



FreeStyle

Libre 2

FOR PEOPLE WITH DIABETES

Get  
started.

Your guide to the  
FreeStyle Libre 2  
system



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



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## THE FREESTYLE LIBRE 2 SYSTEM

# Welcome to the FreeStyle Libre 2 system.

This booklet is designed to cover the basics of the FreeStyle Libre 2 system. For more in-depth information, check out the online training at [FreeStyle.Abbott/uk-en/myfreestyle/myfreestyle](https://www.FreeStyle.Abbott/uk-en/myfreestyle/myfreestyle)

As the #1 sensor-based glucose monitoring system used worldwide,<sup>1</sup> the FreeStyle Libre 2 system has liberated millions of people with diabetes from the burden of finger pricks.<sup>2</sup>

We hope you enjoy your new FreeStyle Libre 2 system.



Images are for illustrative purposes only. Not actual patient.

1. Data on file, Abbott Diabetes Care, Inc. Data based on the number of users worldwide for the FreeStyle Libre portfolio compared to the number of users for other leading personal use sensor-based glucose monitoring systems.
2. Finger pricks are required if glucose readings and alarms do not match symptoms or expectations.

**LibreLink app**  
Use your smartphone to see your data.<sup>1,2</sup> The LibreLink app is **free** to download.

**Libre 2 Plus sensor**  
Worn on the back of the upper arm for up to 15 days.

**Applicator**  
Used to apply the sensor.

**Reader**  
An alternative way to see your data and trends.



- Get real-time glucose readings every minute, sent right to your smartphone.<sup>1,2</sup>
- Understand how your body responds to treatment, food and exercise.
- See patterns and trends, and customise optional glucose alarms for lows and highs.<sup>3</sup>
- Easy to use and comfortable to wear for up to 15 days.<sup>4</sup>
- Outstanding low-end accuracy when it matters most.<sup>5</sup>

Watch the tutorial for setting up the LibreLink app and starting your sensor



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Important information: When starting the FreeStyle Libre 2 Plus sensor with the FreeStyle Libre 2 reader, users will not receive real-time glucose readings, even if they use the updated FreeStyle LibreLink app as their second device. Users will need to scan to get their glucose reading on both devices. Glucose alarms are only received on the device used to start the sensor.  
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 app only when the smartphone and sensor are connected and in range. 3. Notifications will only be received when alarms are turned on, and the sensor is within 6 metres (20 feet) unobstructed of the reading device. 4. Haak, T. *Diabetes Ther* (2017); <https://doi.org/10.1007/s13300-016-0223-6>. 5. Alva, S. J. *Diabetes Sci Technol* (2020); <https://doi.org/10.1177/1932296820958754>.

## THE FREESTYLE LIBRE 2 SYSTEM

### Three steps to apply the sensor.

**First** prepare your arm and **then** apply the sensor following the steps below.

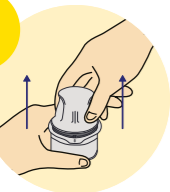
1



#### Wash, clean and dry

Select a site on the back of your upper arm that stays flat during normal activity. Clean the skin with non-moisturising, fragrance-free soap and water. Use an alcohol wipe to clean the skin and allow to air dry before proceeding.

2



#### Prepare applicator

Unscrew cap from the Sensor Applicator. Line up the dark mark on the Sensor Applicator with the dark mark on Sensor Pack. Press down firmly and then lift. **Do NOT put the applicator cap back on, as it may damage the sensor filament.**

3



#### Apply

Apply the sensor to the back of your upper arm by pressing firmly. Listen for the click. Wait for a few seconds and pull back slowly, leaving the sensor on the 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.

