

THE FREESTYLE LIBRE 3 CONTINUOUS GLUCOSE MONITORING SYSTEM

New starter patient training



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Abbott





The FreeStyle Libre 3 Continuous Glucose Monitoring System indication of use

The FreeStyle Libre 3 App (“App”) when used with a FreeStyle Libre 3 Continuous Glucose Monitoring System Sensor (“Sensor”) is indicated for measuring interstitial fluid glucose levels in people (age 4 and older) with diabetes mellitus, including pregnant women. The App and Sensor are designed to replace blood glucose testing in the self-management of diabetes, including dosing of insulin.

The indication for children (age 4-12) is limited to those who are supervised by a caregiver who is at least 18 years of age. The caregiver is responsible for managing or assisting the child to manage the App and Sensor and also interpreting or assisting the child to interpret Sensor glucose readings.

No finger pricks means no finger pricks¹

No confirmatory finger pricks required for insulin dosing – even when glucose is low, falling, or rapidly changing¹

	FREE from finger pricks to dose insulin	✓
	FREE from finger pricks to confirm hypo or impending hypo	✓
	FREE from finger pricks when glucose is rapidly changing	✓
	FREE from finger pricks for calibration	✓

1. Finger pricks are required if glucose readings and alarms do not match symptoms or expectations.

Minute-to-minute glucose readings stream directly to your smartphone¹

- **Continuous real-time** glucose readings every minute, of every hour, of every day, up to 14 days
- **5x faster** than other CGMs²
- **Always on**³ — you can view your glucose with a quick glance at your smartphones¹



KNOW SOONER, ACT FASTER, BE READY TO AVOID HYPOS

Images are for illustrative purposes only. Not actual 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. 2. Dexcom G6 CGM User Guide and Medtronic Guardian Connect System User Guide. 3. 60-minute warm-up required when starting the sensor.

The FreeStyle Libre 3 System and driving

- The DVLA (Driver and Vehicle Licensing Agency) has permitted the use of continuous glucose monitoring systems for the purpose of driving with Group 1 drivers
- Drivers using the FreeStyle Libre 3 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
 - If they have become hypoglycaemic or have indication of impending hypoglycaemia
- Continuous glucose monitoring systems are not legally permitted for the purposes of Group 2 drivers
- For more information, please visit www.gov.uk/diabetes-driving

The FreeStyle Libre 3 System

FREESTYLE LIBRE 3 SYSTEM COMPONENTS

Components of the FreeStyle Libre 3 System



Sensor kit

- Sensor applicator
- Product insert



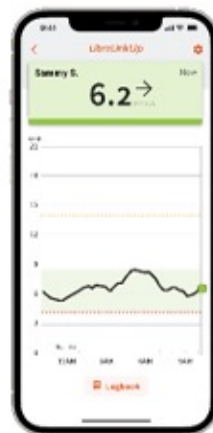
One piece applicator



Sensor



FreeStyle Libre 3 App



LibreLinkUp

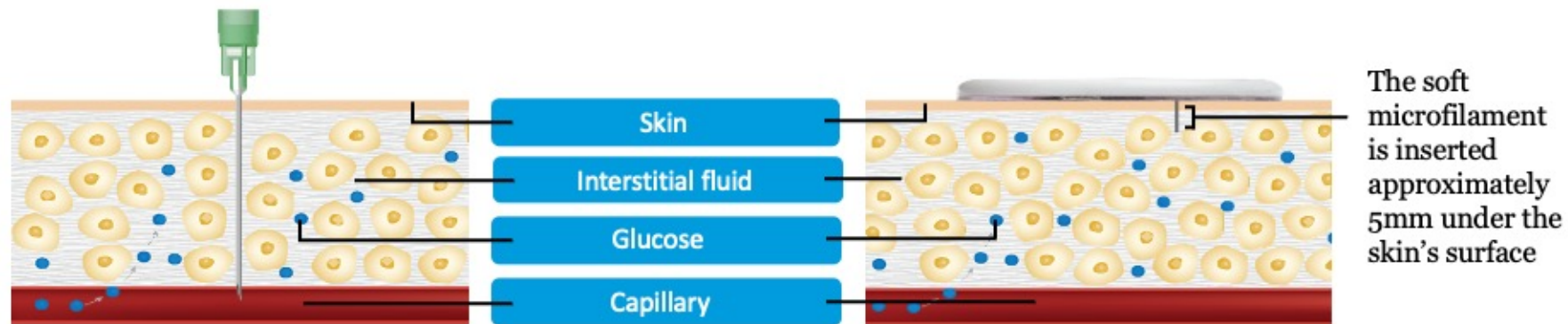


LibreView

Images are for illustrative purposes only. Not actual patient data.
The FreeStyle Libre 3 system product packaging is not reflective of UK packaging.

Understanding interstitial glucose measurement

The FreeStyle Libre 3 System measures glucose in the interstitial fluid. Blood glucose and sensor glucose are closely related but not identical. The FreeStyle Libre 3 Sensor glucose reading lag behind a finger prick blood glucose reading by about 2.1 minutes for children and 2.4 minutes for adults.¹

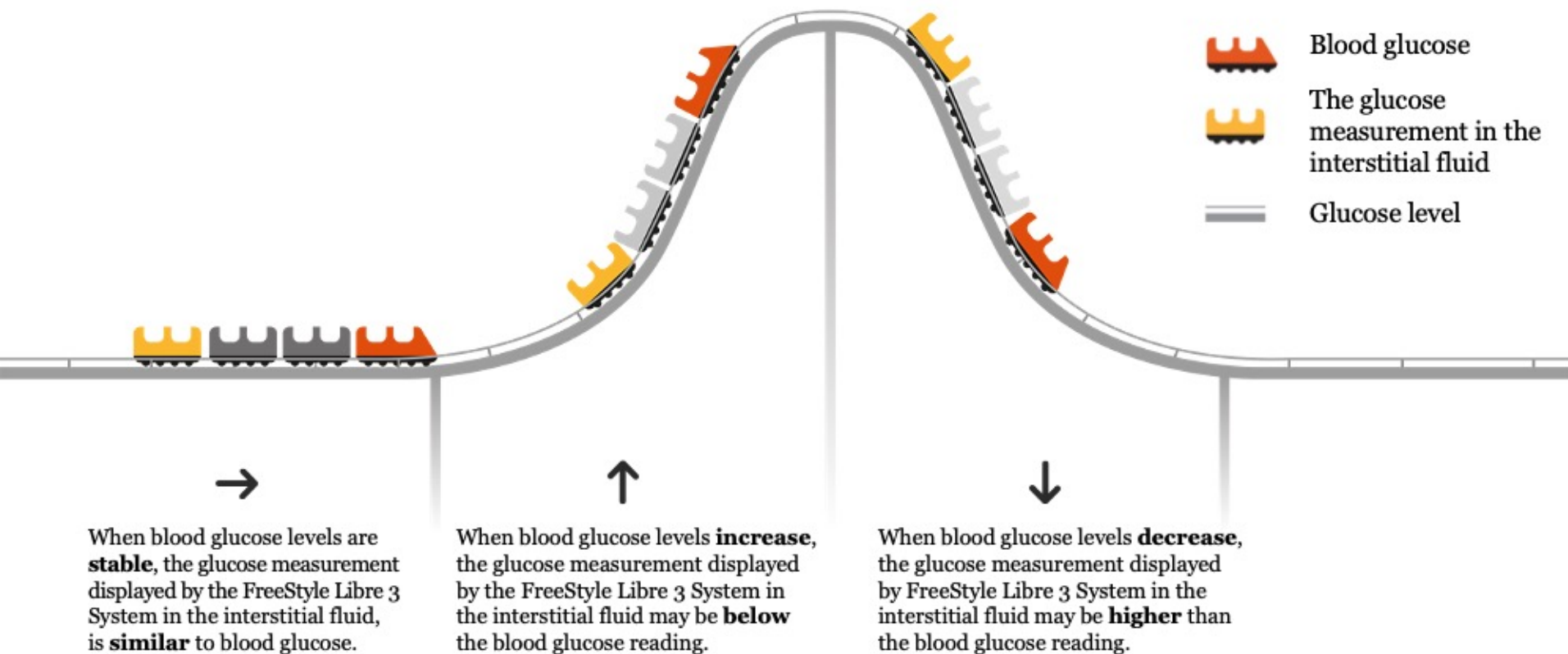


Classic Capillary Blood Glucose Meter

FreeStyle Libre 3 Continuous Glucose Monitoring System

1. Alva S, et al. Accuracy of a 14-Day Factory-Calibrated Continuous Glucose Monitoring System With Advanced Algorithm in Paediatric and Adult Population With Diabetes. Journal of Diabetes Science and Technology. September 2020. doi:10.1177/1932296820958754.

