Get started with the FreeStyle Libre 2 system
The FreeStyle Libre 2 system
Components of the FreeStyle Libre 2 system

- Sensor pack
- Sensor
- Applicator used to apply 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 browsers. Please check www.LibreView.com for additional information. 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. Use of LibreLinkUp requires registration with LibreView. The LibreLinkUp mobile 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 calibration\(^1\)
- Water resistant\(^2\)
- Automatically\(^3\) captures readings day and night
- Scan for glucose readings anytime\(^4\), 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.

1. 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 pricking\(^1\)

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.

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Images are for illustrative purposes only. Not real patient.

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.
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.

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

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.

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.
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.
Current glucose reading

Glucose reading is updated every minute

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.
Background colours
The background colour reflects your current glucose reading.

**High glucose reading**
(above 13.3 mmol/L)

**Low glucose reading**
(below 3.9 mmol/L)

**Between** the target glucose range and high or low glucose level

**Within the target glucose range**

Simulated data are for illustrative purposes only. Not real patient data.
Target glucose range

The graph shows your target glucose range. This is not related to glucose alarm thresholds.

Note: It is set at 3.9-10 mmol/L and can be customised. Work with your healthcare professional to set your Target Glucose Range.

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.
FreeStyle LibreLink app

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.
FreeStyle LibreLink app

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

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.
FreeStyle LibreLink app

Tap to scan, a quick scan provides another way for you to get a glucose reading during Bluetooth® interruption

Note: Androids have the following icon instead: 📡

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.
1. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Abbott is under license.
Glucose message lets you know where your glucose is or where it's going.
Glucose trend arrow

Trend arrow shows how quickly your glucose is changing

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.
FreeStyle LibreLink app

Glucose trend arrows

- **Rising quickly** – more than 3 mmol/L in 30 minutes
- **Rising** – 1.8–3 mmol/L in 30 minutes
- **Changing slowly** – < 1.8 mmol/L in 30 minutes
- **Falling** – 1.8–3 mmol/L in 30 minutes
- **Falling quickly** – more than 3 mmol/L in 30 minutes

Images are for illustrative purposes only. Not actual patient data.
FreeStyle LibreLink app

Glucose graph shows your 8-hour glucose history

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.
FreeStyle LibreLink app

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.

⚠️ Alarms unavailable
This screen displays if alarms you have turned on are not available
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 average lag time between blood glucose and interstitial fluid glucose is just over 2 minutes.

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**References**

Understanding interstitial glucose measurement

When your glucose level is rising quickly, glucose readings displayed with FreeStyle Libre 2 system may be lower than blood glucose readings.

When your glucose level is falling quickly, glucose readings displayed with FreeStyle Libre 2 system may be higher than blood glucose readings.

When your glucose level is stable, glucose readings displayed with FreeStyle Libre 2 system may be almost identical to blood glucose readings.
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
Difference between using app and reader

**Automatic glucose readings on the app¹**
Start the FreeStyle Libre 2 sensor with the FreeStyle LibreLink app

**Scanning experience with reader**
Start the FreeStyle Libre 2 sensor with the reader

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**Provides alarms and glucose readings automatically²** 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

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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!

¹Simulated data for illustrative purposes only. Not real patient or data.
²The 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

Simulated data for illustrative purposes only. Not real patient data.
Notifications are only received when alarms are turned on and the sensor is within 6 metres of the phone, with no obstructions.
 HOW TO SET UP ALARMS ON YOUR FREESTYLE LIBRE 2 SYSTEM

Dismissing an alarm

1. Tap on the push notification
2. App will open to home screen
3. 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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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. Notifications will only be received when alarms are turned on and the sensor is within 6 meters unobstructed of the reading device.
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, anywhere, and share results

**FreeStyle LibreLink**

**Easy monitoring**
One app allows you to monitor and share your glucose readings

**LibreView**

**Easy insights**
Share glucose readings with your healthcare team for more effective consultations

**LibreLinkUp**

**Easy connection**
Share glucose levels and alarms with your loved ones for peace of mind

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1. 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.
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.
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.
Better informed doctor’s appointments
You and your diabetes team can have more effective conversations about your glucose patterns and trends.