#### 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.

#### Pat dry

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

#### Slow down

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

#### Dress for success

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

#### Hands off

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

Scan the QR code to watch the video



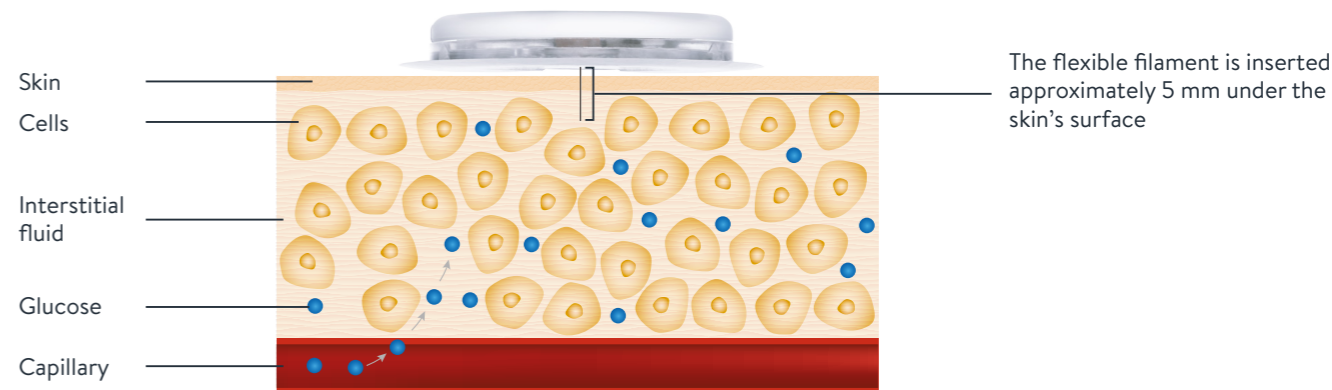
## THE FREESTYLE LIBRE 2 SYSTEM

### Understanding your glucose measurements.

#### Why are Libre 2 Plus sensor readings sometimes different from a finger prick blood glucose test?

Blood glucose and sensor glucose are closely related but not identical. The glucose measured by the Libre 2 Plus sensor has made its way from the blood into the interstitial fluid. Glucose results may be different between the sensor and a finger prick at times when glucose is changing rapidly, such as after

eating, exercise or taking medication.<sup>1</sup> If glucose levels are rising or falling, the two readings may be different. Although the readings may differ slightly, the FreeStyle Libre 2 system is accurate<sup>2</sup> and safe to dose insulin from your scanned glucose result.



Images are for illustrative purposes only.

1. Tarini, C. "The Technology of Glucose Sensors." In *Glucose Sensor Use in Children and Adolescents* (2020): [https://doi.org/10.1007/978-3-030-42806-8\\_2](https://doi.org/10.1007/978-3-030-42806-8_2). 2. Data on file, Abbott Diabetes Care, Inc.

Watch the video explanation



## THE FREESTYLE LIBRE 2 SYSTEM

### Capturing your data.

Real-time glucose readings are automatically updated every minute and sent directly to your smartphone.<sup>1,2</sup>

- With the FreeStyle Libre 2 system, you get minute-to-minute glucose readings – any time,<sup>3</sup> anywhere<sup>4</sup> – to help you manage your diabetes more confidently.<sup>5</sup>
- Quickly see how diet, exercise, stress, insulin, medication and other activities affect your glucose levels, so you can take appropriate action.
- You can also scan for glucose readings at any time,<sup>3</sup> even during a signal loss. This allows you to fill in up to 8 hours of missing data, so your glycaemic picture is complete.

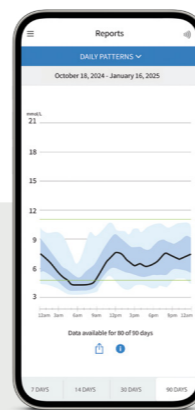


- ↑ **Glucose is rising quickly**  
More than 0.1 mmol/L per minute.
- ↗ **Glucose is rising**  
Between 0.06 and 0.1 mmol/L per minute.
- **Glucose is changing slowly**  
Less than 0.06 mmol/L per minute.
- ↘ **Glucose is falling**  
Between 0.06 and 0.1 mmol/L per minute.
- ↓ **Glucose is falling quickly**  
More than 0.1 mmol/L per minute.

