FreeStyle Libre 2

Get started with the FreeStyle Libre 2 system

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The FreeStyle Libre 2 system overview

FreeStyle Libre 2

Components of the FreeStyle Libre 2 system

Applicator used to apply sensor

Sensor pack

Sensor

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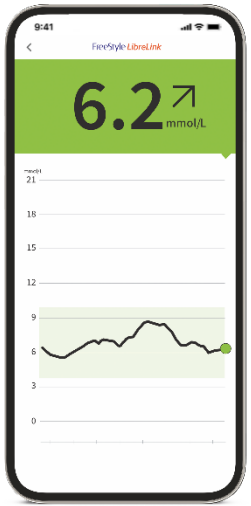
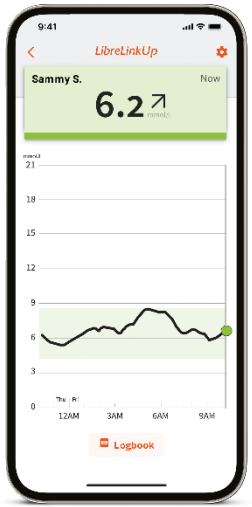
The FreeStyle Libre 2 ecosystem





FreeStyle LibreLink

LibreView

LibreLinkUp

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 system features

- Real-time glucose readings sent straight to your smartphone[1,2]
- Calibration-free – no need to enter a code, no finger prick for calibration
- Optional, real-time glucose alarms[3]

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

The FreeStyle Libre 2 system features

- Small size (35mm x 5mm) – about the size of a £2 coin
- Automatically[1] captures readings day and night. Patients can scan for glucose readings anytime, even during a signal loss
- Water-resistant[2]
- Strong Bluetooth with 6 metre range with no obstructions

Images are for illustrative purposes only. Not real patient.
1. 60 minutes warm-up required when starting the sensor. **2.** The sensor is water-resistant in up to 1 metre (3 feet) of water. Do not immerse longer than 30 minutes.

No more finger pricking[2]

Accurate, stable, and consistent over 15 days[1] – no finger pricks[2], no user calibration, no code entry

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

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1. Data on file, Abbott Diabetes Care, Inc. **2.** Finger pricks are required if glucose readings and alarms do not match symptoms or expectations.

Apply your sensor and get started

FreeStyle Libre 2

Three steps to apply your sensor

1. Wash, clean, and dry

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

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

Three steps to apply your sensor

.2Prepare applicator

Open the sensor pack by peeling back the lid. Remove the cap from the sensor applicator. Align the dark marks on the applicator and sensor pack.

On a hard surface, press down firmly on sensor applicator until it comes to a stop and then lift.

Do NOT put the cap back on as it may damage the sensor.

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Three steps to apply your sensor

3. Apply

Apply the sensor to the back of your upper arm.
Press the sensor applicator firmly onto the prepared area. Listen for a click.
After a few seconds, slowly pull back, leaving the sensor on the skin.

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

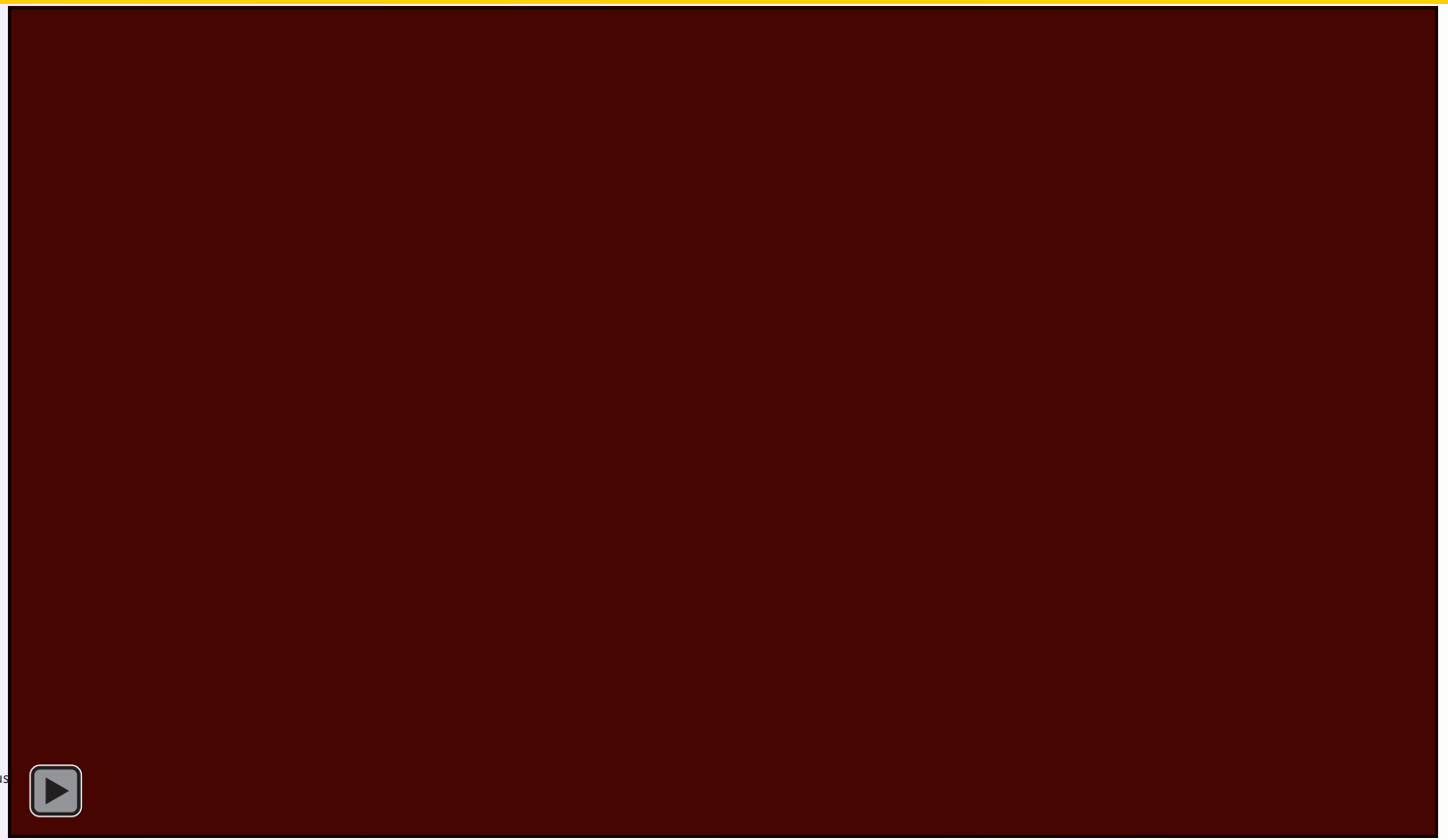
Three steps to apply your sensor

Wash, clean, and dry the back of the upper arm

Images a

Three steps to apply your sensor

Assemble the sensor pack and applicator then apply your sensor to the prepared area on the back of the upper arm



