



FreeStyle

Libre 2

FOR HEALTHCARE
PROFESSIONALS

THE FREESTYLE LIBRE 2 SYSTEM SUPPORT GUIDE

Support people with
diabetes to monitor
their glucose with
confidence.¹

Images are for illustrative purposes only. Not actual patient.

1. Fokkert, M. *BMJ Open Diab Res Care* (2019): <https://doi.org/10.1136/bmjdr-2019-000809>.



Abbott

What is the FreeStyle Libre 2 system?

The FreeStyle Libre 2 system measures interstitial fluid glucose levels (the fluid between the body's cells). It's been shown to be a reliable indicator of glucose levels in the blood.

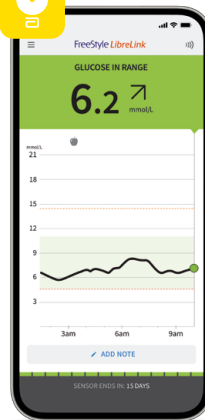
FreeStyle LibreLink app¹

Users can see their glucose data on their smartphone. The FreeStyle LibreLink app is free to download.

Applicator

Used to apply the sensor.

Sensor pack



FreeStyle Libre 2 Plus sensor

Worn on the back of the upper arm and lasts for up to 15 days, and continuously measures glucose levels, providing readings every minute.



FreeStyle Libre 2 reader

An alternative way for patients to see their glucose data and trends.



Scan to find a list of compatible smart devices.



Watch how to apply and activate the FreeStyle Libre 2 Plus sensor.

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

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.

Benefits of the FreeStyle Libre 2 system.



Real-time glucose readings automatically updated every minute and sent directly to the user's smartphone^{1,2}
– no more finger pricks³



Optional glucose alarms⁶ let the wearer know the minute their glucose is too low or too high



Easy to use and comfortable⁴ to wear for up to 15 days



Measurable benefits for T1D⁷ and T2D^{4,8}



Outstanding accuracy, including strong low-end performance⁵



See patients' **complete glycaemic profiles⁹**

Helpful tips.

- 1** Ensure the FreeStyle LibreLink app¹ is open to receive continuous real-time glucose readings.
- 2** FreeStyle Libre 2 reader users must scan the sensor to view glucose readings.
- 3** The smartphone needs to be within 6 metres (20 feet) of the sensor to receive alarm notifications.
- 4** Finger prick testing is required when glucose readings and alarms do not match symptoms or expectations.

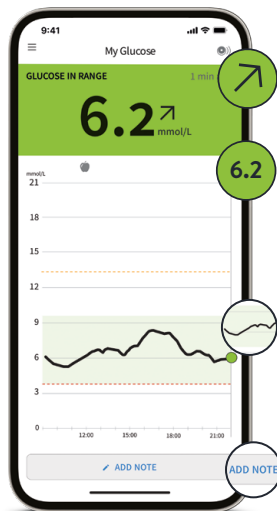
1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView.

2. Glucose readings are automatically displayed in the app only when the smartphone and sensor are connected and in range.

3. Finger pricks are required when glucose readings and alarms do not match symptoms or expectations. 4. Haak, T. *Diabetes Ther* (2017): <https://doi.org/10.1007/s13300-016-0223-6>. 5. Data on file. Abbott Diabetes Care, Inc. 6. Notifications will only be received when alarms are turned on and the sensor is within 6 metres (20 feet) unobstructed of the reading device. 7. Leelarathna, L. *N Engl J Med* (2022): <https://doi.org/10.1056/NEJMoa2205650>. 8. Wright, E. *Diabetes Spectr* (2021): <https://doi.org/10.2337/ds20-0069>. 9. Unger, J. *Postgrad Med* (2020): <https://doi.org/10.1080/00325481.2020.1744393>.

What information is shown on the app¹ or reader?

- The FreeStyle Libre 2 system **enables the user to learn about how diet, exercise, stress, insulin and other activities affect glucose levels**
- The **trend arrows show the direction that glucose is heading**, supporting insulin-management decisions per healthcare professionals' advice
- **Optional glucose alarms² let the wearer know the minute their glucose is too low or too high**, but people with diabetes who drive should have adequate hypo-awareness so they're not reliant on alarms



Trend arrow

Indicates how glucose is changing

Current glucose reading

Up to 8 hours
of glucose history

Easily add notes

to record relevant events



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.