## THE FREESTYLE LIBRE 2 SYSTEM

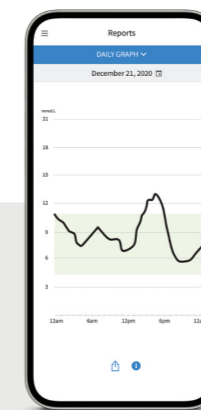
### Understanding your data.

Reports that can easily and quickly provide the answers you need.



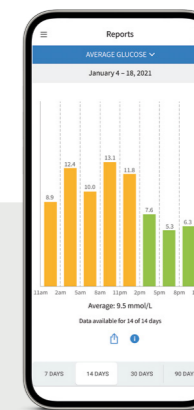
#### Daily Patterns

Shows your hypoglycaemic trends, hyperglycaemic trends and variability of your glucose levels.



#### Daily Graph

Overview of daily glucose readings to see how much your glucose values fall within your target range.



#### Average Glucose

Information about the average of your sensor glucose readings. The average is also shown for different periods of the day. Readings above your target glucose range are yellow or orange, and readings below your range are red.

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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 app only when the smartphone and sensor are connected and in range. 3. 60-minute warm-up required when applying the sensor. 4. Sensor is water-resistant in up to 1 metre (3 feet) of water for a maximum of 30 minutes. Do not immerse for longer than 30 minutes. Not to be used above 10,000 feet. 5. Fokkert M. *BMJ Open Diab Res Care* (2019); <http://dx.doi.org/10.1136/bmjdr-2019-000809>.

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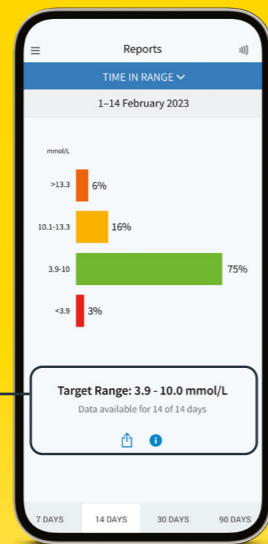
## THE FREESTYLE LIBRE 2 SYSTEM

# Time in Range.

### What is Time in Range?

HbA1c is your average glucose over the past two to three months. But a normal HbA1c doesn't mean your glucose is always within your target range, which is where Time in Range can help.

Time in Range is the percentage of time that a person spends with their glucose levels within the target glucose range. Work with your healthcare professional to set your target glucose range.



### Why is Time in Range important?

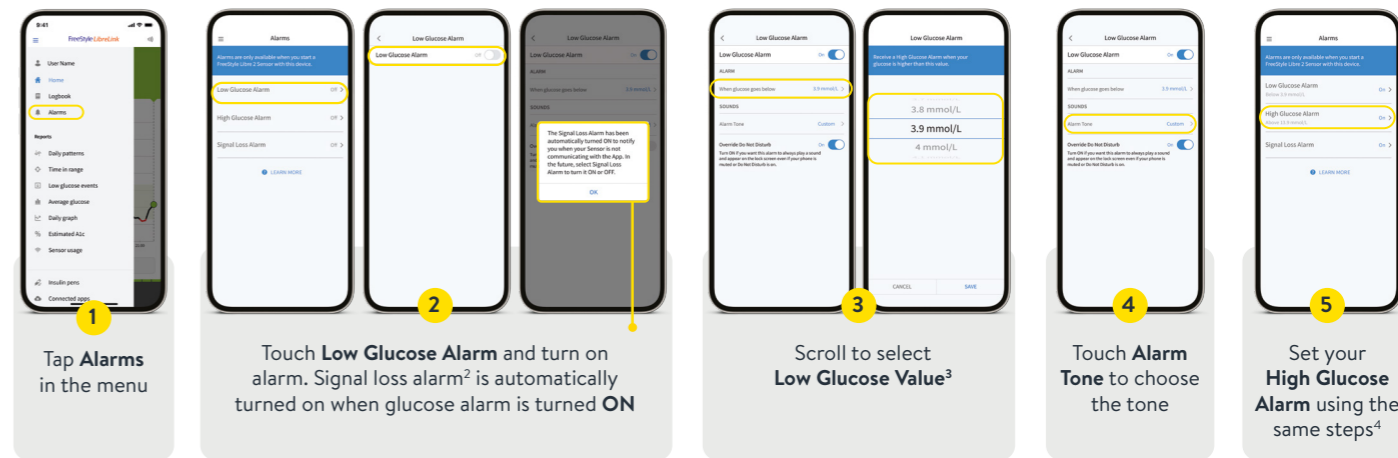
- **Every 10% increase in Time in Range** results in ~0.8% decrease in HbA1c in patients with type 1 and type 2 diabetes<sup>1</sup>
- **Every 5% (~1 hour per day) increase in Time in Range** is associated with clinically significant benefits<sup>2</sup>
- **Spending more Time in Range** can reduce long-term eye and kidney health complications<sup>3</sup>
- Guidelines recommend **spending at least 70% of your Time in Range** (3.9–10 mmol/L)<sup>2,4</sup>