Understanding interstitial glucose measurement



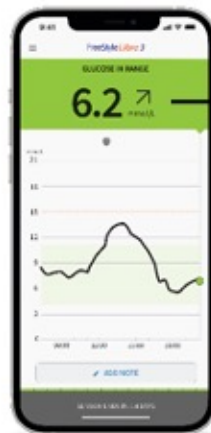
Sensor reading may not match a blood glucose reading

- When glucose levels are stable, blood and sensor glucose readings may be very similar. If glucose levels are rising or falling, then the two readings may be different
- This is completely normal and to be expected, particularly after meals, after taking insulin or during exercise

Glucose trend arrows

The glucose trend arrow is a tool to help you monitor your glucose more closely. It shows the direction glucose is heading – going up, down, or changing slowly. The **angle of the arrow** indicates how quickly or slowly your glucose is changing. With this information, you can better understand your glucose levels.

- ↑ **Glucose is going up quickly**
(more than 0.1 mmol/L per minute or more than 3.0 mmol/L in 30 minutes)
- ↗ **Glucose is going up**
(between 0.06 and 0.1 mmol/L per minute or between 2.0 and 3.0 mmol/L in 30 minutes)¹
- **Glucose is changing slowly**
(less than 0.06 mmol/L per minute or less than 2.0 mmol/L in 30 minutes)¹
- ↘ **Glucose is going down**
(between 0.06 and 0.1 mmol/L per minute or between 2.0 mmol/L and 3.0 mmol/L in 30 minutes)¹
- ↓ **Glucose is going down quickly**
(more than 0.1 mmol/L per minute or more than 3.0 mmol/L in 30 minutes)



Glucose trend arrow
Direction glucose is heading

Glucose reading screen

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

1. Levels have been rounded where applicable for ease of comprehension and simplicity.

How to apply and start the FreeStyle Libre 3 Sensor

Before you apply the sensor:

- Be sure to choose an approved application site—the back of your upper arm
- Do not use body lotion or cream where you'll apply the sensor as they may leave an oily residue on your skin
- Do shave any excess arm hair as it can get caught between the sensor adhesive and skin

Tips to help keep your sensor in place



Easy does it

Be careful not to catch your sensor on a doorway, car door, seat belt, or furniture edges.



Pat dry

After a shower or swim, take extra care when towel drying to avoid catching or pulling off your sensor.



Dress for success

Try to give your sensor room to breathe by wearing loose-fitting clothing and lightweight material.



Tips to help keep your sensor in place (cont'd)



Contact sports and heavy exercise

Be sure to select a site on the back of your upper arm that will minimise the risk of knock-off.



Slow down

When dressing or undressing, be careful that you don't catch your undergarments on the sensor.



Hands off

Try not to play, pull, or touch the sensor while wearing it.

APPLYING THE FREESTYLE LIBRE 3 SENSOR

Applying the FreeStyle Libre 3 Sensor

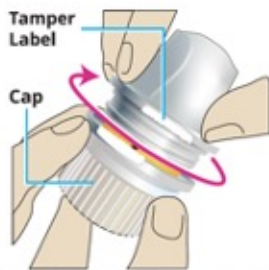
1. Application site



2. Wash, clean, dry



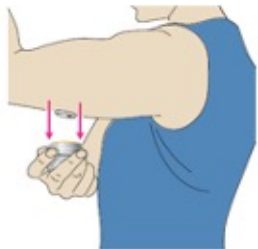
3. Unscrew cap



4. Place over cleaned site and push



5. Gently pull away



6. Ensure sensor secure



Caution

- Do not use if seal damaged
- Do not put cap back on
- Do not touch inside sensor applicator
- Do not push down on applicator until over site

APPLYING THE FREESTYLE LIBRE 3 SENSOR

Sensor application video



How to dispose of your used sensor



Sensor – The used sensor should be removed and wiped down with disinfectant, and then disposed of as electrical waste (the same as a battery)



Applicator – Ensure the cap is on the Sensor Applicator as it contains a needle, and then dispose of in a Yellow biohazard bag

THE FREESTYLE LIBRE 3 SYSTEM PRODUCT TRAINING

The FreeStyle Libre 3 App

Overview



- Continuous glucose readings streams directly to your smartphone¹ every minute and can be viewed with a quick glance
- Optional, real-time glucose alarms let you know the minute your glucose is too low or too high (low glucose alarm, high glucose alarm, signal loss alarm)²
- Time-in-Range Report includes International Consensus Standards
- Real-Time Remote Monitoring with LibreLinkUp^{3,4}

Images are for illustrative purposes only. Not actual patient 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 registration with LibreView. **2.** Notifications will only be received when alarms are turned on and the sensor is within 33 feet (10 metres) unobstructed of the reading device. **3.** 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 the LibreLinkUp app requires registration with LibreView. **4.** Glucose alarms will transfer to the LibreLinkUp app when users are connected and alarms are enabled on the FreeStyle Libre 3 app.

Important information about pairing the FreeStyle Libre 3 App and Sensor

- The sensor can only pair with one phone at a time
- You can switch the Bluetooth connection to a different phone by signing into the app on a different phone



Phone and OS compatibility

- FreeStyle Libre 3 Sensors only
- NFC-enabled smartphones, running Android 8 and higher

Refer to FreeStyle Libre 3 compatibility guide

- Compatible smartwatch¹ notifications from the FreeStyle Libre 3 App will alert you when your glucose is too low or too high¹⁻³



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

1. Smartwatch notification mirroring on the FreeStyle Libre 3 app has only been tested with certain smartwatches and operating systems. Please check the website for more information about smartwatch compatibility. **2.** To receive alarms from the FreeStyle Libre 3 app on your smartwatch, alarms must be turned ON, your phone and smartwatch must be connected, and your devices configured to deliver notifications. **3.** The FreeStyle Libre 3 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.

THE FREESTYLE LIBRE 3 APP –
CONFIGURATION AND COMPATIBILITY

What happens if you lose your phone?

- Don't remove your sensor!
- Replace your phone
- Download the FreeStyle Libre 3 App
- Sign in with your account¹
- Your sensor is associated with your account
- Scan your current sensor
- Your sensor will be connected to the app and all your data from only your current sensor data will be restored in the app

Images are for illustrative purposes only. Not actual patient.

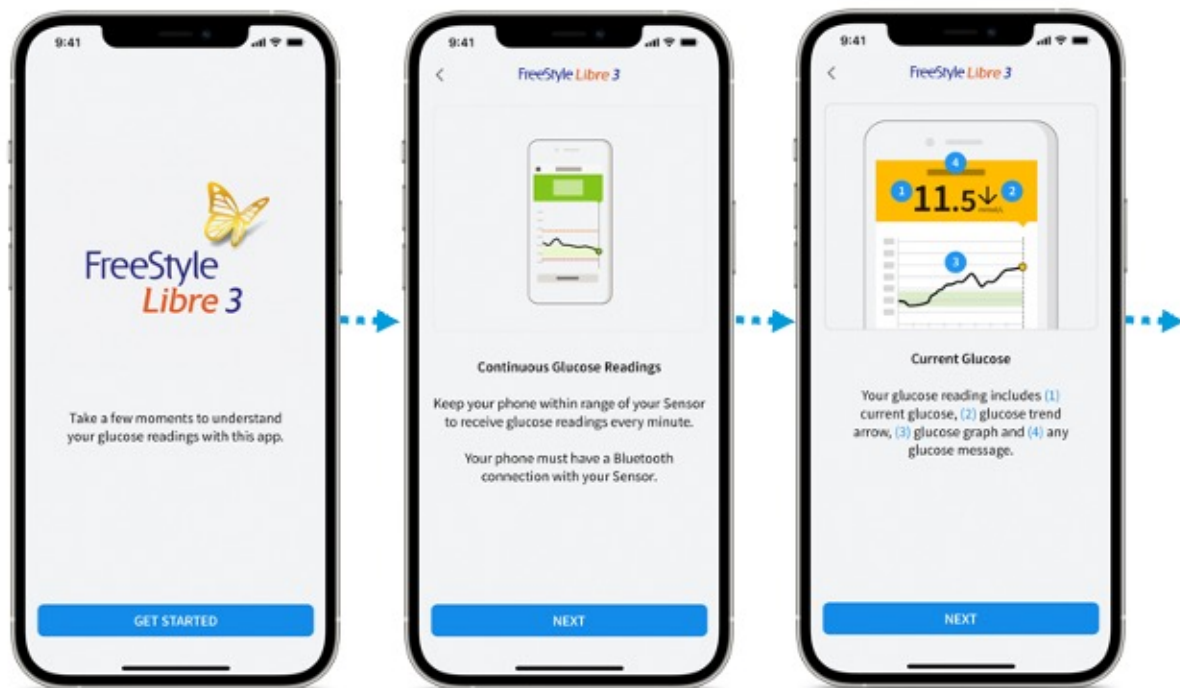
1. LibreView account required. If you did not create an account, then you will need to replace your sensor.