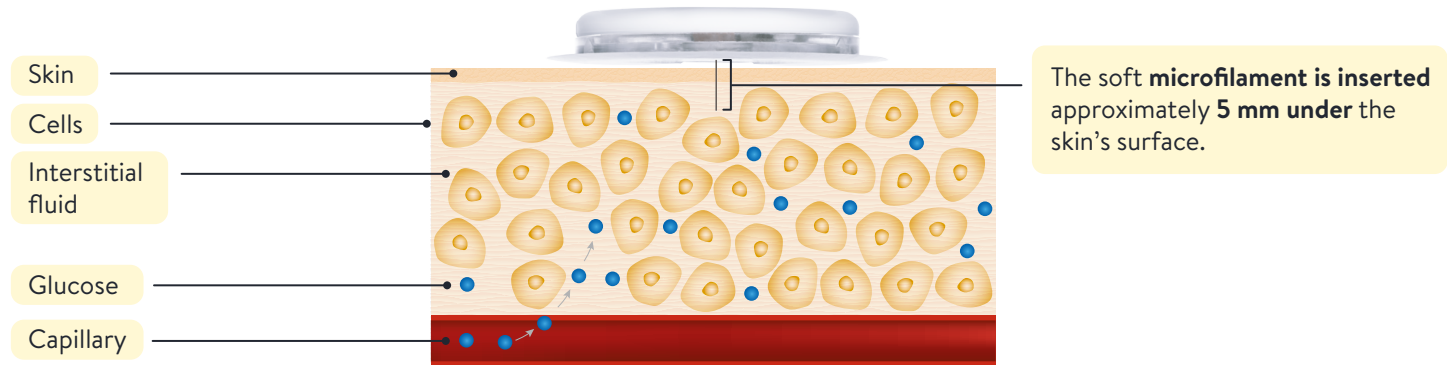
Images are for illustrative purposes only. Not actual patient data.

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. **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 readings on both devices. Glucose alarms are only received on the device used to start the sensor. 2. Notifications will only be received when alarms are turned on and the sensor is within 6 metres (20 feet) unobstructed of the reading device.

Blood glucose vs interstitial fluid.

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

UNDERSTANDING GLUCOSE MEASUREMENTS



A finger prick blood glucose test should be **done if glucose readings and alarms don't match symptoms or expectations**, so a person with diabetes needs access to appropriate quantities of finger prick blood glucose equipment.



Driving.

The Driver and Vehicle Licensing Agency (DVLA) 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 non-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.

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>. Accessed August 2026.

Identifying patients who may be eligible.

Offer the FreeStyle Libre 2 system to adults with T2DM on multiple daily insulin injections if any of the following apply:¹



They have **recurrent hypoglycaemia** or **severe hypoglycaemia**



They have **impaired hypoglycaemia** awareness



They would otherwise be advised to **self-measure at least 8 times a day**



They have a condition or disability (including a learning disability or cognitive impairment) that means **they cannot self-monitor their blood glucose by capillary blood glucose monitoring** but could use an isCGM device



Offer the FreeStyle Libre 2 system to **adults with insulin-treated type 2 diabetes who would otherwise need help** from a care worker or healthcare professional to monitor their blood glucose.

isCGM=intermittently scanned continuous glucose monitoring; T2DM=type 2 diabetes mellitus.
Images are for illustrative purposes only. Not actual patient.

1. National Institute of Health and Care Excellence. NG28. Available at: <https://www.nice.org.uk/guidance/ng28>. Accessed August 2026.



Support for your patients starting the FreeStyle Libre 2 system.

You can choose from 1 of the 4 options:

- 1 Self-learning**
Allows people with diabetes to get started in their own time, at home.
- 2 HCP-led training**
Use resources on our website to assist you to get people with diabetes started.
- 3 Live online training**
Saves you time, as it's delivered by an Abbott trainer.
- 4 In-person training**
Face-to-face group sessions delivered as required by an Abbott trainer.