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

## THE FREESTYLE LIBRE 2 SYSTEM

# Setting alarms on your phone.<sup>1</sup>

The FreeStyle Libre 2 system's optional glucose alarms can be customised to suit you. To receive alarms, your phone should be within 6 metres (20 feet) of you, and unobstructed at all times. If your phone is out of range of your sensor, you may not receive glucose alarms. Note that the alarms are off by default.



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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 requires registration with LibreView. 2. 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. Signal loss could be caused by the sensor being too far away from your smartphone (over 6 metres (20 ft)) or another issue, such as an error or problem with your sensor. You must have 'Override Do Not Disturb' settings enabled to receive alarms and alerts on your smartphone. 3. The Low Glucose Alarm setting can range between 3.3 mmol/L and 5.6 mmol/L. The Low Glucose Alarm cannot be set below 3.3 mmol/L. 4. The High Glucose Alarm setting can range between 6.7 mmol/L and 22.2 mmol/L. The High Glucose Alarm cannot be set above 22.2 mmol/L.

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

1. Vigersky, R. A. *Diabetes Technol Ther* (2019): <https://doi.org/10.1089/dia.2018.0310>. 2. Battelino, T. *Diabetes Care* (2019): <https://doi.org/10.2337/dci19-0028>. 3. Beck, R. W. *Diabetes Care* (2019): <https://doi.org/10.2337/dci18-1444>. 4. For adults with type 1 and type 2 diabetes who are not pregnant, not older or at risk.



## THE FREESTYLE LIBRE 2 SYSTEM

### Driving.<sup>1</sup>

The DVLA (Driver and Vehicle Licensing Agency) permits the use of the FreeStyle Libre 2 system for the purpose of driving.

What you must do:

- Carry your monitor at all times
- Check your glucose (sugar) levels:
  - At least twice a day, even on on-driving days
  - Just before you start driving
  - Continuing to check at least every 2 hours during your journey
  - ensuring that no more than 2 hours has passed between glucose (sugar) checks at any time during your journey
- Pull over safely before testing or checking your device

**Continuous glucose monitoring systems are permitted for both Group 1 and Group 2 drivers.**



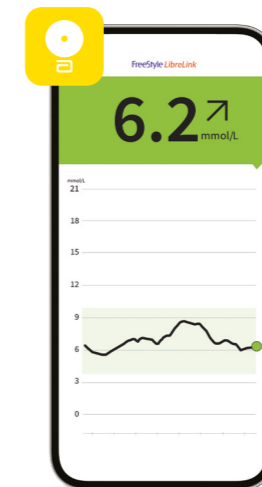
For more information, scan the QR code or please visit [www.gov.uk/diabetes-driving](http://www.gov.uk/diabetes-driving)

Images are for illustrative purposes only. Not actual patient.  
1. Driver and Vehicle Licensing Agency. 2025. (INF294) A guide to insulin treated diabetes and driving. Available at: <https://assets.publishing.service.gov.uk/media/690b2d50c22e4ed8b05184bd/inf294-a-guide-to-insulin-treated-diabetes-and-driving.pdf> (last accessed February 2026).