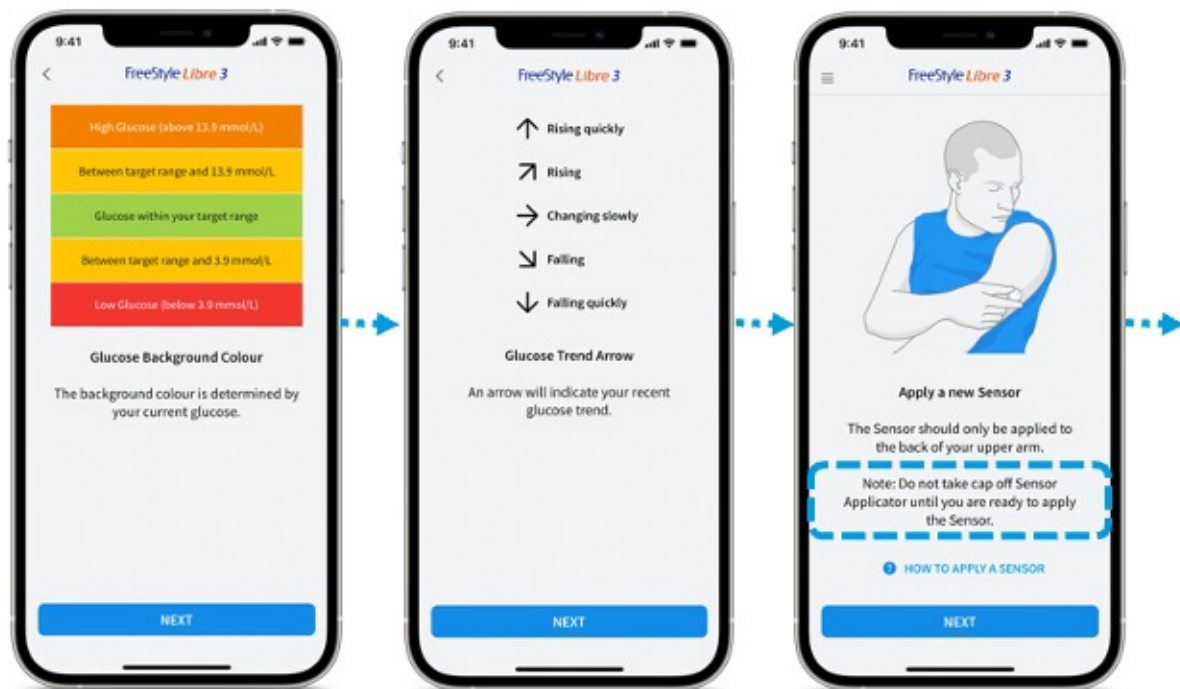
THE FREESTYLE LIBRE 3 SYSTEM

Getting started

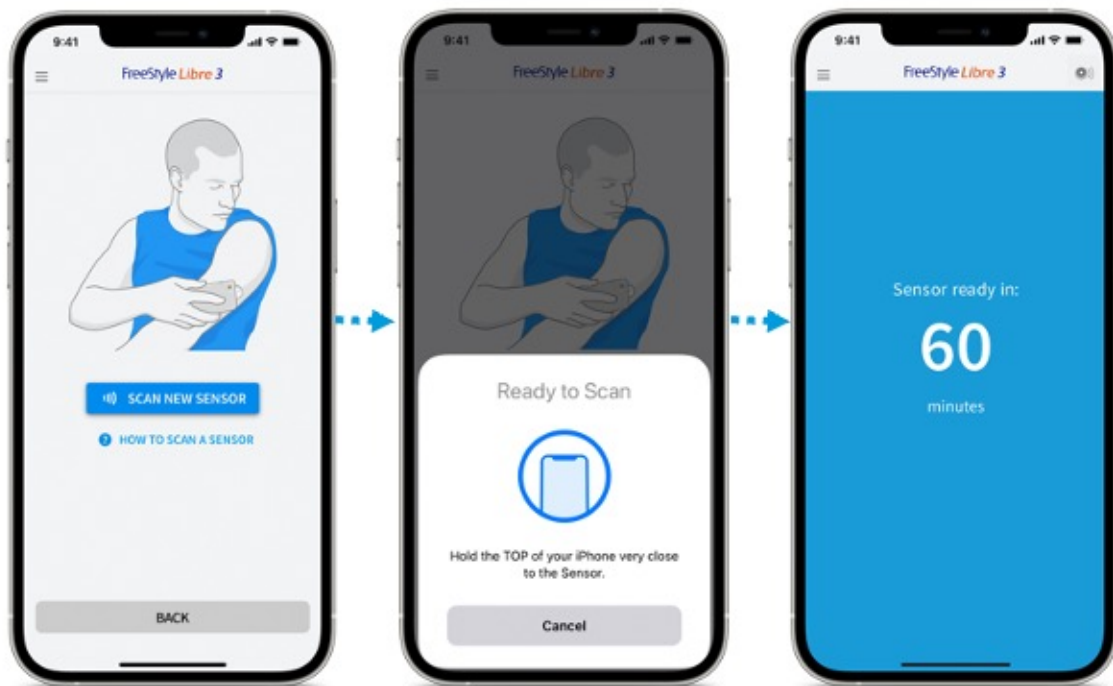
Getting started for iOS



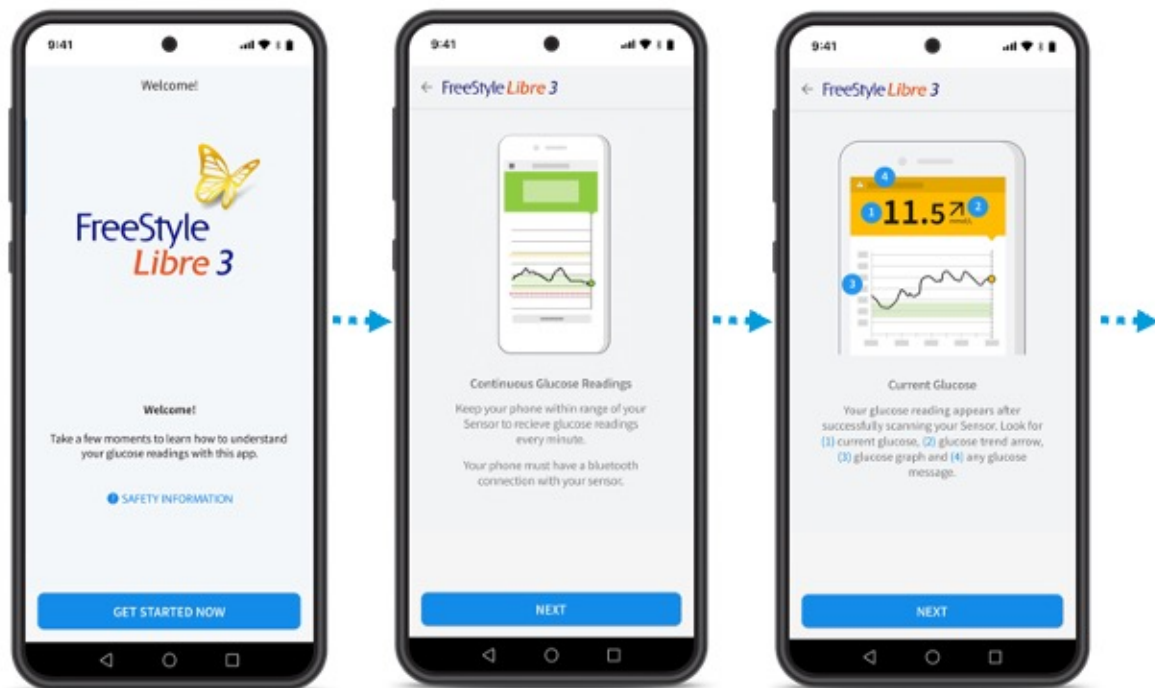
Getting started for iOS (cont'd)