NEXT STEPS

- ✓ **Prescribe 2x FreeStyle Libre 2 Plus sensors** per 30 days [PIP CODE: 428-0194] – each sensor lasts for 15 days
- ✓ **Agree target glucose ranges** in line with guidelines and individual preferences, and discuss optional alarm settings
- ✓ **Supply an appropriate quantity** of capillary blood glucose test strips and lancets for finger prick testing
- ✓ Set a review date
- ✓ **Provide a sharps disposal unit**
- ✓ Signpost to additional information, including the Abbott Customer Careline for general enquiries:

0800 170 1177

(Mon–Fri 8:00am–8:00pm; Sat, Sun and bank holidays 9:00am–5:00pm)

Having identified suitability for the FreeStyle Libre 2 system, follow local pathways.

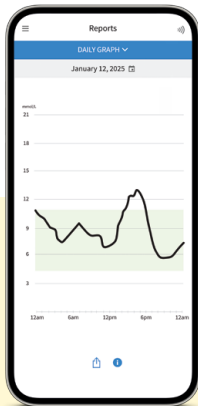
A dedicated website helps you easily get people with diabetes started on the FreeStyle Libre 2 system. Simply choose the option that best fits their needs.



Get started by scanning the QR code or visit Pro.FreeStyle.Abbott/uk-en/libre-hub

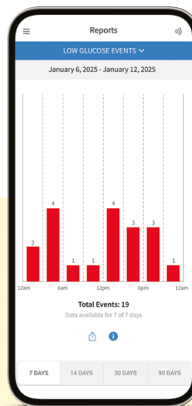
Making sense of the data.

The FreeStyle Libre 2 system will show graphs. After 5 days or more of data, it will start to show patterns such as Time in Range, Low Glucose Events, Average Glucose, Daily Patterns and estimated HbA1c.¹ The user can also add notes on food, insulin doses and exercise.



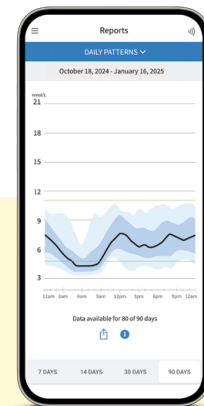
Daily Graph

Shows glucose levels for specific days



Low Glucose Events

Shows the number and times of low glycaemic events over a chosen period, e.g. 7, 14, 30 or 90 days



Daily Patterns

Shows typical patterns/variation in glucose variability

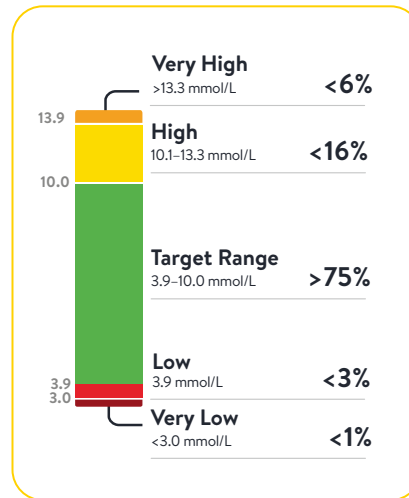
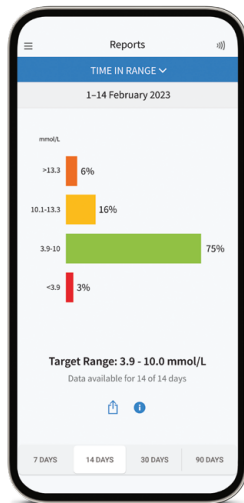
Images are for illustrative purposes only. Not actual patient data.

1. Estimated HbA1c is available for FreeStyle LibreLink app users only.

Making sense of the data:

Time in Range.

This shows the percentage of time that glucose readings are in various ranges. The consensus for most adults is to aim for >70% Time in Range; older people and those at high risk of hypoglycaemia should aim for >50%.¹



Greater time in target range is associated with **reduced diabetes complications**.

For example, every 10% increase in Time in Range is associated with a:



40% reduction
in microalbuminuria²



64% reduction
in retinopathy²

An **individual's Time in Range report** is available via the **FreeStyle LibreLink app** and is trackable over 7-, 14-, 30- and 90-day periods, as shown here.

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

The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle LibreLink may require registration with LibreView.

1. Battelino, T. *Diabetes Care* (2019): <https://doi.org/10.2337/dci19-0028>. 2. Beck, R. W. *Diabetes Care* (2018): <https://doi.org/10.2337/dci18-1444>.