## DIGITAL HEALTH TOOLS

Easily share<sup>1</sup> real-time readings with your family, friends and doctor to keep them in the loop.<sup>2</sup>

Images are for illustrative purposes only. Not actual patient data.  
1. The user's device must have internet connectivity for glucose data to automatically upload to LibreView. 2. The FreeStyle Libre systems apps are designed to facilitate data sharing between patients and their healthcare providers and carers.  
3. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the apps. Sharing of glucose data requires registration with LibreView.  
4. The LibreLinkUp app is only compatible with certain mobile devices and operating systems. Please check [www.librelinkup.com](http://www.librelinkup.com) for more information about device compatibility before using the app. Use of the LibreLinkUp app requires registration with LibreView.  
5. 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.  
6. LibreView is ISO27001/27018/27701 certified and HITRUST CSF Certified.  
7. Huang, E. *Diabetes* (2022); <https://doi.org/10.2337/db22-73-LB>.  
8. Unger, J. *Postgrad Med* (2020); <https://doi.org/10.1080/00325481.2020.1744393>.



Loved ones can access your glucose information in real time.

**The LibreLink app<sup>3</sup> and the LibreLinkUp app are available for Android and iPhone.**



Your doctors can use this secure<sup>6</sup>, cloud-based system to see your glucose data, making it easier to have discussions and make decisions together.<sup>7,8</sup>



## DIGITAL HEALTH TOOLS

### The LibreLink app.

View your glucose data any time,<sup>1</sup> anywhere.<sup>2</sup>



**Get your current glucose reading, trend arrow, high and low glucose alarms, and up to 8 hours of glucose history on your smartphone.<sup>3</sup>**



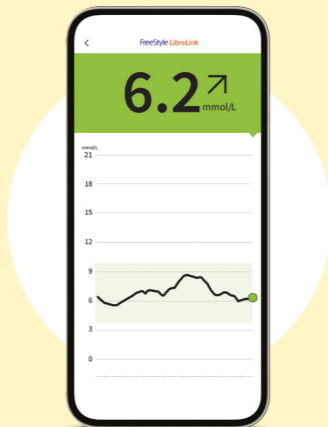
**Easily add notes** to track food, insulin use, exercise and other events.



**Connect to healthcare professionals and carers** with LibreView<sup>4</sup> and LibreLinkUp.<sup>5</sup>



**Get glucose alarm notifications** right on your compatible smartwatch.<sup>3,6,7</sup>



Data captured with the LibreLink app are uploaded wirelessly and automatically<sup>8</sup> to LibreView.<sup>4</sup>



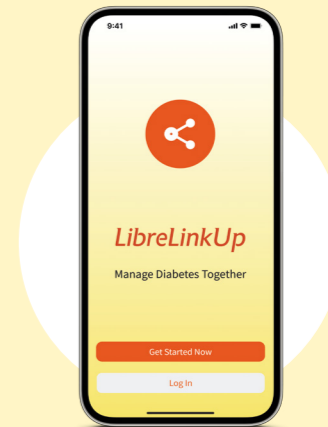
## DIGITAL HEALTH TOOLS

### The LibreLinkUp app.<sup>1</sup>

Share your glucose data with friends, family and carers.



Ideal for parents<sup>2</sup> and carers, the LibreLinkUp mobile app allows them to keep up to date with your glucose levels, wherever they are.<sup>3</sup> Connect the LibreLink<sup>4</sup> app to LibreLinkUp to remotely share glucose data<sup>3</sup> with up to 20 family members and friends.