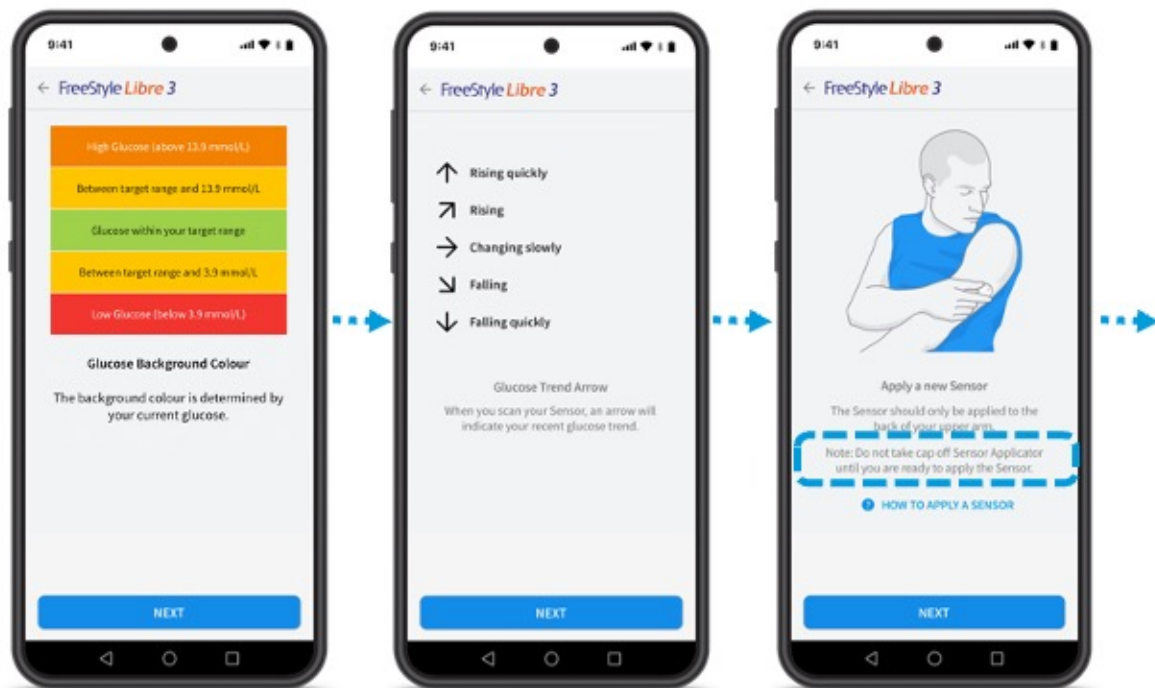
Getting started for iOS (cont'd)



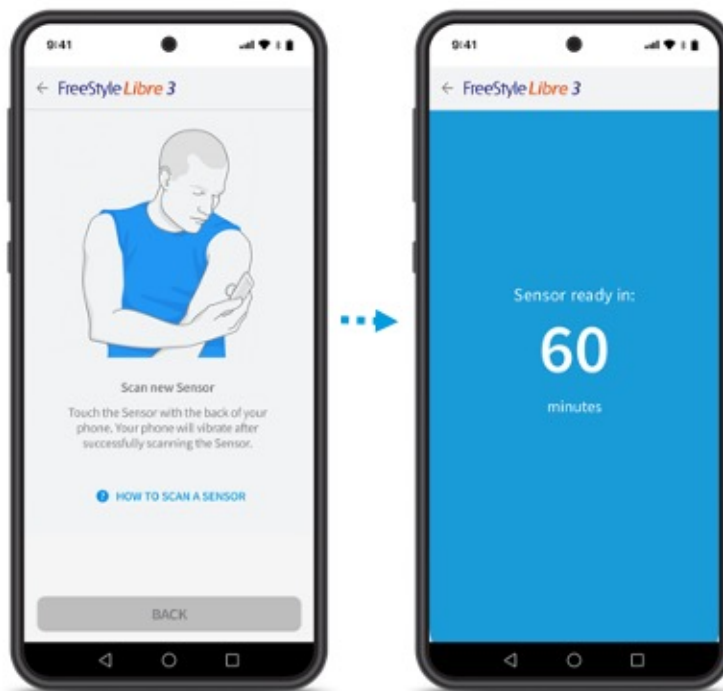
Getting started for Android



Getting started for Android (cont'd)



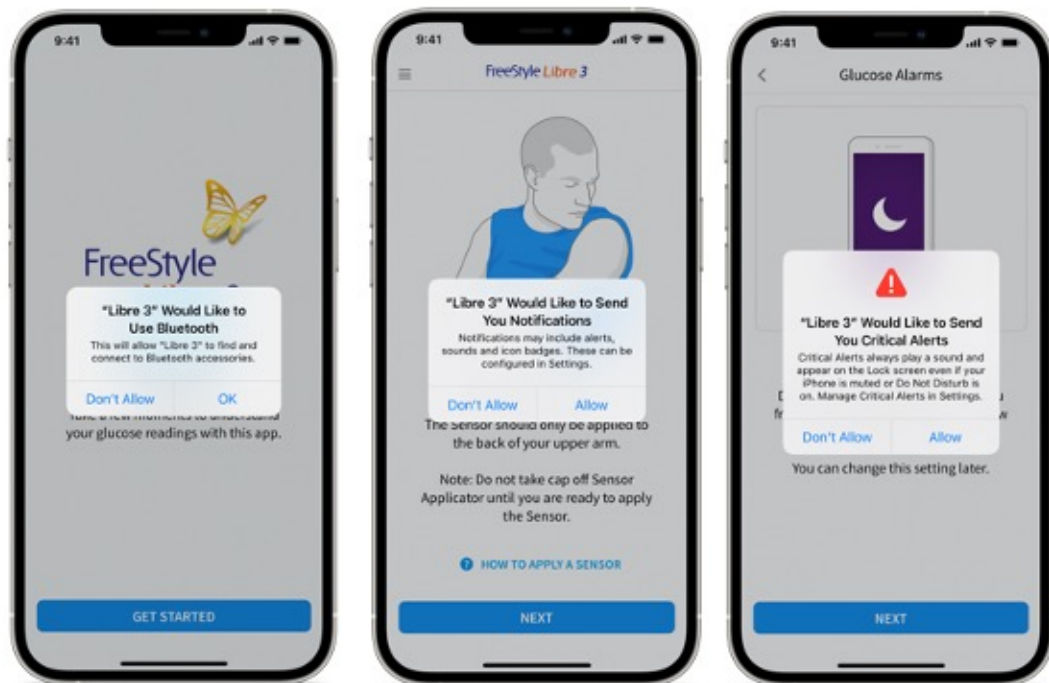
Getting started for Android (cont'd)



App permissions for iOS

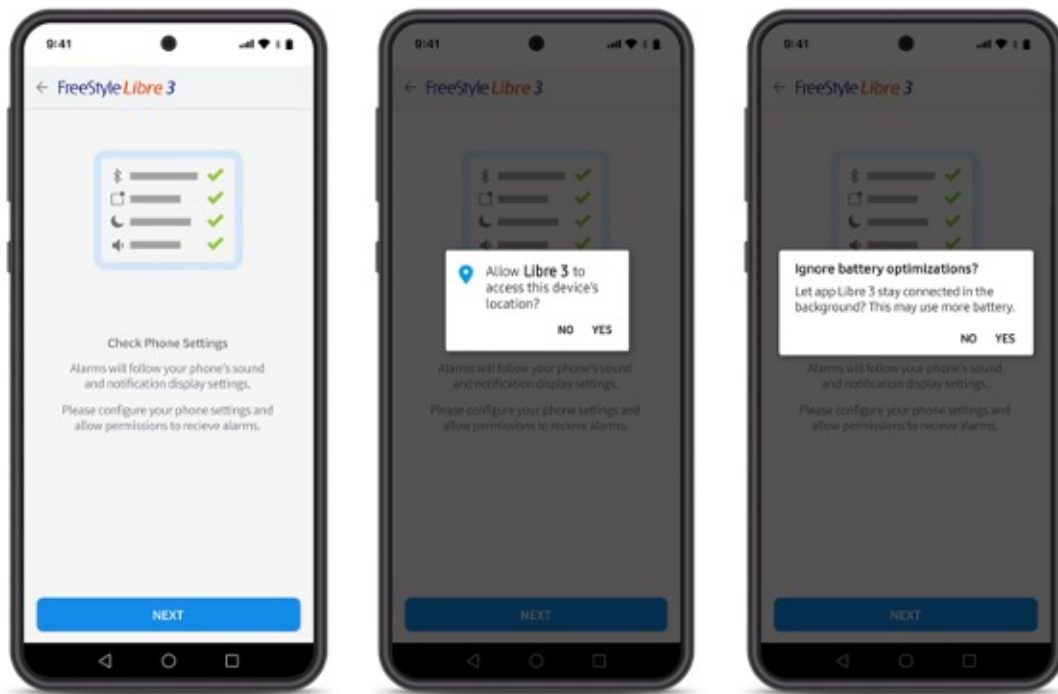
- **Allow app to pair with Bluetooth**
(required for glucose readings + alarms)
- **Allow app to send notifications**
(required for glucose alarms)
- **Allow app to send Critical Alerts**
(required for Do Not Disturb override)

