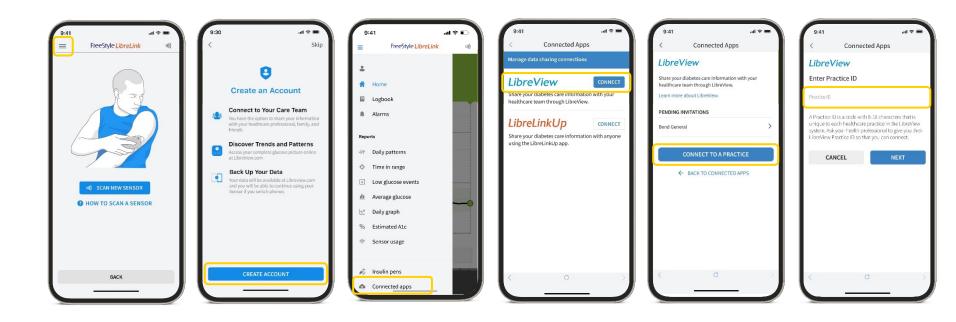


Images are for illustrative purposes only.

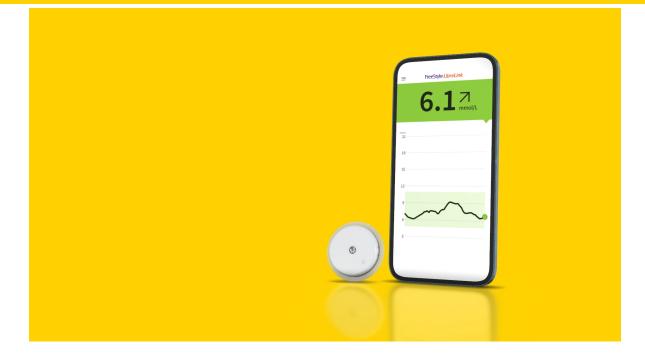
The LibreView website is only compatible with certain operating systems and browsers. Please check www.LibreView.com for additional information.

1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView.

Connect to your diabetes team via LibreView Clinic ID



LibreView Account Setup & Installation

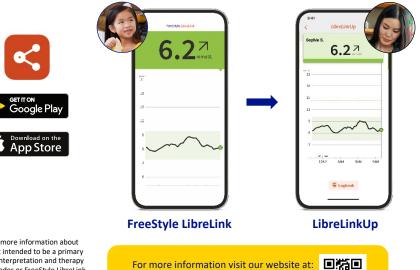


LibreLinkUp

With the LibreLinkUp mobile app¹, FreeStyle LibreLink app² users can remotely share their glucose readings and alarms³ with up to 20 of their caregivers and loved ones.

Caregivers can:

- Check their connections' glucose levels anytime they have an active FreeStyle Libre 2 sensor
- Set their own glucose alarm notifications and receive alarm notifications in real-time using LibreLinkUp on their phones¹



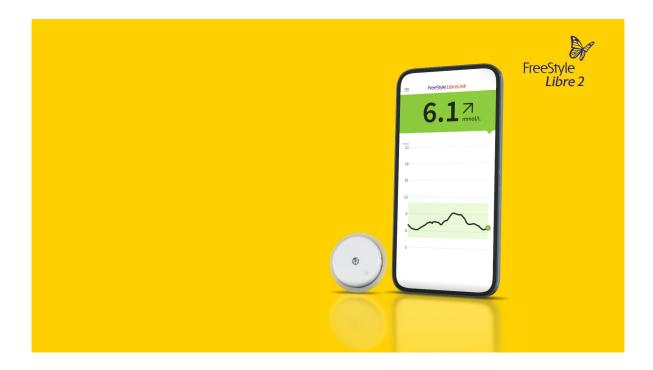
Images are for illustrative purposes only. Not actual patients or data.

1. The LibreLinkUp app is only compatible with certain mobile device and operating systems. Please check www.LibreLinkUp.com for more information about device compatibility before using the app. Use of LibreLinkUp requires registration with LibreView. The LibreLinkUp mobile app is not intended to be a primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the. 2. Patients choose which device they want to receive alarms: FreeStyle Libre 2 reader or FreeStyle LibreLink app. They must start their FreeStyle Libre 2 sensor with that selected device. Once the patient scans their FreeStyle Libre 2 sensor with that device, they can receive alarms only on that device. The FreeStyle LibreLink app is only compatibile with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView. 3. The user's device must have internet connectivity for glucose data to automatically upload to LibreView and to transfer to connected LibreLinkUp app users.