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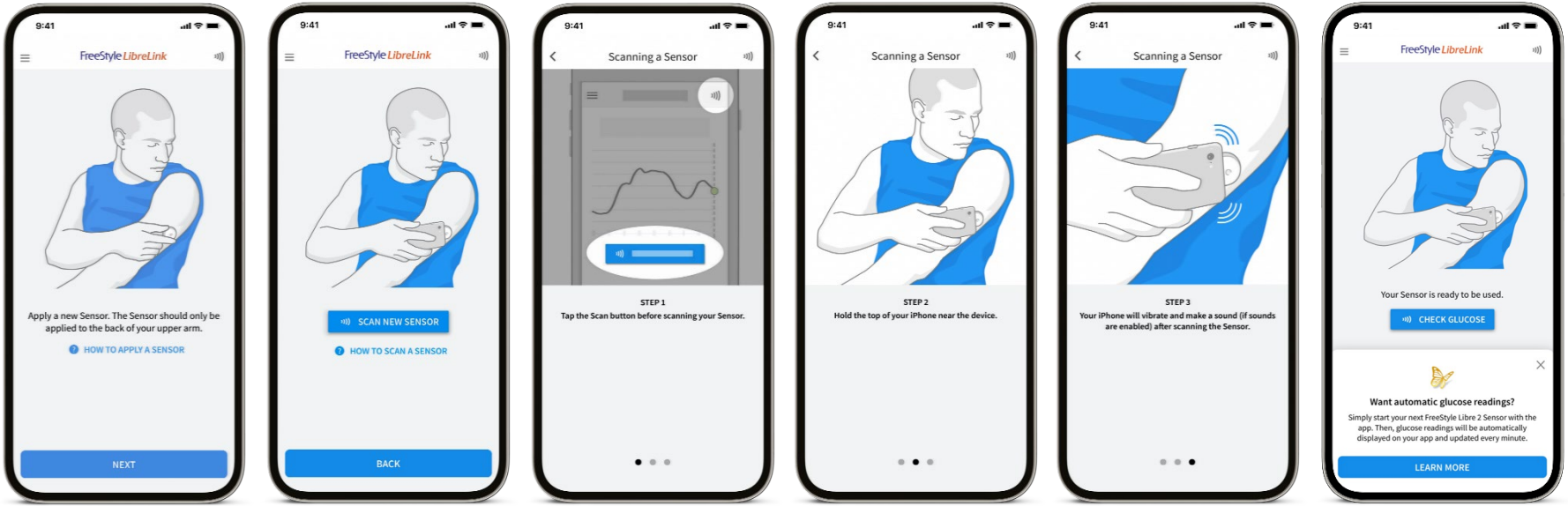
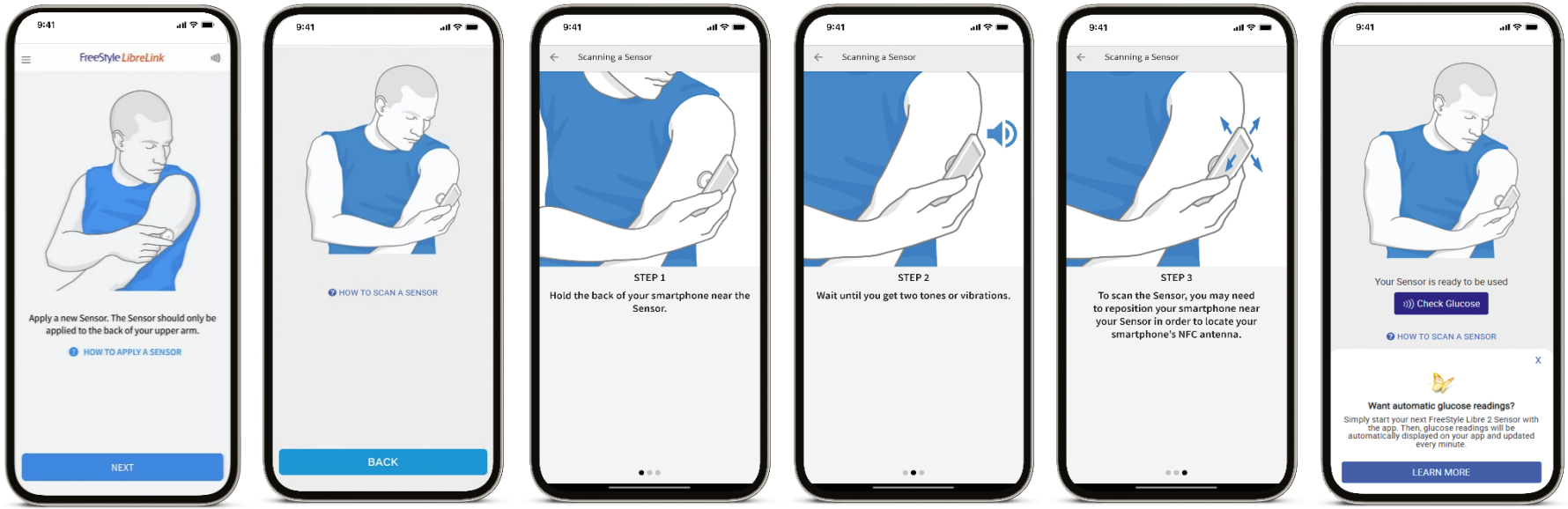
Start your sensor with your iOS device



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. Use of FreeStyle LibreLink may require registration with LibreView.

Start your sensor with your Android device



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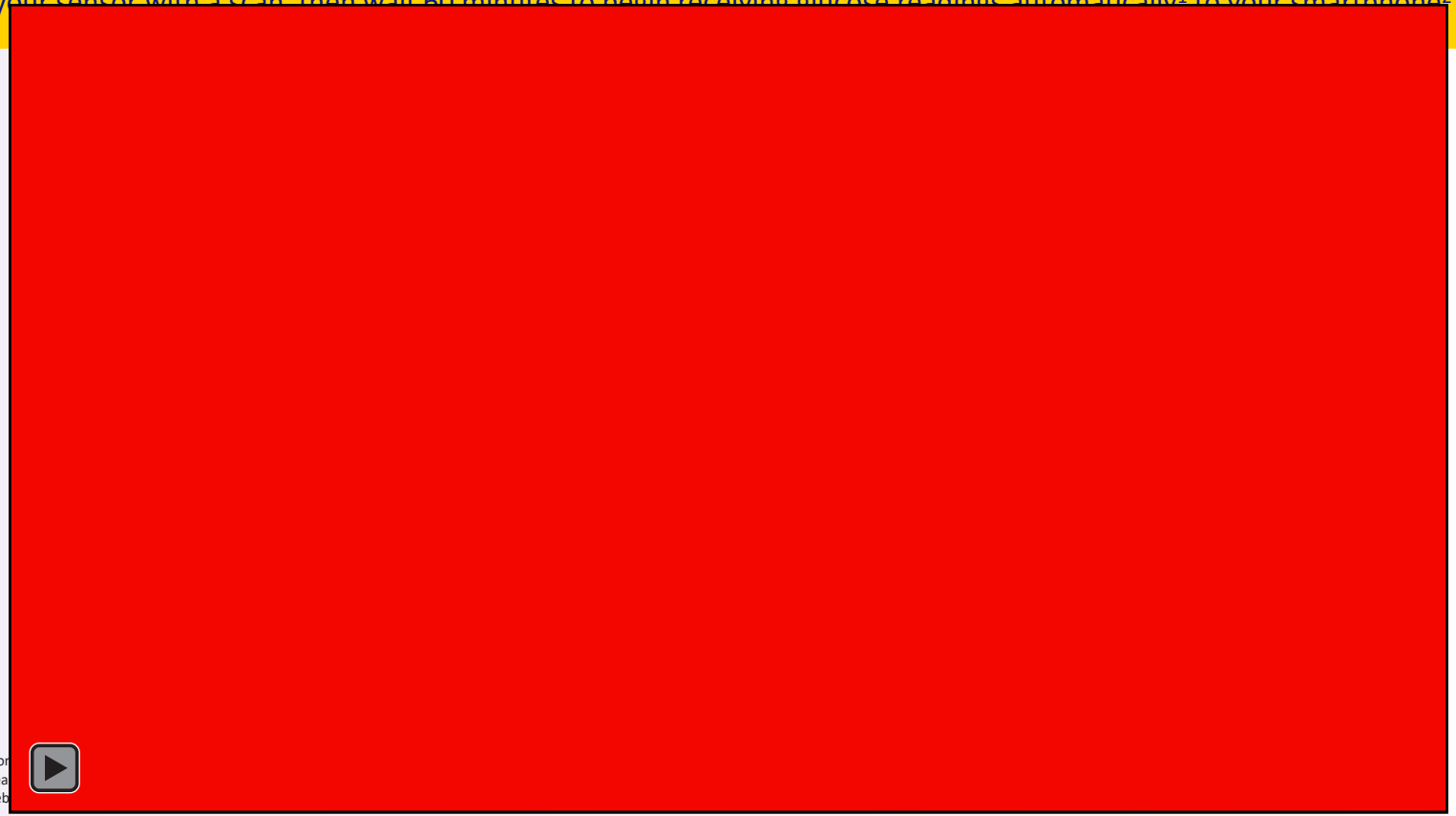
Start your sensor with your smartphone

Start your sensor with a scan, then wait 60 minutes to begin receiving glucose readings automatically[1] to your smartphone[2]



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The FreeStyle Libre Link App

FreeStyle
Libre 2

FreeStyle LibreLink app

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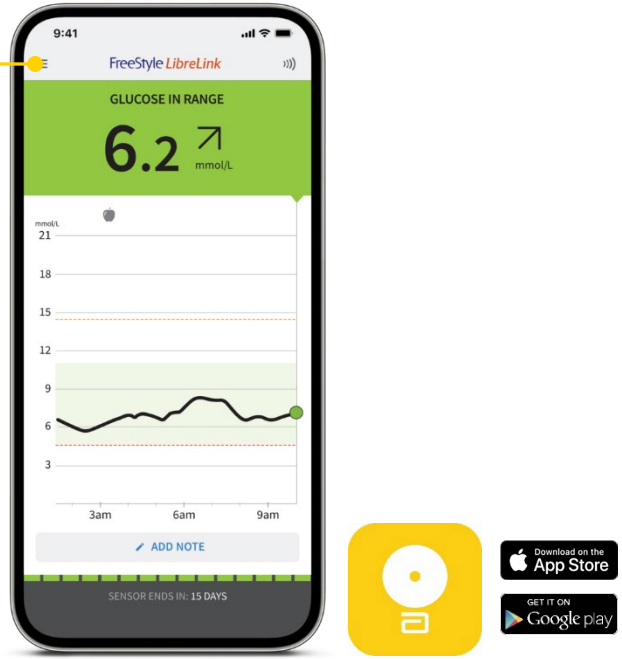
FreeStyle LibreLink app