There may be other iOS system-generated permissions that are not shown



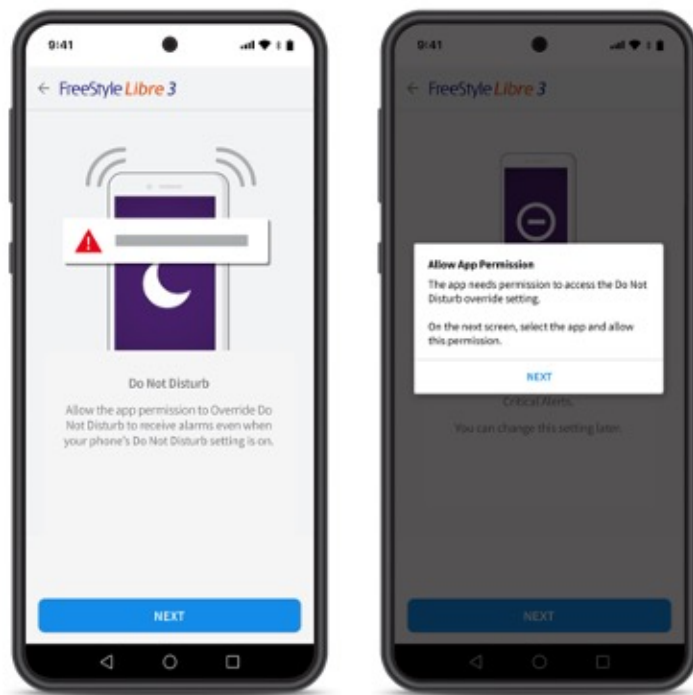
FREESTYLE LIBRE 3 APP – GETTING STARTED

App permissions for Android

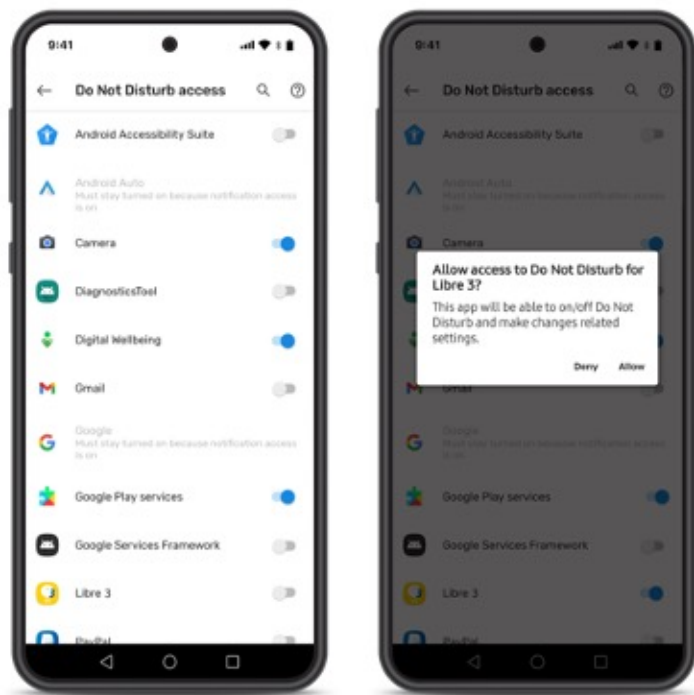


Battery optimisation is off

App permissions for Android (cont'd)



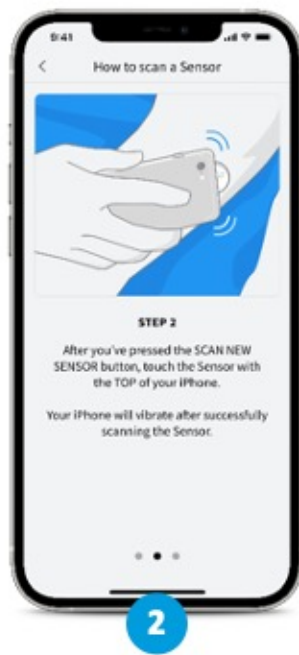
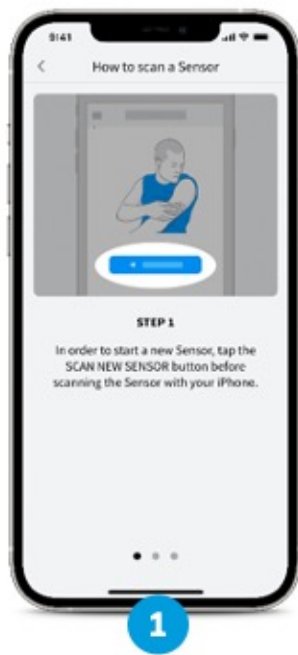
App permissions for Android (cont'd)



Allow access to Do Not Disturb

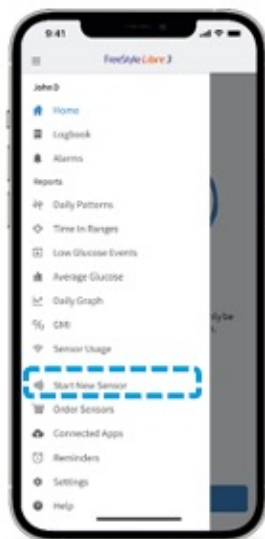
– required for do not disturb override

How to start a sensor (iOS)

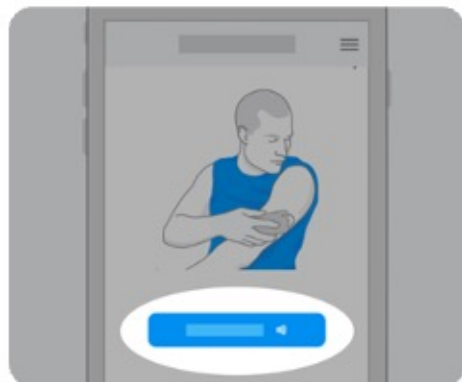


Scanning for iOS

NFC only required to start a new sensor, while Bluetooth is required for sending sensor data to phone



Main menu to start a new sensor
(both iOS and Android)



Scan button (iOS)

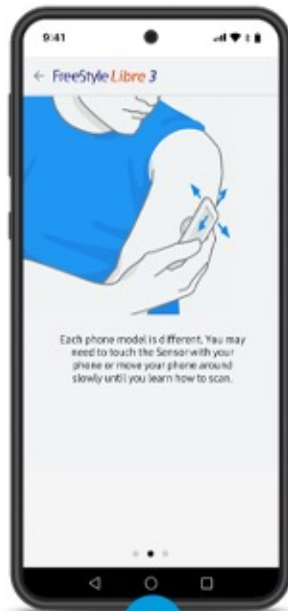
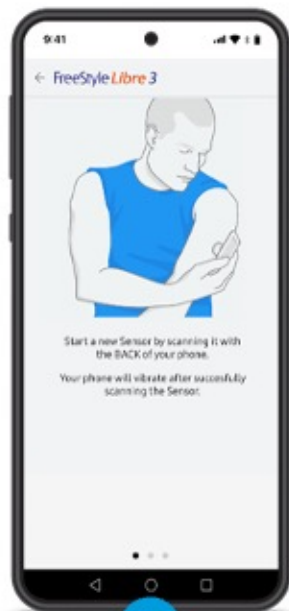


Scan icon for FreeStyle Libre 3 App



Contactless payments icon for shopping (example)