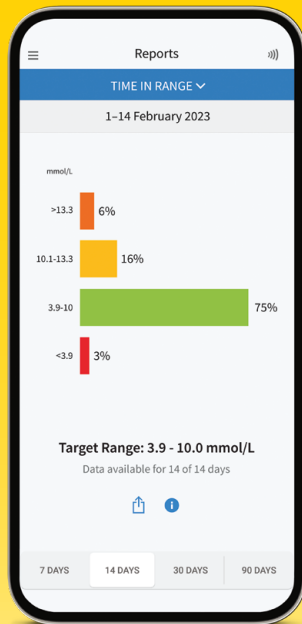
CONSULTATION

Validate data and review Time in Range.

- ✓ **Number of days of sensor wear** (aim for 15 days)
- ✓ **How much data is captured** (aim for >70% of time)
- ✓ **Are there any gaps in the data?**
 - If using the app, is the user closing the app?
 - If using the reader, is the user scanning at least once every 8 hours?
 - Confirm insulin regimen, current dosing and timing of injections
- ✓ **Ask for permission to view their data** and reinforce achievements before focusing on areas for review
- ✓ **Always respect a person's data** and avoid negative language:
www.diabetesonthenet.com/diabetes-primary-care/how-find-ideal-words-consultations

Images are for illustrative purposes only. Not actual healthcare professional or patient.

Review Time in Range.



AGP Report

July 7, 2022 - July 20, 2022 (14 days)

LibreView

GLUCOSE STATISTICS AND TARGETS

July 7, 2022 - July 20, 2022	14 days
% Time Sensor is Active	97%
Ranges And Targets For	Type 1 or Type 2 Diabetes
Glucose Ranges	Targets % of Readings (Time/Day)
Target Range 3.9-10.0 mmol/L	Greater than 70% (16h 48min)
Below 3.9 mmol/L	Less than 4% (58min)
Below 3.0 mmol/L	Less than 1% (14min)
Above 10.0 mmol/L	Less than 25% (6h)
Above 13.9 mmol/L	Less than 5% (1h 12min)

Each 5% increase in time in range (3.9-10.0 mmol/L) is clinically beneficial.

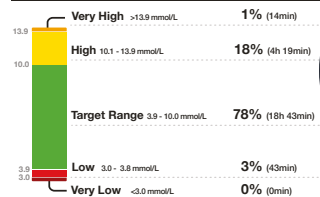
Average Glucose 7.8 mmol/L

Glucose Management Indicator (GMI) 6.7%

Glucose Variability 31.6%

Defined as percent coefficient of variation (%CV); target $\leq 36\%$

TIME IN RANGES



Time in Range for older people and those at high risk of hypoglycaemia should be adjusted to >50%¹

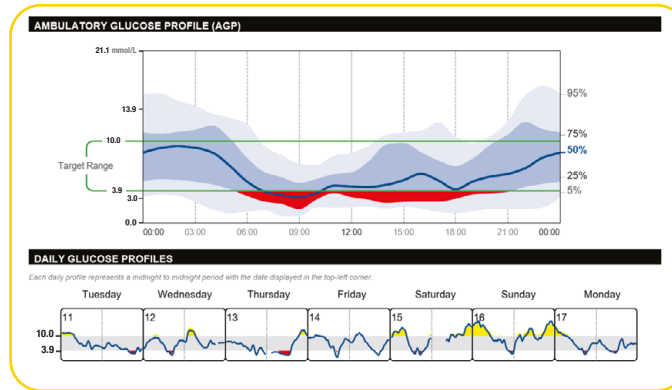
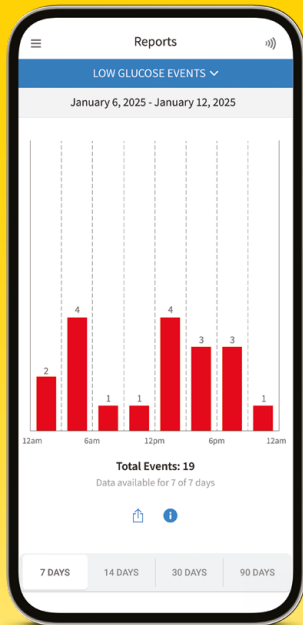
The overall goal is to aim for >70% of time in a glucose range of 3.9–10.0 mmol/L (this reflects an HbA1c of 53 mmol/mol; each 10% increase in Time in Range equates to a ~5 mmol/mol reduction in HbA1c)¹