Home screen

Main menu

Tap here for settings



Download on the App Store

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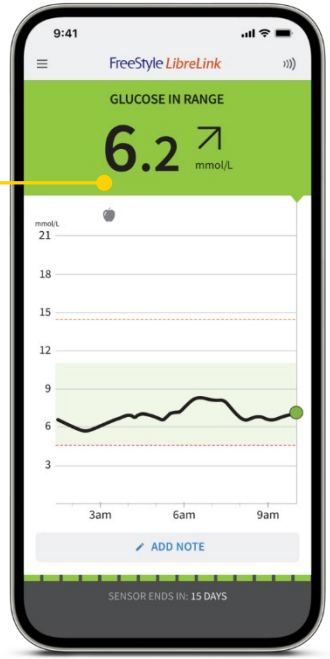
FreeStyle LibreLink app

Home screen

Current glucose reading

Glucose reading is updated every minute



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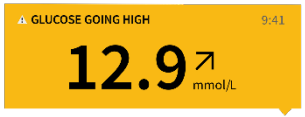
FreeStyle LibreLink app

Home screen

Background colours

The background colour reflects your current glucose reading .

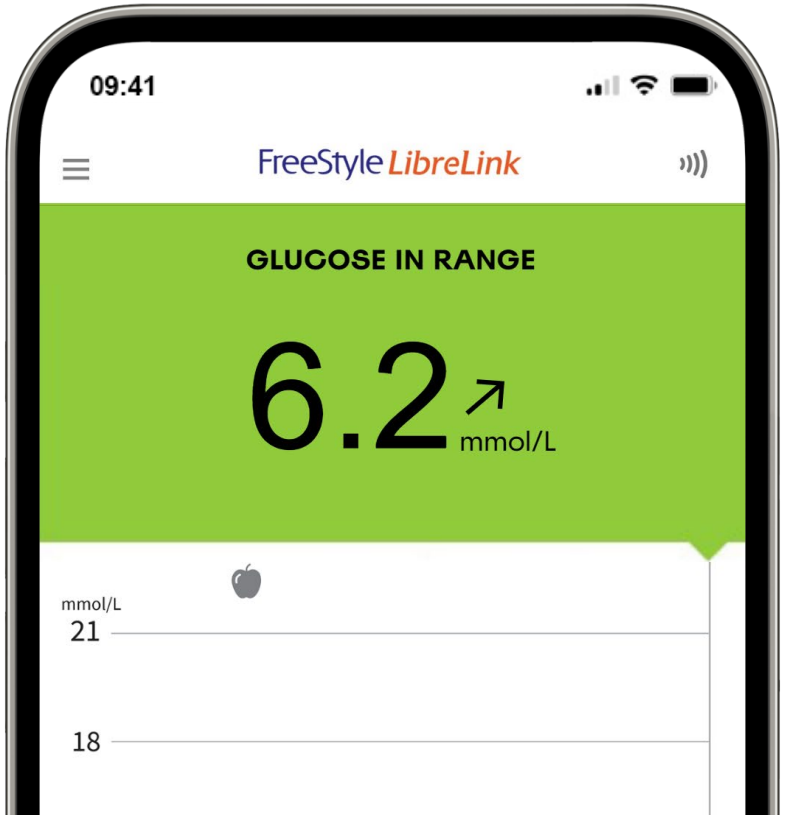
High glucose reading
(above 13.3 mmol/L)



Between the target glucose range and either high and low glucose level

Within the target glucose range

Low glucose reading
)below 3.9mmol/L(



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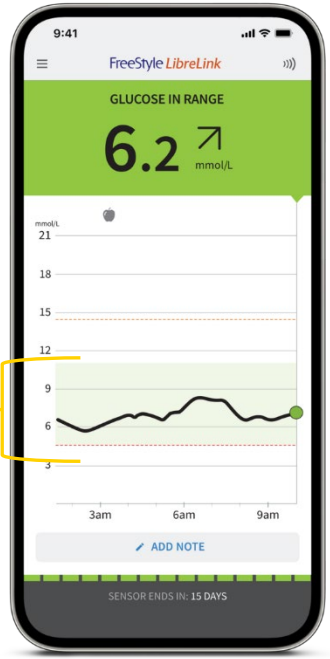
FreeStyle LibreLink app

Home screen

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.



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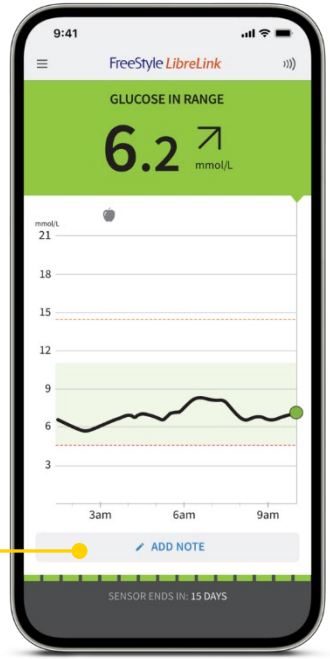
FreeStyle LibreLink app

Home screen

Notes

Tap to add notes or edit notes to the glucose reading



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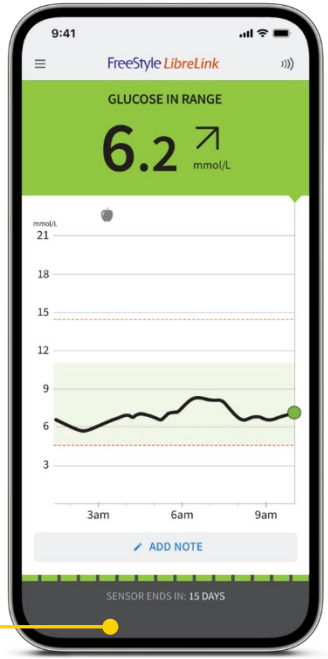
FreeStyle LibreLink app

Home screen



Sensor life

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

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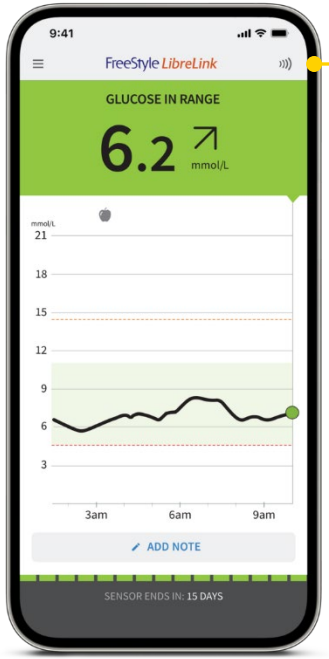
FreeStyle LibreLink app

Home screen



Sensor Scan

Tap to scan, a quick scan provides another way for you to get a glucose reading during Bluetooth®[1] interruption

Note: Androids have the following icon instead:

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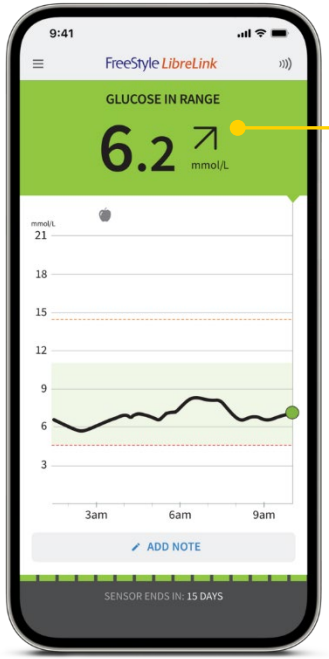
1. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Abbott is under license

FreeStyle LibreLink app

Home screen



Glucose message

Glucose message lets you know where your glucose is or where it's going

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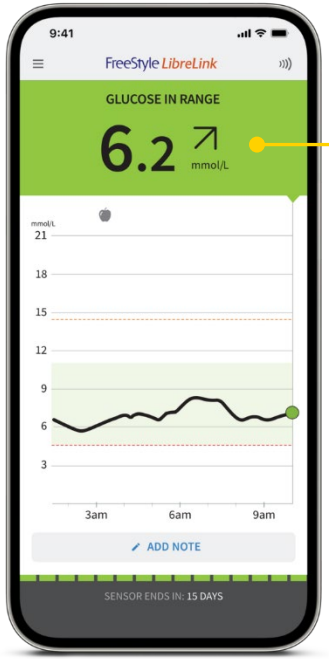
FreeStyle LibreLink app