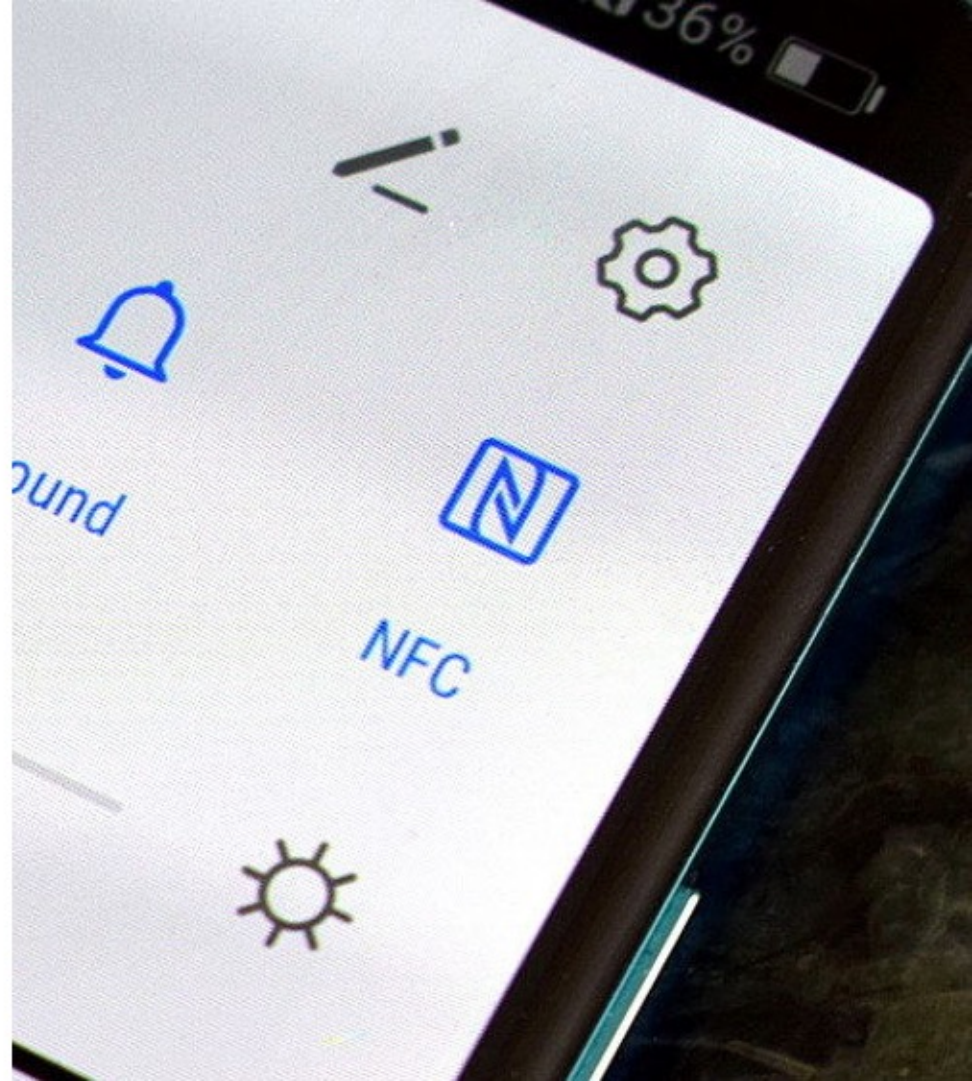
How to start a sensor (Android)



Scanning for Android

NFC only required to **start** a new sensor, while Bluetooth is required for sending sensor data to phone

- **Enable NFC in phone's settings**
- **Scanning a sensor will only produce one tone and/or one vibrate**
 - Unlike FreeStyle LibreLink, which has two vibrations for scans
 - No option to configure Scan Sounds in app settings
- **Foreground scanning only – app must be open to scan a new sensor**



How to set up alarms on your FreeStyle Libre 3 System

The FreeStyle Libre 3 System has optional glucose alarms for patients who need them

You can receive glucose alarms on your smartphone¹



ALARM

Receive an alarm when your glucose is too low or too high¹

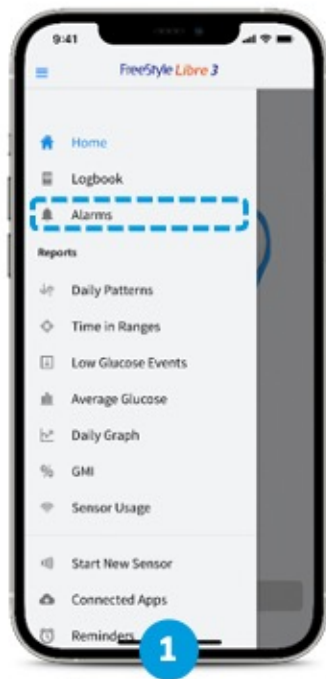
ACT

Use the information to take appropriate action as needed

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

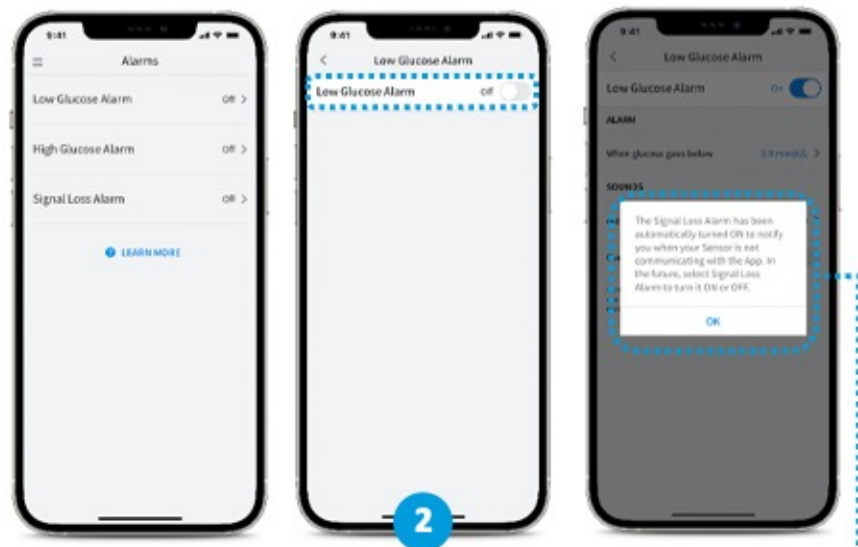
1. Notifications will only be received when alarms are turned on and the sensor is within 33 feet (10 metres) unobstructed of the reading device.

How to set alarms on your phone



Tap Alarms in the **menu**

How to set alarms on your phone (cont'd)



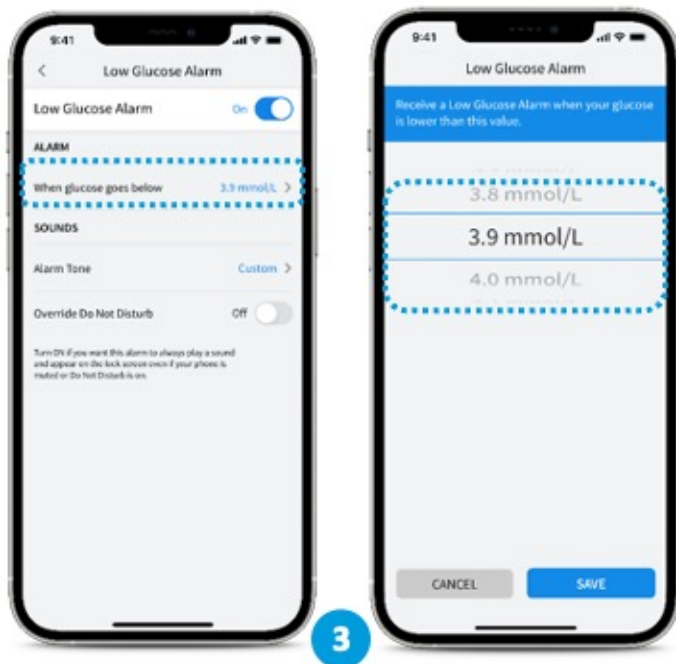
Touch **Low Glucose Alarm** and turn on alarm (alarms are off by default)

Signal loss alarm¹ is automatically turned on when glucose alarm is turned ON

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

1. Signal Loss Alarm: Notifies you when your sensor has not communicated with the App for 20 minutes and you are not receiving Low or High Glucose Alarms.

How to set alarms on your phone (cont'd)



Scroll to select **Low Glucose Value**¹

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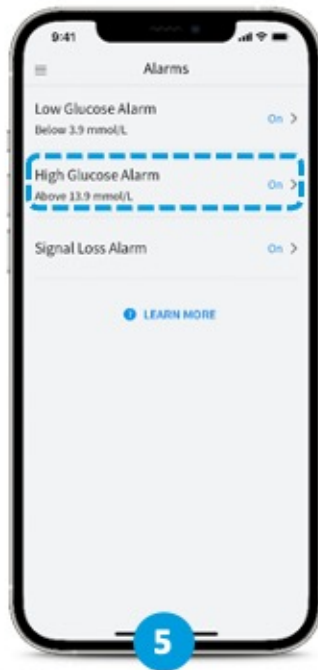
1. 3.9 mmol/L is the default Low Glucose Alarm level and can be set between 3.3-5.6 mmol/L.

How to set alarms on your phone (cont'd)



Touch **Alarm Tone** and make your tone choice

How to set alarms on your phone (cont'd)



Set your **High Glucose Alarm** using the same steps¹

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

1. 13.9 mmol/L is the default High Glucose Alarm level and can be set between 6.7-22.2 mmol/L.

Customer careline

Abbott Customer Careline UK

- Telephone – 0800 170 1177
Mon-Fri 8:00am-8:00pm
Sat 9:00am-5.00pm
- Email – adchelpuk@abbott.com



The FreeStyle Libre 3 App reports

Summary of reports

Report name

What data is used

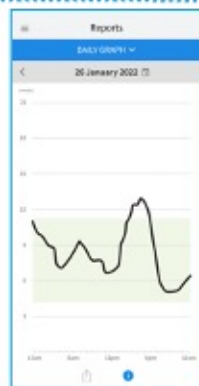
What does this report offer



Logbook

Notes and alarms data

Contains entries for notes you added as well as each time you received a low or high glucose alarm



Daily Graph

Daily sensor data

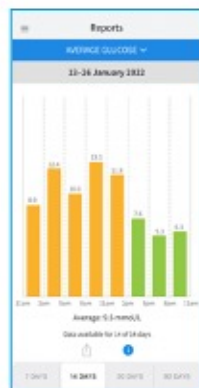
A graph of your sensor glucose readings by day. The graph shows your Target Glucose Range and symbols for notes you have entered.