- ✓ **% Time in Range** – what percentage of readings are within the target range?
 - Is the TIR appropriate for the person?
 - Are the alarms set at appropriate levels?
- ✓ **% Time below Range** – did the user have more than 4% of readings in the hypoglycaemia range?
 - Identify episodes of hypoglycaemia – are there any patterns?
- ✓ **% Time above Range** – how much time did the user spend with high glucose above the target range?
 - Identify episodes of hyperglycaemia – are there any patterns?

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 1. Battelino, T. *Diabetes Care* (2019): <https://doi.org/10.2337/dci19-0028>.

CONSULTATION: STEP 2

Patterns of hypoglycaemia.

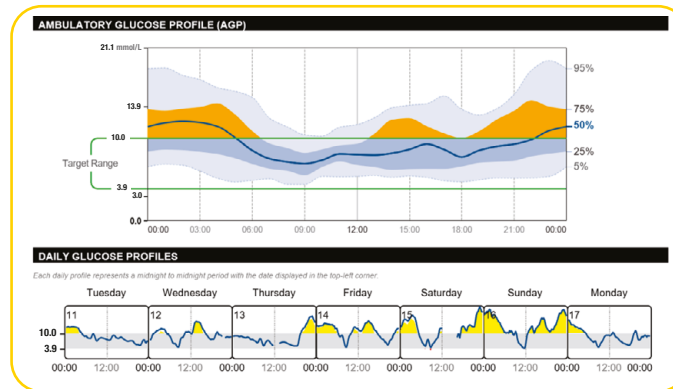
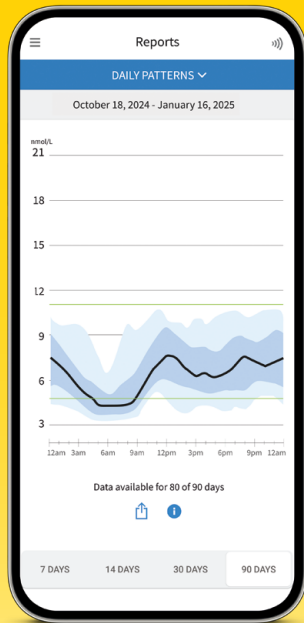


- ✓ **Are there any episodes of hypoglycaemia** (below 3.9 mmol/L)?
 - What time of day are they occurring?
 - Are there any trends or patterns?
- ✓ **Investigate causes of low glucose**
 - Discuss what activities may have caused the trend to low glucose, for example, alcohol, exercise, fasting, stress or sickness
 - Is there any over-correction of raised glucose levels if self-adjusting insulin?
 - Is the timing of insulin doses appropriate?

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CONSULTATION: STEP 3

Patterns of hyperglycaemia.

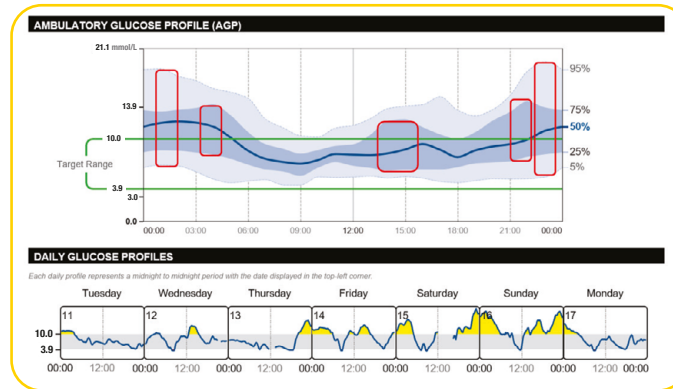
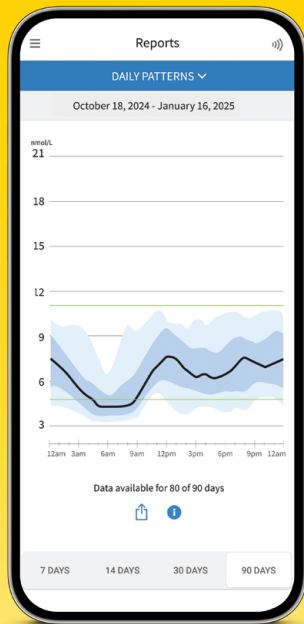