Home screen



Glucose trend arrow

Trend arrow shows how quickly your glucose is changing

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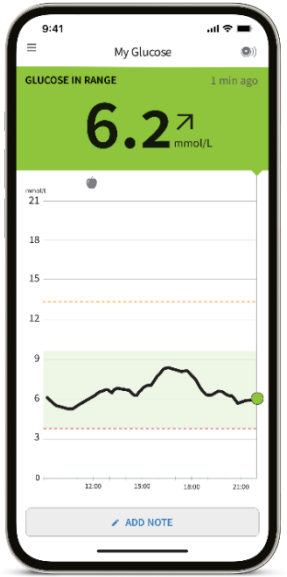
FreeStyle LibreLink app

Home screen

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



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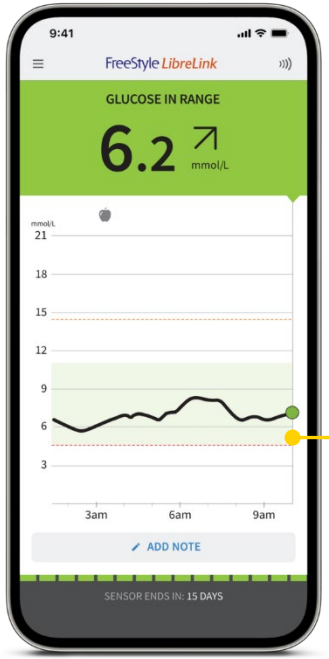
FreeStyle LibreLink app

Home screen



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Glucose graph

Glucose graph shows your 8-hour glucose history

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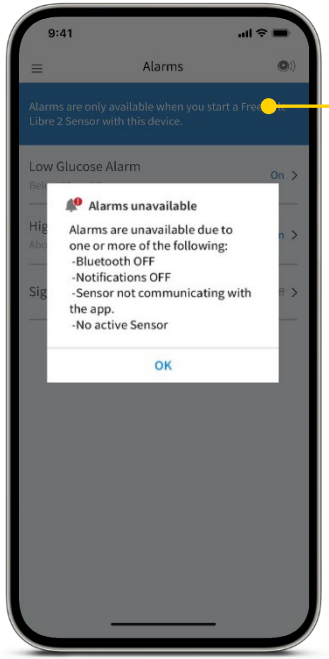
FreeStyle LibreLink app



Alarms unavailable

This screen displays if alarms you have turned on are not available

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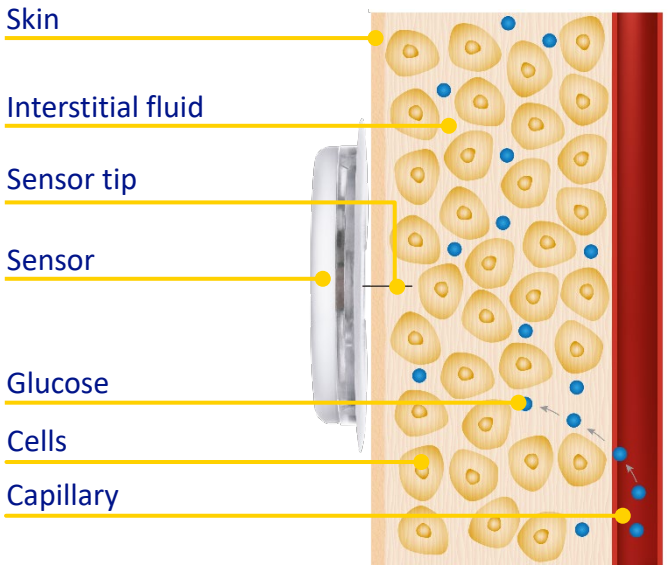
Sensor technology

FreeStyle Libre 2

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.



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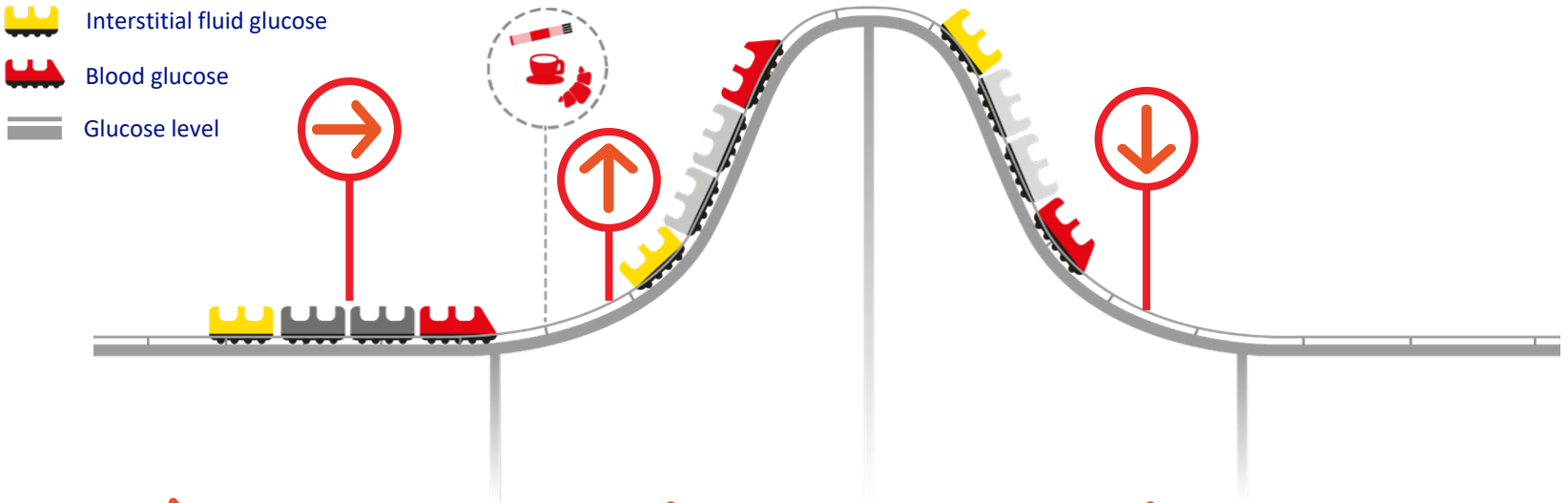
Understanding interstitial glucose measurement

Continued



When your glucose level is stable, glucose readings displayed with FreeStyle Libre 2 system may be almost identical to blood glucose readings.

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.

Simulated data for illustrative purposes only.

The FreeStyle Libre 2 system and driving

- The DVLA (Driver and Vehicle Licensing Agency) 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;
    - if they have become hypoglycaemic or have indication of impending hypoglycaemia.

- Flash glucose monitoring systems are not legally permitted for the purposes of Group 2 drivers.

For more information visit **www.gov.uk/diabetes-driving**

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Optional alarms

FreeStyle Libre 2

Difference between using app and reader

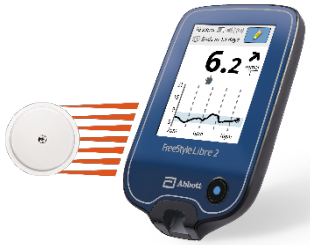
Automatic glucose readings on the app[1]
Start the FreeStyle Libre 2 Plus sensor with the FreeStyle LibreLink app

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

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

Provides alarms and glucose readings **automatically[2]** on the app

Note: you can still scan for glucose readings anytime[3], even during a signal loss.



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. **3.** 60 minutes warm-up required when starting the sensor.

Optional alarms on the FreeStyle LibreLink app

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

The sensor **transmits every minute data** that may result in an alarm to the FreeStyle LibreLink app[1]

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

Take action!

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Notifications are only received when alarms are turned on and the sensor is within 6 metres of the phone, with no obstructions.
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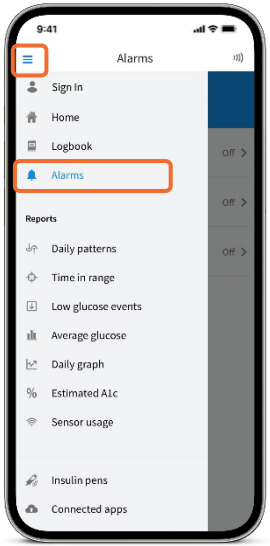
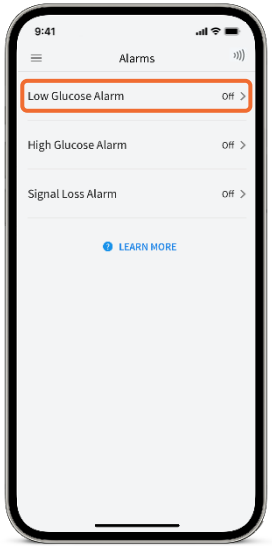
Optional alarms