Summary of reports

Report name

What data is used

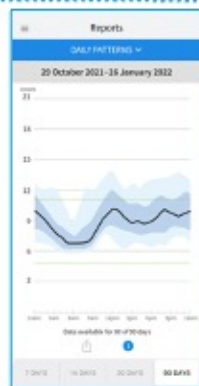
What does this report offer



Average Glucose

Sensor data summary by 7, 14, 30, 90 days

Information about the average of your sensor glucose readings. The overall average for the selected time period is displayed below the graph. The average is also shown for different periods of the day. Readings above or below your Target Glucose Range are yellow, orange or red. Readings in range are green.



Daily Patterns

Sensor data summary by 7, 14, 30, 90 days (requires minimum 5 days of data)

A graph showing the pattern and variability of your sensor glucose readings over a typical day. The thick black line shows the median (midpoint) of your glucose readings. The light blue shading represents the 5th–95th percentile range of your glucose readings. Dark blue shading represents the 25th–75th percentile range.

Summary of reports

Report name

What data is used

What does this report offer

Time in Ranges

Sensor data summary by 7, 14, 30, 90 days

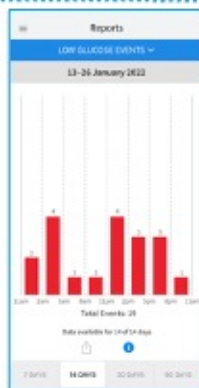
A graph showing the percentage of time your sensor glucose readings were above, below or within certain glucose ranges. The Custom graph is based on your Target Glucose Range, and the Standard graph is based on a Target Range of 3.9 to 10.0 mmol/L.



Low Glucose Events

Sensor data summary by 7, 14, 30, 90 days

Information about the number of low glucose events measured by your sensor. A low glucose event is recorded when your sensor glucose reading is lower than 3.9 mmol/L for longer than 15 minutes. The total number of events is displayed below the graph. The bar graph displays the low glucose events in different periods of the day.



Summary of reports

Report name

What data is used

What does this report offer



Sensor Usage

Sensor data summary by 7, 14, 30, 90 days

Information about how often you viewed your sensor glucose readings in the app and how much information has been captured from your sensor.



Glucose Management Indicator (GMI)

Sensor data summary by 7, 14, 30, 90 days

Glucose Management Indicator uses average sensor glucose data. GMI¹ can be used as an indicator of how well your glucose levels have been controlled.


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

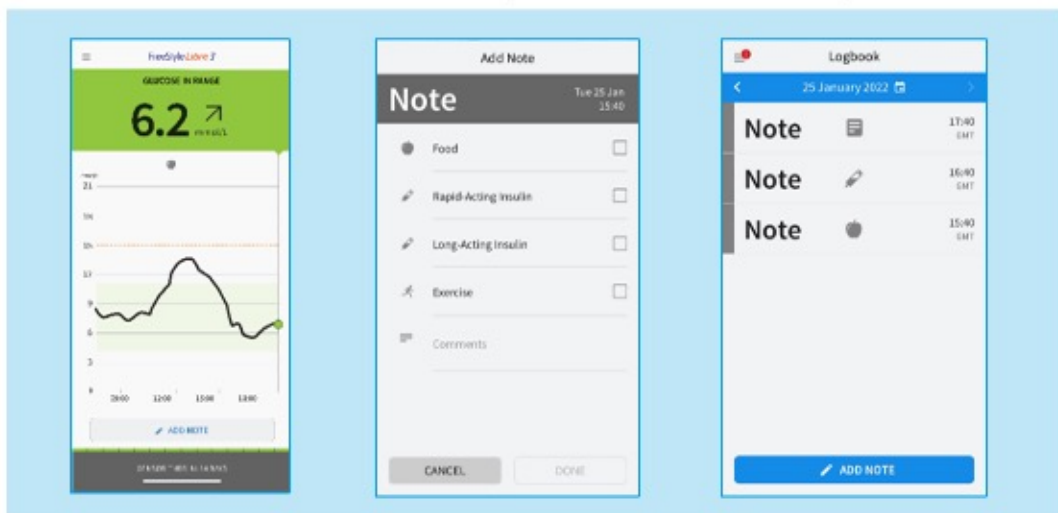
1. Bergenstal, Richard M. et al. 'Glucose Management Indicator (GMI): A New Term for Estimating A1C From Continuous Glucose Monitoring.' Diabetes Care, ADA, November 2018.

Notes

Adding notes may provide further insights into your glucose readings to help you manage your diabetes

The FreeStyle Libre 3 App

Notes can be saved with your glucose readings to help you track food, insulin and exercise. Low or high glucose alarms you receive will also be shown in the Logbook. You can also add your own comments. Tap  on the home screen to add a note.

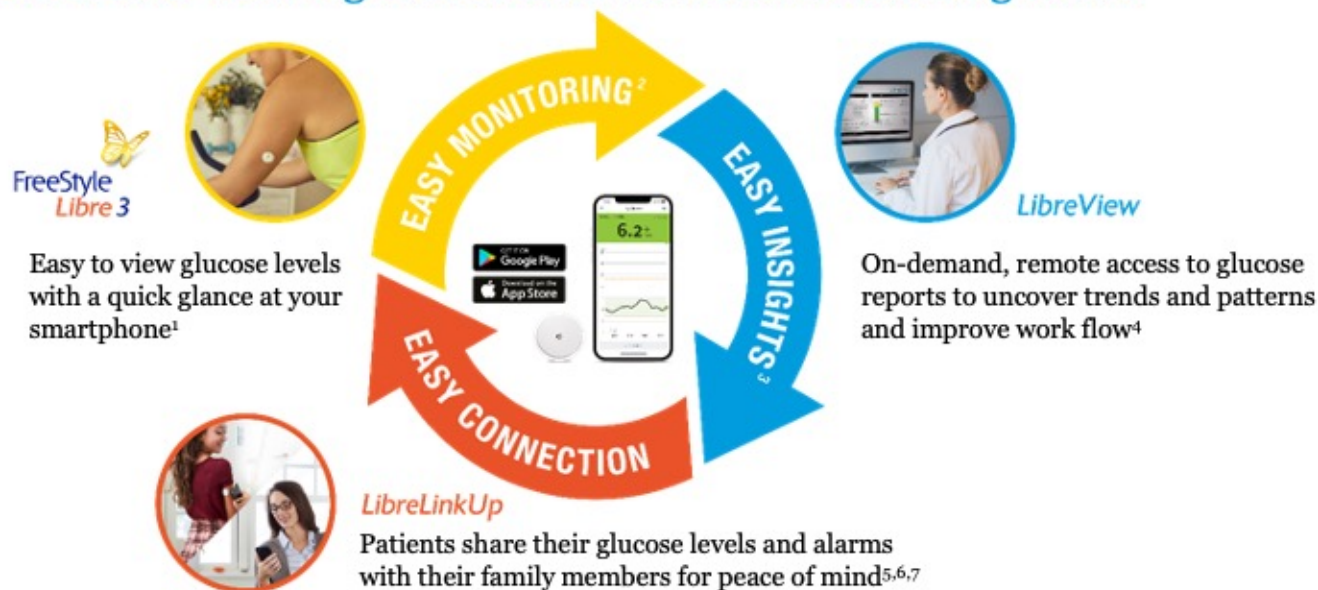


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Digital Health Solutions for the FreeStyle Libre 3 System

Digital Health Solutions for the FreeStyle Libre 3 System

Digital health tools that work together for seamless diabetes management



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 registration with LibreView. 2. The FreeStyle Libre 3 app is designed to facilitate data sharing between patients and their healthcare providers and caregivers. 3. Unger, J., Postgrad Med. (2020): <https://doi.org/10.1080/00325481.2020.1744393>. 4. 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 meter data to support effective diabetes management. The LibreView software is not intended to provide treatment decisions or to be used as a substitute for professional healthcare advice. 5. 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 the LibreLinkUp app requires registration with LibreView. 6. Edge, J., Arch Dis Child. (2017): <https://doi.org/10.1136/archdischild-2016-311530>. 7. Glucose alarms will transfer to the LibreLinkUp app when users are connected and alarms are enabled on the FreeStyle Libre 3 app.

Find out more...