For more information visit our website at: LibreLinkUp | Connect with Caregivers | FreeStyle Libre



How to share glucose information from the FreeStyle LibreLink app to the LibreLinkUp app



Section 6

System education and support





Customer careline



Abbott Customer Careline

Telephone – 1800 77 66 33 Mon-Fri 8:00am-8:00pm Sat 9:00am-5.00pm

Email – FreeStyleLibre.ie@Abbott.com

The FreeStyle Libre 2 system tutorials and downloads

Visit our website for:

- Video tutorials on how to use the FreeStyle Libre 2 system
- How to use its data to support your diabetes management
- Product Specifications and User Manuals



Tutorials & Downloads | Freestyle Libre | Abbott

The FreeStyle Libre 2 system education

Supporting your on-going diabetes management with the FreeStyle Libre 2 system

MyFreeStyle

Online, patient education & support



Flash Glucose Monitoring Education Programme





www.abcd.care/dtn-education/flash-glucose-monitoring

Disposal information

Sensor

Remove and wipe down with disinfectant, and dispose as electrical waste (same as a battery)



3

Applicator Yellow biohazard bag/sharps bin



Sensor packaging General waste

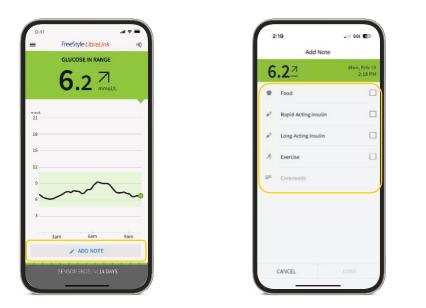


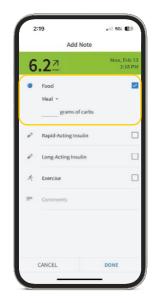






Adding Notes in the FreeStyle LibreLink App







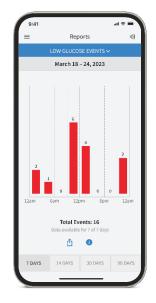
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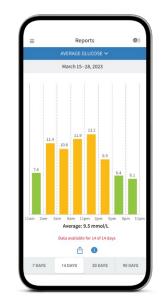
Reports in the FreeStyle LibreLink App



Time in Range



Low glucose events



Average glucose



Logbook

Reports in the FreeStyle LibreLink App



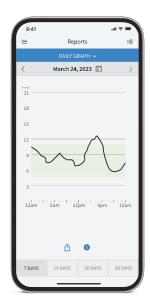
Daily patterns



Estimated HbA1c



Sensor usage



Daily graph

Logbook in the FreeStyle LibreLink app

Information captured in the Logbook

- Notes:
 - Food
 - Rapid-Acting Insulin
 - Long-Acting Insulin
 - Exercise
 - Comments
- Glucose Values via a scan





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The FreeStyle Libre 2 system and Time in Range





Time in Range

What is Time in Range

Time in Range is the percentage of time that a person spends with their blood glucose levels in a target glucose range

Target Glucose Range Typically: 3.9-10.0 mmol/L^{1,2}



Images are for illustrative purposes only. Not actual patient data.

The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle LibreLink may require registration with LibreView. 1. For adults with type 1 and type 2 diabetes who are not pregnant, not older, or at risk. 2. Battelino, T. Diabetes Care (2019): https://doi.org/10.2337/dci19-0028.

Here are different examples 10 mmol/L of Time in Range: 3.9 mmol/L 12 am 12 pm 50% Time in Range 10 10 mmol/L mmol/L 3.9 3.9 mmol/L mmol/L 12 am 12 pm 12 am 12 am 12 pm 100% Time in Range

0% Time in Range

12 am

12 am

More Time in Range. Better glucose control.



When your Time in Range increases, your HbA1c decreases

Images are for illustrative purposes only.

 Vigersky RA, McNahon C. The relationship of hemoglobin A1c to time-in-range in patients with diabetes. Diabetes Technol Ther. 2019;21(2):81-85.
Battelino T, Danne T, Bergenstal RM, et al. Clinical targets for continuous glucose monitoring data interpretation: recommendations from the international consensus on time in range. Diabetes Care. 2019;42(8):1593-1603.
Beck RW, Bergenstal RM, Riddlesworth TD, et al. Validation of time in range as an outcome measure for diabetes clinical trials. Diabetes Care.
2019;42(3):400-405.
For adults with type 1 and type 2 diabetes who are not pregnant, not older, or at risk.