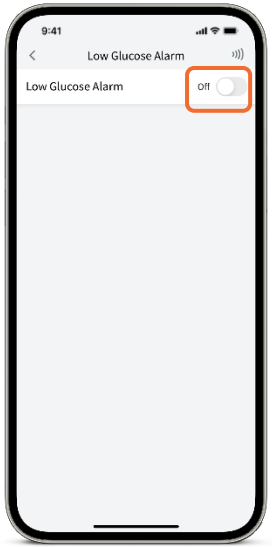
All alarms are disabled by default

1. Tap Alarms in the **Menu**[1]

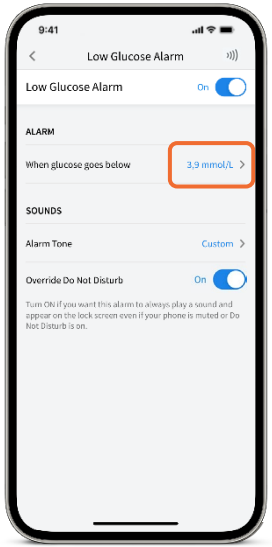


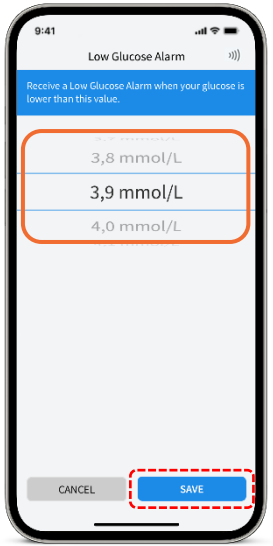
2. Touch **Low Glucose Alarm** and turn on alarm (which is disabled by default)





3. Scroll to select **Low Glucose Value**[2] for alarms





Please check the website for more information about device compatibility before using the app.

1. Notifications will only be received when alarms are turned on and the sensor is within 20 feet (6 metres) unobstructed of the reading device. You must enable the appropriate settings on your smartphone to receive alarms and alerts; see the FreeStyle LibreLink User's Manual for more information. **2.** 3.9 mmol/L is the default Low Glucose Alarm level and can be set between 3.3-5.6 mmol/L.

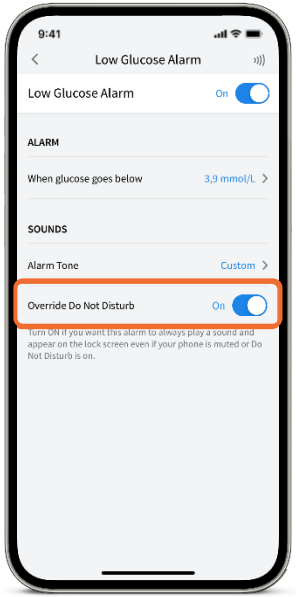
Optional alarms

Turn on ‘Override Do Not Disturb’ in your alarm settings.

Turn ‘On’ if you want the alarm to always play a sound and appear on the lock screen even if

- Your iPhone is muted or ‘Do Not Disturb’ is enabled on your phone
- Your Android phone’s media volume is muted

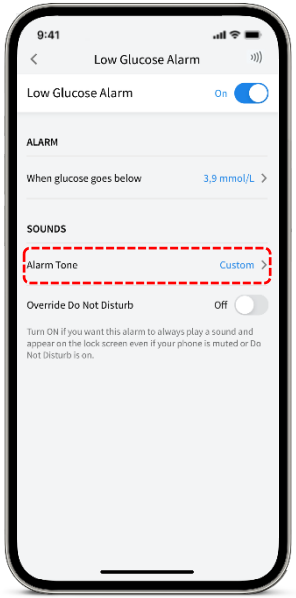
As soon as a low or high glucose alarm is turned on, **the lost signal alarm is enabled automatically** for the first time.



Optional alarms

Select alarm tone.

- For each Alarm (**Low, High** and **Signal Loss**) you can choose between having a **Custom** alarm tone (a developed alarm sound intended to allow differentiation between alarms based on sound alone) or a **Standard** alarm tone (alarm sound set in your phone's settings).



Dismissing an alarm[1]

- 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.

LibreView

FreeStyle Libre 2

LibreView

Share your glucose data with your diabetes team

FreeStyle Libre 2

Connect to a clinic

Use the FreeStyle LibreLink app[1] 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 trends[2]

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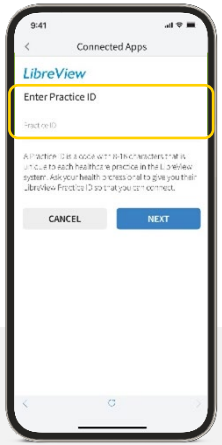
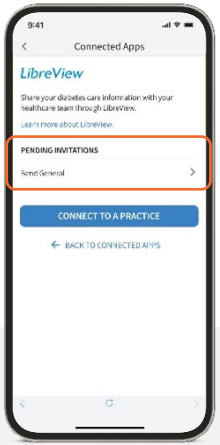
1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView. **2.** The LibreView data management software 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 app[1] username and password.

Images are for illustrative purposes only.
HCP=healthcare professional.
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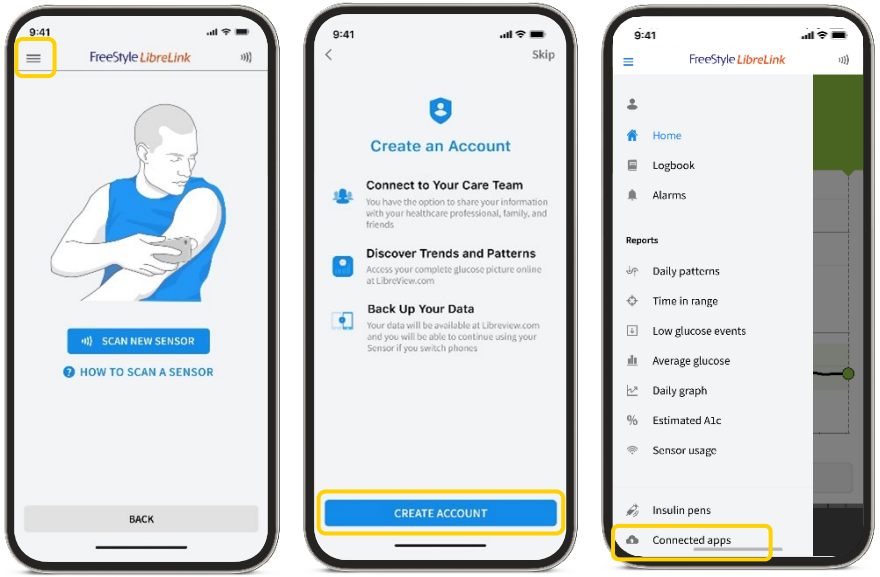
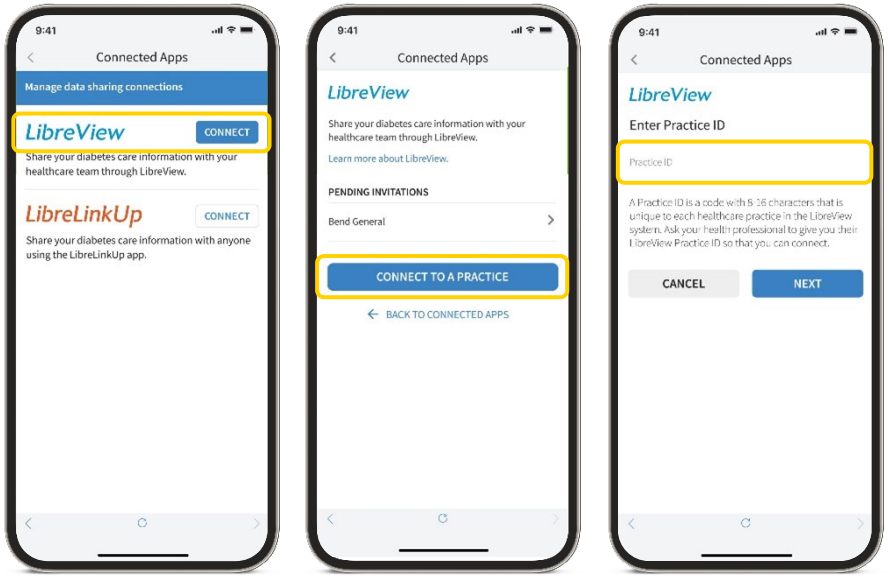
Connect to your diabetes team via LibreView Clinic ID



Images are for illustrative purposes only.

Connect to your diabetes team via LibreView Clinic ID



Images are for illustrative purposes only.