You can scan the FreeStyle Libre 3 Sensor with your smartphone using the FreeStyle Libre 3 App¹. Featuring optional alarms from readings. Every single minute



Using LibreLinkUp, invite family and friends to download the app to share your glucose alarms and readings^{2,3}



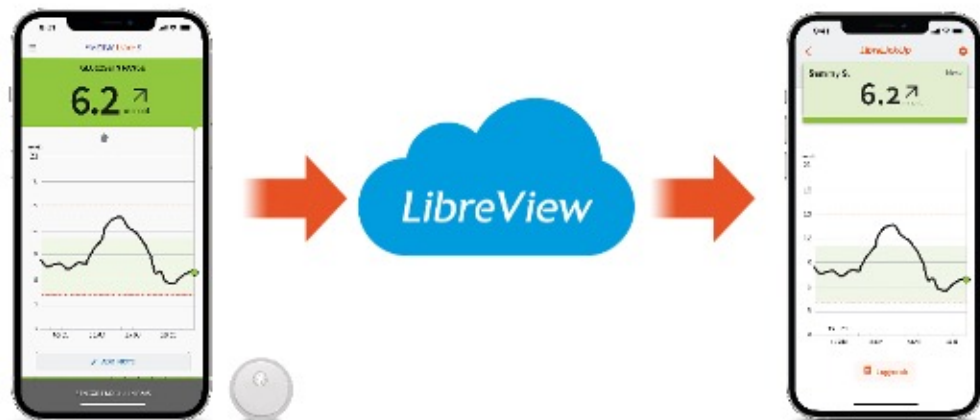
Your glucose data automatically uploads⁴ from your phone into LibreView making it easy to share your data with your diabetes management team⁵

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LibreLinkUp

- FreeStyle Libre 3 App data is automatically sent to caregivers phone¹
- Allows caregivers to remotely monitor glucose readings and trends, and alarms day and night²
- Stay connected to help manage diabetes together¹



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What is LibreView?

LibreView the secure, cloud-based data management solution for people using the FreeStyle Libre System



Clear, easy-to-read reports¹

Discover glucose patterns and trends so you can make informed decisions about your diabetes management.



Easy remote access

Access your complete glucose picture online anytime, anywhere from any internet-connected device, no need to download anything.



Connected care

Automatically share your FreeStyle Libre 3 results^{2,3} with your healthcare professionals, even between appointments, to have better conversations about your diabetes.



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1. 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 meter data to support effective diabetes management. The LibreView software is not intended to provide treatment decisions or to be used as a substitute for professional healthcare advice. **2.** The FreeStyle Libre 3 app is designed to facilitate data sharing between patients and their healthcare providers and caregivers. **3.** The user's device must have internet connectivity for glucose data to automatically upload to LibreView.

Sign-up and share glucose data with LibreView



Ask your Healthcare Professional to invite you

- Ask your healthcare professional to **invite you** to share glucose data with them
- You will **receive an email** asking you to share your glucose data with your healthcare team
- Click on **Accept and follow the steps**

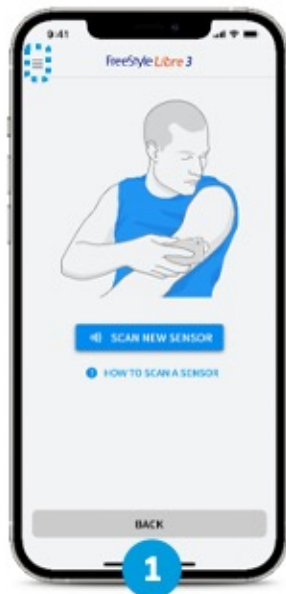


Join through your LibreView account

- Ask your healthcare professional for their **Practice ID**
- Click on the **three little lines** in the top right of the screen
- Click on **Account Settings**
- Click on **My Practices**
- Enter the Practice ID and click on **Add**

Sign-up and share data with LibreView

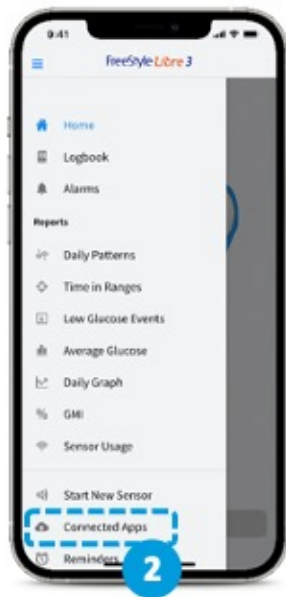
Connect with your Healthcare Team with your FreeStyle Libre 3 App



Tap the **Menu**

Sign-up and share data with LibreView (cont'd)

Connect with your Healthcare Team with your FreeStyle Libre 3 App



Tap Connected Apps

Sign-up and share data with LibreView (cont'd)

Connect with your Healthcare Team with your FreeStyle Libre 3 App



Touch **Connect** next to LibreView

Sign-up and share data with LibreView (cont'd)

Connect with your Healthcare Team with your FreeStyle Libre 3 App



Touch **Connect to a practice**

Sign-up and share data with LibreView (cont'd)

Connect with your Healthcare Team with your FreeStyle Libre 3 App



Enter **Practice ID** and click **Next**

The FreeStyle Libre 3 System and Time in Range

More Time in Range better glucose control with the FreeStyle Libre 3 System

What is Time In Range

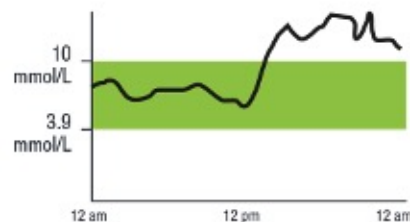
Time In Range is the percentage of time that a person spends with their blood glucose levels in a target glucose range

Target Glucose Range

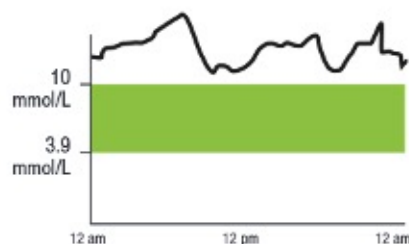
For example: 3.9-10.0 mmol/L



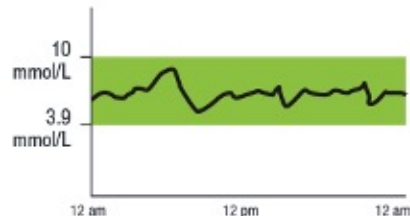
Here are different examples of Time In Range:



50% Time In Range



0% Time In Range



100% Time In Range

More Time in Range better glucose control with the FreeStyle Libre 3 System (cont'd)

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%¹



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 health complications³



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

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

1. Vigersky RA, McMahon C. The relationship of hemoglobin A1c to time-in-range in patients with diabetes. *Diabetes Technol Ther.* 2019;21(2):81-85. 2. 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. 3. 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. 4. For adults with type 1 and type 2 diabetes who are not pregnant, not older, or at risk.

More Time in Range better glucose control with the FreeStyle Libre 3 System (cont'd)

The FreeStyle Libre 3 System automatically calculates the percentage of time you spend in, above, or below target range

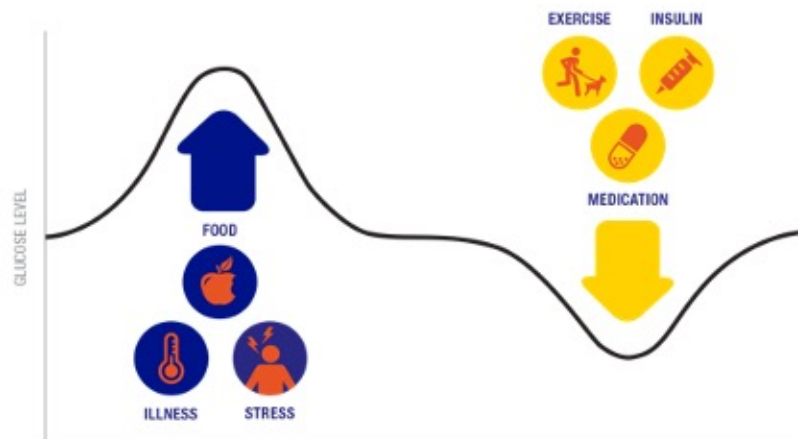
This Time In Target report shows a person who spent **75% of their day in target glucose range**

For example:



More Time in Range better glucose control with the FreeStyle Libre 3 System (cont'd)

Learn how daily activity impacts your glucose



Suggested tips:

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

The FreeStyle Libre 3 System education

The FreeStyle Libre 3 System education

Supporting your on-going diabetes management with the FreeStyle Libre 3 System



FreeStyle Progress

Online, patient education & support



FreeStyle Academy



Podcasts



Webinars



Paediatric
e-books

Register at:

<https://Progress.FreeStyleDiabetes.co.uk>



**Continuous Glucose Monitoring
Education Programme**

<https://abcd.care/dtn-education/continuous-glucose-monitoring>



FreeStyle
Libre 3

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