Connect to a clinic
Use the FreeStyle LibreLink app to share your glucose data with your diabetes team.

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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

Option 1
Your HCP can supply you with the unique ID number of your practice

Option 2
Your HCP can send you an email invitation to join their practice

Note: To access your LibreView account go to www.LibreView.com and log in with your FreeStyle LibreLink app¹ username and password.

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

Images are for illustrative purposes only.
LibreView Account Setup & Installation

Images are for illustrative purposes only. Not actual patient data.
With the LibreLinkUp mobile app[^1], FreeStyle LibreLink app[^2] users can remotely share their glucose readings and alarms[^3] 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 phones[^1]

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[^1]: 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 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. 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 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. 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.
How to share glucose information from the FreeStyle LibreLink app to the LibreLinkUp app
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

Images are for illustrative purposes only.
The FreeStyle Libre 2 system education

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

**MyFreeStyle**

Online, patient education & support

- E-learning
- Videos
- Articles
- E-books

Register at: [MyFreeStyle | Abbott](#)

**Flash Glucose Monitoring Education Programme**

## Disposal information

<table>
<thead>
<tr>
<th>Item</th>
<th>Disposal Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sensor</strong></td>
<td>Remove and wipe down with disinfectant, and dispose as electrical waste (same as a battery)</td>
</tr>
<tr>
<td><strong>Applicator</strong></td>
<td>Yellow biohazard bag/sharps bin</td>
</tr>
<tr>
<td><strong>Sensor packaging</strong></td>
<td>General waste</td>
</tr>
</tbody>
</table>

Images are for illustrative purposes only.
The FreeStyle LibreLink app reports
Adding Notes in the FreeStyle LibreLink App

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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.
Reports in the FreeStyle LibreLink App

Time in Range

Low glucose events

Average glucose

Logbook

Simulated data for illustrative purposes only. Not actual patient data
Reports in the FreeStyle LibreLink App

Daily patterns

Estimated HbA1c

Sensor usage

Daily graph

Simulated data for illustrative purposes only. Not actual patient data.
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

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.
The FreeStyle Libre 2 system and 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\(^1,2\)

Here are different examples of Time in Range:

0% Time in Range

50% Time in Range

100% Time in Range

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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/dc19-0028.
Why is Time in Range important?

When your Time in Range increases, your HbA1c decreases

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

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

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

- Guidelines recommend spending at least 70% of your Time in Range (3.9-10 mmol/L)

HbA1c is average glucose over the last 2-3 months.

Images are for illustrative purposes only.

4. For adults with type 1 and type 2 diabetes who are not pregnant, not older, or at risk.
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. Time in Range appears as a green bar on the app.

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

GLUCOSE LEVEL

Food
Insulin
Medication
Illness
Stress
Using the FreeStyle Libre 2 reader
The FreeStyle Libre 2 reader

- **Current glucose reading**
- **USB port**
  - Used to charge the reader and connect it to a Mac or PC
- **Test strip port**
  - Insert a test strip here to use the built-in blood glucose and ketone meter
- **Trend arrow**
  - Indicates how glucose is changing
- **Touchscreen**
  - Up to 8 hours of glucose history
- **Home button**
  - Turns the reader on/off, returns user to home screen

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

2. Press ‘Start new sensor’ on the screen.

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.

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.
It’s easy to set alarms on your FreeStyle Libre 2 reader

1. Touch the settings symbol

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. Please see the FreeStyle Libre 2 User’s Manual for complete instructions.
It’s easy to set alarms on your FreeStyle Libre 2 reader

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.
It’s easy to set alarms on your FreeStyle Libre 2 reader

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.
It’s easy to set alarms on your FreeStyle Libre 2 reader¹

4. Use arrows to set Low and High Glucose Alarms²

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.

Images are for illustrative purposes only.
5. See your current **Alarm Settings**

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.
It’s easy to set alarms on your FreeStyle Libre 2 reader\textsuperscript{1}

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.