LibreLinkUp

FreeStyle Libre 2

LibreLinkUp

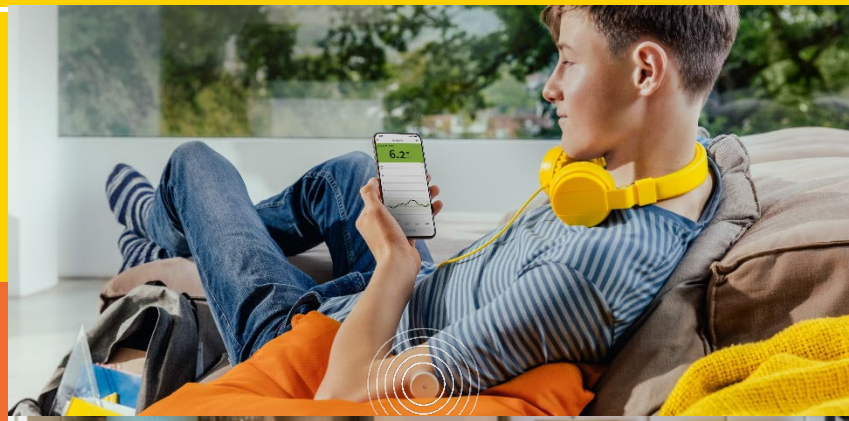
Share your glucose data with family or caregivers

FreeStyle LibreLink

Share glucose readings and alarms[1]

LibreLinkUp

Together with LibreLinkUp[2]



Images are for illustrative purposes only. Not real patient or data.
1. Sharing of glucose data requires registration with LibreView. The user's device must have internet connectivity for glucose data to automatically upload to LibreView and to transfer to connected LibreLinkUp app users. **2.** 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.

LibreLinkUp

Current glucose reading and trend arrow

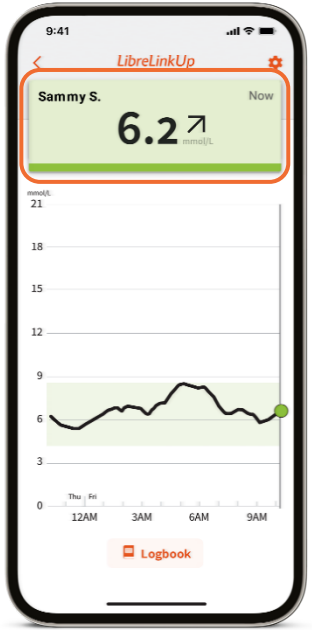
The current glucose reading determines the background colour that is displayed

Interactive glucose graph

Slide your finger over the graph and see how your contact's glucose level has changed over the last 12 hours

No recent data

When your connection's app has lost connectivity with the LibreLinkUp server for a specified amount of time



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LibreLinkUp

Alarm thresholds

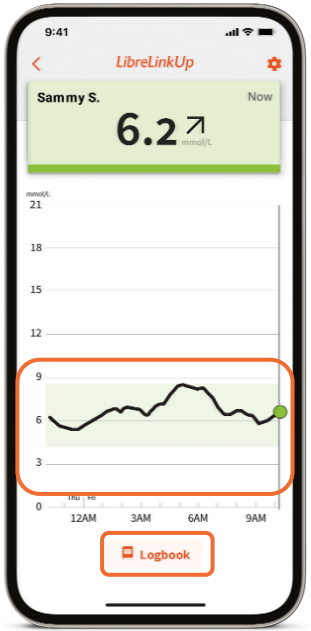
Dashed lines indicate the levels at which you will receive a high or low glucose alarm. Alarms are optional and can be customised.

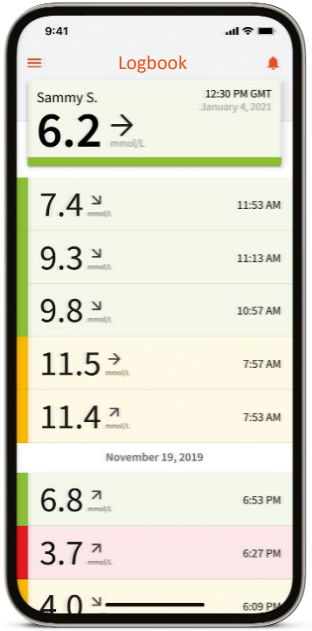
Target glucose range

The green area is the target glucose range set by the FreeStyle LibreLink user.

Glucose readings and alarms history

The logbook displays glucose events for the last two weeks.





Sharing of glucose data requires registration with LibreView.

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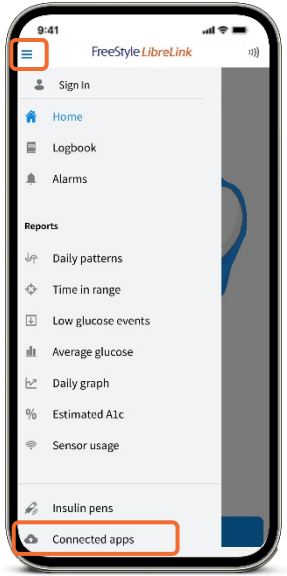
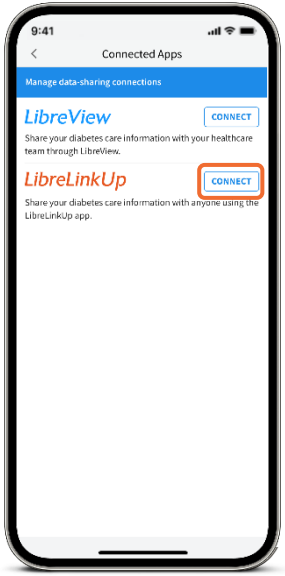
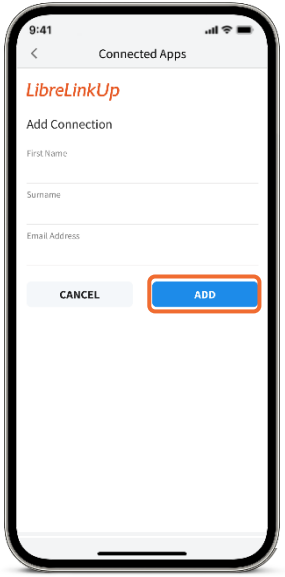
LibreLinkUp

FreeStyle LibreLink[1] users who want to share their data with friends, family and carers will take the following steps:







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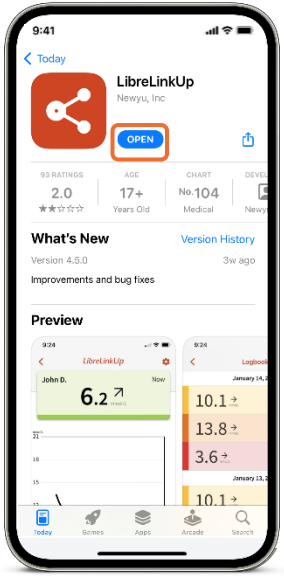
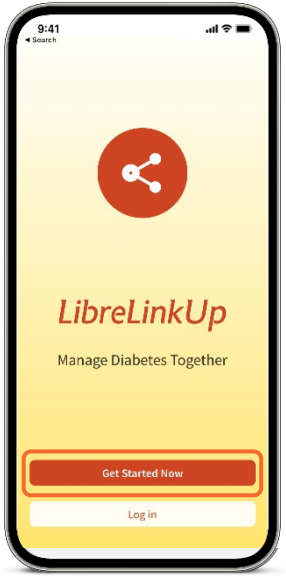
1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView.

LibreLinkUp

Followers create a LibreLinkUp[1] account and accept the invitation from the FreeStyle LibreLink user.[2]





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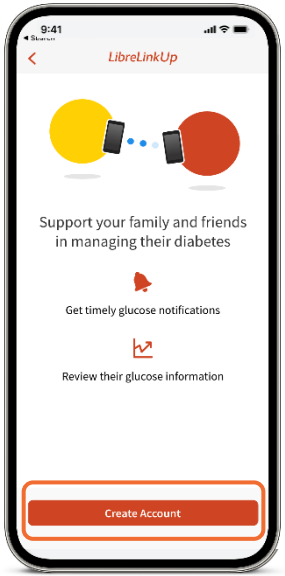