Every 10% increase in Time in Range can lower HbA1c by 0.8% in type 1 and type 2 patients¹



Every 5% (~1 hour per day) increase in Time in Range is associated with clinically significant benefits²



Spending more Time in Range can reduce long-term eye and kidney health complications³



Guidelines recommend spending at least 70% of your Time in Range (3.9-10 mmol/L)^{2,4} HbA1c is average glucose over the last 2-3 months.

Time in Range report

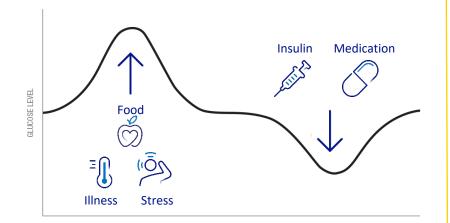
The FreeStyle Libre 2 system automatically calculates the percentage of time you spend in, above, or below target range

This Time in Target report shows a person who spent **80% of their day in target glucose range**



Impact on Time in Range

Learn how daily activities impact your glucose



Suggested tips:

- Reduce big disturbances such as heavy carbs
- Keep checking your glucose
- Repeat what works for you



Using the FreeStyle Libre 2 reader





The FreeStyle Libre 2 reader



Images are for illustrative purposes only. Not actual patient data. 1. The FreeStyle Libre 2 reader is designed to be used only with FreeStyle Optium blood glucose and blood ketone test strips and MediSense control solution.

How to scan your FreeStyle Libre 2 sensor with your FreeStyle Libre 2 reader



1. Press the Home Button to turn on the reader.



3. Hold the reader within 4cm of the sensor to scan it. A beep (if the sounds are enabled) or a vibration will confirm that sensor has been activated. Once you activate a sensor with a reader, it can only be used with that reader.



2. Press 'Start new sensor' on the screen.



4. 1 hour after starting a new sensor the patient can get their glucose results. You will now be able to scan the sensor to check your glucose.

Important Information: If you start your FreeStyle Libre 2 sensor with your FreeStyle Libre 2 reader you will not receive real-time glucose readings, even if you use the updated FreeStyle LibreLink app as your second device. You will need to scan to get your glucose reading on both devices. Glucose alarms are only received on the device used to start the sensor.



1. Touch the **settings**² symbol

Images are for illustrative purposes only.

1. Patients choose which device they want to receive alarms: FreeStyle Libre 2 reader or FreeStyle Libre 1 her FreeStyle Libre 2 sensor with that selected device. Once the patient scans their FreeStyle Libre 2 sensor with that device, they can receive alarms only on that device. 2. Please see the FreeStyle Libre 2 User's Manual for complete instructions.



2. Touch Alarms then Change Alarm Settings

Images are for illustrative purposes only.

1. Patients choose which device they want to receive alarms: FreeStyle Libre 2 reader or FreeStyle LibreLink app. They must start their FreeStyle Libre 2 sensor with that selected device. Once the patient scans their FreeStyle Libre 2 sensor with that device, they can receive alarms only on that device.



3. Turn on Alarm (alarms are off by default)

Images are for illustrative purposes only.

1. Patients choose which device they want to receive alarms: FreeStyle Libre 2 reader or FreeStyle LibreLink app. They must start their FreeStyle Libre 2 sensor with that selected device. Once the patient scans their FreeStyle Libre 2 sensor with that device, they can receive alarms only on that device.



4. Use arrows to set Low and High Glucose Alarms²

Images are for illustrative purposes only.

1. Patients choose which device they want to receive alarms: FreeStyle Libre 2 reader or FreeStyle LibreLink app. They must start their FreeStyle Libre 2 sensor with that selected device. Once the patient scans their FreeStyle Libre 2 sensor with that device, they can receive alarms only on that device. 2. 3.9 mmol/L is the default Low Glucose Alarm level and can be set between 3.3-5.6 mmol/L. 13.3 mmol/L is the default High Glucose Alarm level and can be set between 6.7-22.2 mmol/L.



Signal loss alarm is automatically turned on the first time a glucose alarm is set

Images are for illustrative purposes only.

1. Patients choose which device they want to receive alarms: FreeStyle Libre 2 reader or FreeStyle LibreLink app. They must start their FreeStyle Libre 2 sensor with that selected device. Once the patient scans their FreeStyle Libre 2 sensor with that device, they can receive alarms only on that device.



6. Adjust Sound & Vibration

Images are for illustrative purposes only.

1. Patients choose which device they want to receive alarms: FreeStyle Libre 2 reader or FreeStyle LibreLink app. They must start their FreeStyle Libre 2 sensor with that selected device. Once the patient scans their FreeStyle Libre 2 sensor with that device, they can receive alarms only on that device.





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