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**1.** 60-minute warm-up period required when applying the sensor. **2.** Sensor is water-resistant in up to 1 metre (3 feet) of water. Do not immerse for longer than 30 minutes. Not to be used above 10,000 feet. **3.** 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. **4.** The LibreView website is only compatible with certain operating systems and browsers. Please check [www.libreview.com](http://www.libreview.com) for additional information. **5.** The LibreLinkUp app is only compatible with certain mobile device and operating systems. Please check [www.librelinkup.com](http://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. **6.** To receive alarms from the FreeStyle LibreLink app on your smartwatch, alarms must be turned ON, your phone and smartwatch must be connected, and your devices configured to deliver notifications. **7.** Smartwatch notification mirroring on the FreeStyle LibreLink app has only been tested with certain smartwatches and operating systems. Please check the website for more information about smartwatch compatibility. **8.** The user's device must have internet connectivity for glucose data to automatically upload to LibreView and to transfer to connected LibreLinkUp app users.

Images are for illustrative purposes only.

**1.** The LibreLinkUp app is only compatible with certain mobile device and operating systems. Please check [www.librelinkup.com](http://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.** For children aged 2-12, a carer at least 18 years old is responsible for supervising, managing and assisting them in using the FreeStyle Libre 2 system and interpreting its readings. **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. **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. Sharing of glucose data requires registration with LibreView.

## DIGITAL HEALTH TOOLS

# LibreView.<sup>1</sup>

It's easy to share your glucose data for virtual or in-person visits with your doctor.

LibreView<sup>1</sup> is a secure,<sup>2</sup> cloud-based system that helps your healthcare team see your glucose trends and patterns so you can make better treatment decisions together.



LibreView allows you to share data with your healthcare professional easily when you connect with their LibreView Practice.<sup>1</sup>



Readings are automatically<sup>4</sup> uploaded so you can have more informed virtual and in-person treatment conversations.



### Signing Up

If you already have a LibreLink<sup>3</sup> account, you can sign in to LibreView with the same credentials.

If not, then you can sign up to LibreView directly on the LibreView website.

Scan the QR code or visit [LibreView.com](https://libreview.com)



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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 device 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. LibreView is ISO27001/27018/27701 certified and HITRUST CSF Certified. 3. 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. 4. The user's device must have internet connectivity for glucose data to automatically upload to LibreView and to transfer to connected LibreLinkUp app users.

## DIGITAL HEALTH TOOLS

# Glucose Pattern Insights report.

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



### Time in Ranges and Glucose Statistics

Show your overall glucose metrics and how they compare to recommendations from the International Consensus.<sup>1</sup>

### Considerations for the Clinician

The LibreView<sup>2</sup> software provides insight into medication and lifestyle changes to be considered by your healthcare professional.



### Glucose Patterns

The software identifies your glycaemic patterns and highlights the most important pattern during the reporting period.

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1. Battelino, T. *Diabetes Care* (2019); <https://doi.org/10.2337/dci19-0028>. 2. The LibreView website is only compatible with certain operating systems and browsers. Please check [www.libreview.com](https://www.libreview.com) for additional information.



# FreeStyle Libre 2

## CONTACT US

We're here to help.

If you would like more information or have additional questions about the FreeStyle Libre 2 system, please contact our Customer Service Team or visit our website for useful resources.

For general enquiries

**0800 170 1177**

For Digital Health Solution enquiries

**0800 612 3006**

You can call us Monday to Friday between 08:00–20:00,  
Saturday, Sunday and Bank Holidays 09:00–17:00.

Or email us at:

**ADChelpuk@abbott.com**



For more tips  
and product  
information visit:

**FreeStyle.  
Abbott**



Scan the QR code to report  
any sensor issues via our  
online support form.



Scan the QR code to sign up to  
MyFreeStyle and explore a wealth  
of free educational resources.

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