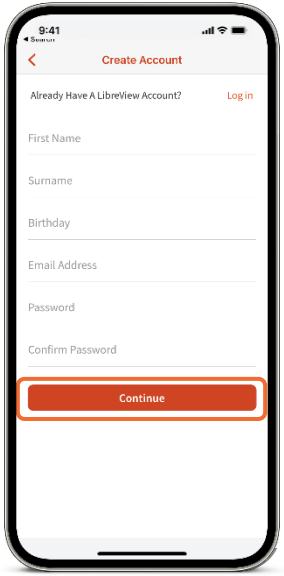

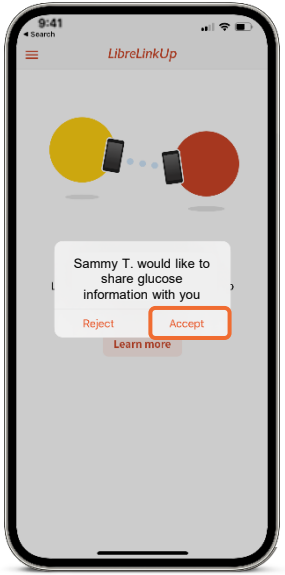

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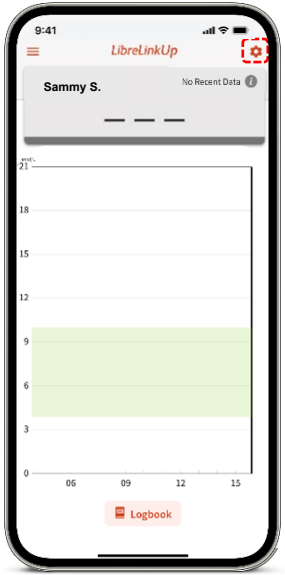
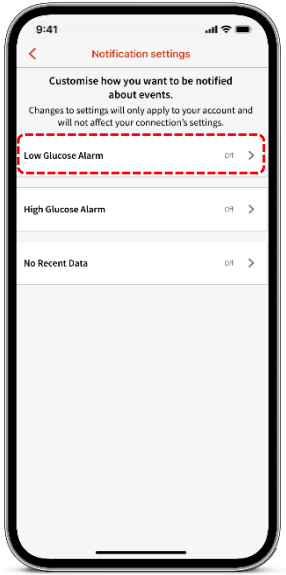
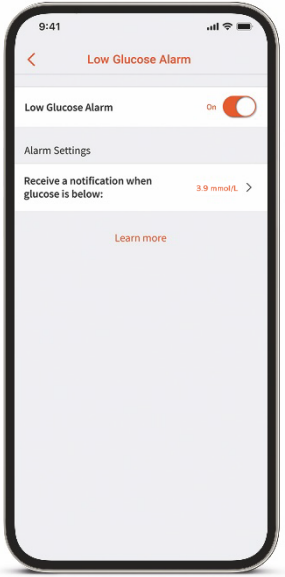
LibreLinkUp

Settings

Customize how you want to be notified about **Low Glucose Alarms**





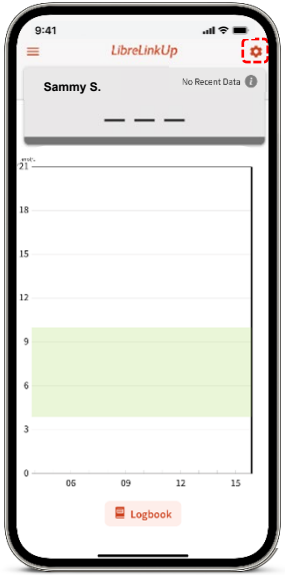


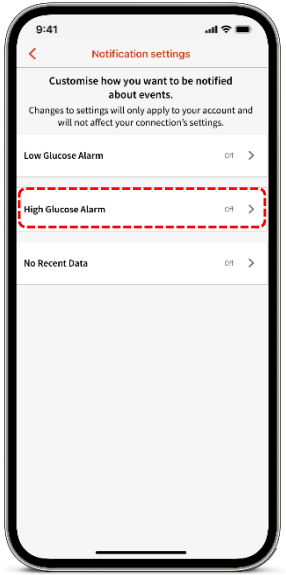
Images are for illustrative purposes only.

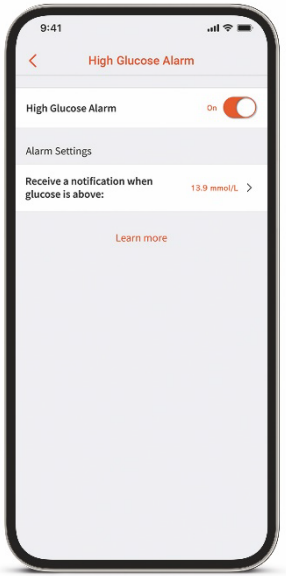
LibreLinkUp

Settings

Customise how you want to be notified about **High Glucose Alarms**





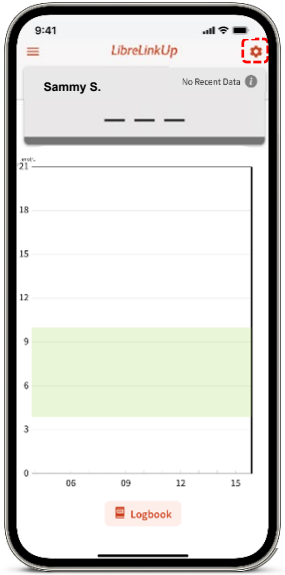


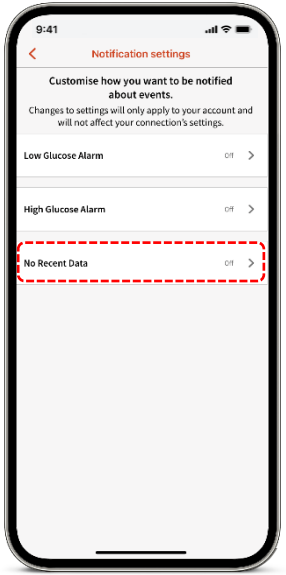
Images are for illustrative purposes only.

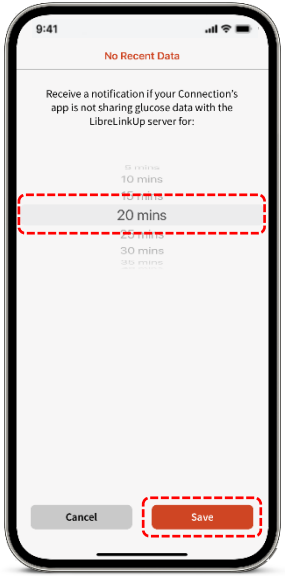
LibreLinkUp

Settings

No Recent Data – when your connection's app has lost connectivity with the LibreLinkUp server for a specified amount of time.







Images are for illustrative purposes only.

System education and support

FreeStyle Libre 2

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

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The FreeStyle Libre 2 system education

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

MyFreeStyle

Online, patient education & support


eLearning


Articles


Videos


eBooks

Register at:
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Flash Glucose Monitoring Education Programme

ABCD
Association of British Clinical Diabetologists

DTN UK
collaborate · evolve · support

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

Customer careline

Abbott Customer Careline

Telephone – 0800 170 1177

Mon-Fri 8:00am-8:00pm (excludes bank holidays)

Sat 9:00am-5.00pm

Email – adchelpuk@abbott.com

Sensor support form

Sensor Support Form | FreeStyle Libre | Abbott

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

Disposal information

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

Applicator
Yellow biohazard bag/sharps bin

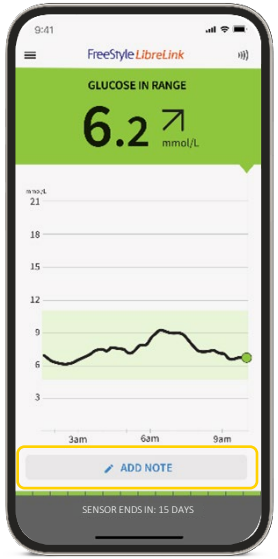
Sensor packaging
General waste

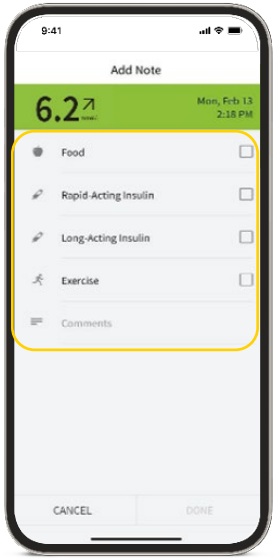
Images are for illustrative purposes only.

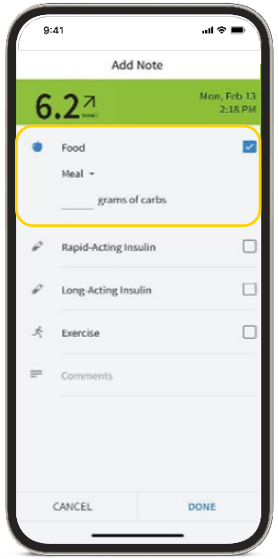
The FreeStyle LibreLink app reports

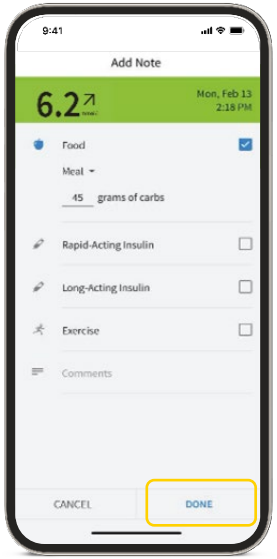
FreeStyle Libre 2

Adding notes in the FreeStyle LibreLink app









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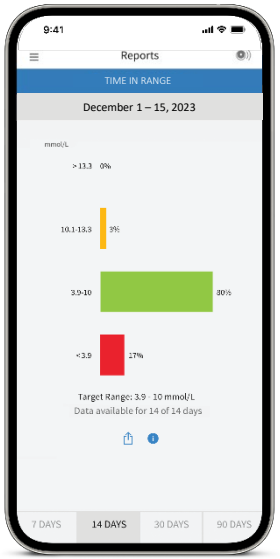
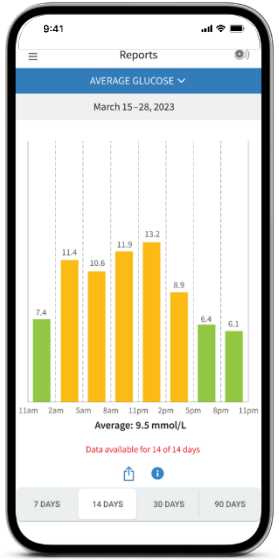
Reports in the FreeStyle LibreLink app

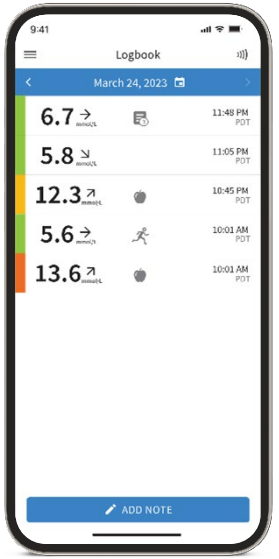


Time in Range

Low Glucose Events



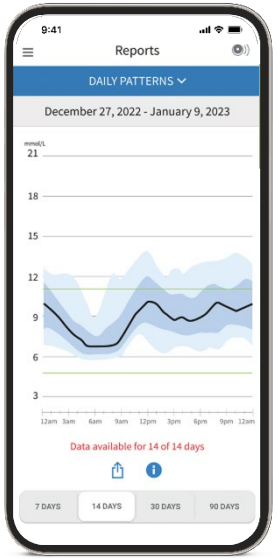
Average Glucose



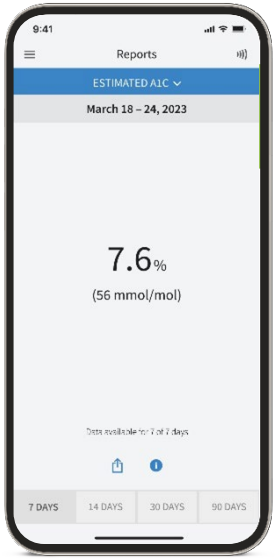
Logbook

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

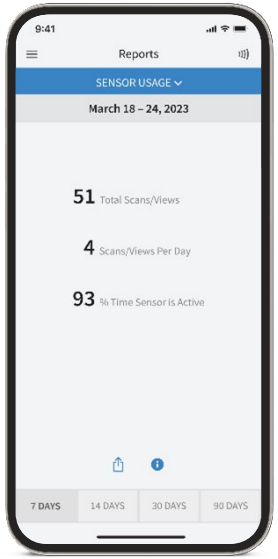
Reports in the FreeStyle LibreLink app



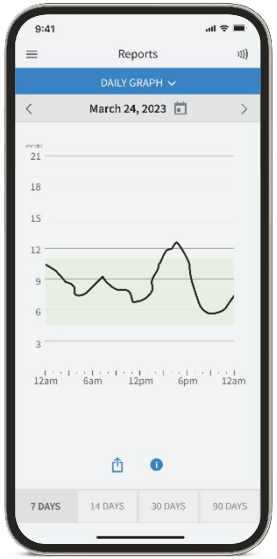
Daily patterns



Estimated A1c



Sensor usage



Daily graph

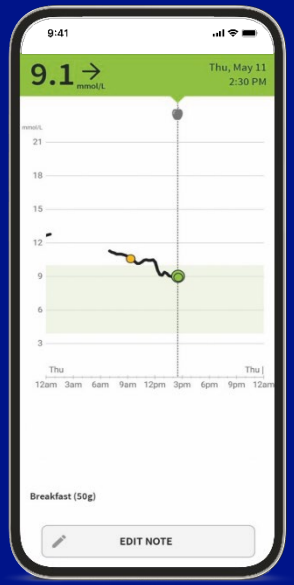
Simulated data for illustrative purposes only. Not actual patient data.

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



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The FreeStyle Libre 2 system and Time in Range

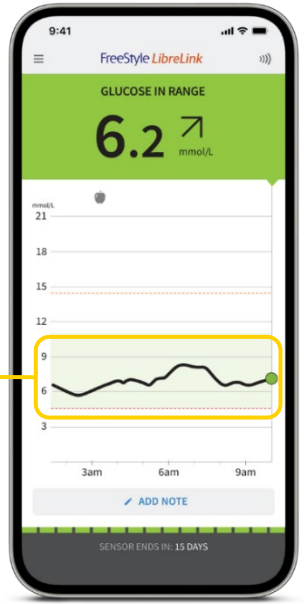
FreeStyle Libre 2

Time in Range

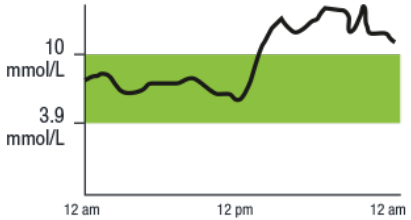
What is Time in Range

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

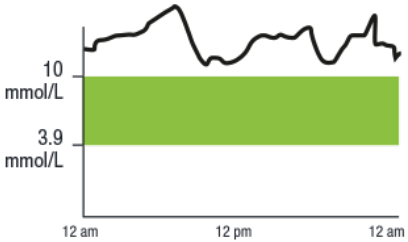
Target Glucose Range
Typically: 3.9-10.0 mmol/L[1,2]



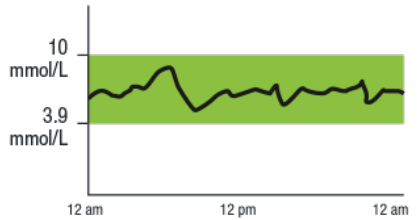
Here are different examples of Time in Range:



50% Time in Range



0% Time in Range



100% Time in Range

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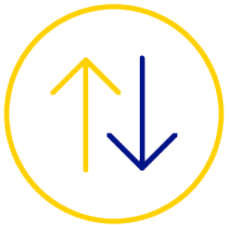
1. For adults with type 1 and type 2 diabetes who are not pregnant, not older, or at risk. **2.** Battelino, T. *Diabetes Care* (2019): https://doi.org/10.2337/dci19-0028.

More Time in Range. Better Glucose control

Why is Time in Range important?

Time in Range  HbA1c

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[1]

Every 5% (~1 hour per day) increase in Time in Range is associated with clinically significant benefits[2]

Increased risk of microvascular complications is associated with decreased Time In Range[3]

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.

Images are for illustrative purposes only.

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.

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**

For example:

Above Target Range (>10.0 mmol/L)

Target Glucose Range (3.9–10.0 mmol/L)

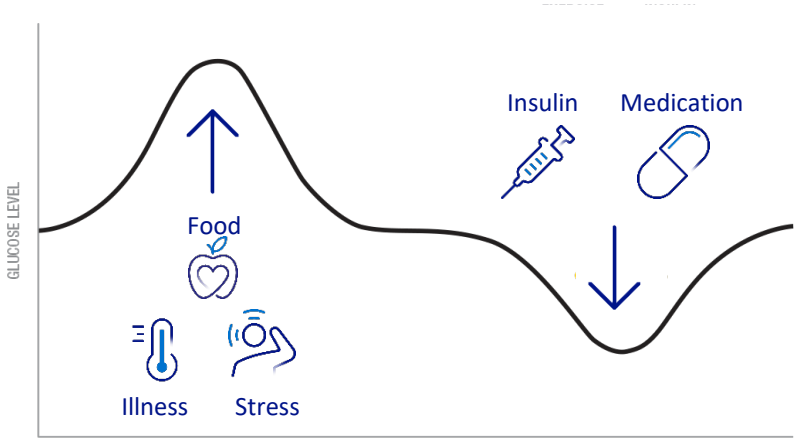
Below Target Range (<3.9 mmol/L)

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

Using the FreeStyle Libre 2 reader

FreeStyle Libre 2

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[1]

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

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 Plus 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 Plus 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.

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It’s easy to set alarms on your FreeStyle Libre 2 reader[1]

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 LibreLink app. They must start their FreeStyle Libre 2 Plus 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[1]

2. Touch **Alarms** then **Change Alarm Settings**

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It’s easy to set alarms on your FreeStyle Libre 2 reader[1]

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

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they can receive alarms only on that device.

It’s easy to set alarms on your FreeStyle Libre 2 reader[1]

4. Use arrows to set **Low** and **High Glucose Alarms**[2]

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It’s easy to set alarms on your FreeStyle Libre 2 reader[1]

5. See your current **Alarm Settings**

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

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It’s easy to set alarms on your FreeStyle Libre 2 reader[1]

6. Adjust **Sound & Vibration**

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FreeStyle *Libre 2*

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