- ✓ **Are there any episodes of hyperglycaemia** (above 10.0 mmol/L) (individualise for people with frailty)?
 - What time of day are they occurring?
 - Are there any trends or patterns?
- ✓ **Investigate causes of high glucose**
 - Discuss what may be contributing to high glucose levels
 - Have there been any missed insulin injections/glucose-lowering medications?
- ✓ **Have meals been high in carbohydrate content?**
- ✓ **Is the high glucose seen after low glucose**, which suggests over-treatment of low glucose levels?
- ✓ **Are weekends and weekdays different?**

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

CONSULTATION: STEP 4

Patterns of glucose variability.



- ✓ **Check for themes that may give glucose variability or reduced TIR**
 - Discuss what activities/eating patterns are changing from one day to the next
 - Are the timings of insulin doses correct?
 - Is there any under- or overreacting to glucose levels?
 - Is there any over-treatment of hypoglycaemia?
 - Exclude any potential poor injection technique by examining injection sites for any lipohypertrophy
- ✓ **A wider dark blue shaded band** can indicate a need to adjust medication doses or timings
- ✓ **A wider light blue shaded band** is more likely to represent factors related to behaviour or lifestyle

TIR= Time in Range.
Images are for illustrative purposes only. Not actual patient data.

Additional resources.



Libre Academy

Certified bite-sized learning modules (each taking 10–15 minutes to complete). HCPs can sign up to and create an account using: pro.freestyle.abbott/uk-en/scientific-resources-education/libre-academy.html



FreeStyle Libre 2 system tutorial videos

Including LibreView, getting started, sensor application, alarms, etc. pro.freestyleabbott/uk-en/scientific-resources-education/education-training-casestudies/tutorial-videos.html



Foreign-language guides

www.freestyle.abbott/uk-en/support/accessibility.html



Easy-read materials

www.freestyle.abbott/uk-en/support/accessibility



DTN-UK

Independent educational videos for HCPs and people with diabetes: <https://abcd.care/dtn/videos>



Six steps to insulin safety

Online learning to support HCPs in making safe decisions around insulin use: diabetesonthenet.com/cpd-modules/the-six-steps-to-insulin-safety/



Insulin craft cards series

www.issuesandanswers.org/resource-types/clinical-craft-cards/



Injection technique resource

<https://fit4diabetes.com/fit-recommendations>



Hypoglycaemia article

diabetesonthenet.com/diabetes-primary-care/hypoglycaemia-how-to/



Journal of Diabetes Nursing

How to interpret CGM data: diabetesonthenet.com/journal-diabetes-nursing/quick-guide-interpreting-cgm-data/



Hypoglycaemia unawareness article

diabetesonthenet.com/diabetes-primary-care/at-a-glance-factsheet-impaired-hypoglycaemia-awareness/



How to use CGM guide

diabetesonthenet.com/diabetes-primary-care/how-to-cgm-aug23/



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Acknowledgements.

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DR PAM BROWN

GP with interest in Diabetes, Obesity & Lifestyle – Swansea Editor in Chief *Diabetes Distilled* Tutor, Global MSc Diabetes – University of Warwick



JANE DIGGLE

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GP Partner, Woodlands Medical Centre – Cardiff Clinical Director for Diabetes Primary Care for Cardiff & Vale UHB Diabetes UK Clinical Champion Committee member of Primary Care Diabetes Society



FreeStyle Libre 2

The #1 CGM used worldwide.¹



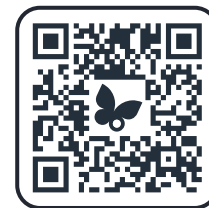
Easy for patients.^{2,3} Easy for you⁴



Real-time glucose readings sent right to your patients' smartphones^{5,6}



Clinically proven to decrease HbA1c and increase Time in Range⁷⁻⁹



**Visit
Pro.FreeStyle.Abbott
for more information**

CGM=continuous glucose monitor.

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1. Data on file. Abbott Diabetes Care, Inc. 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. Haak, T. *Diabetes Ther* (2017): <https://doi.org/10.1007/s13300-016-0223-6>. 3. Based on sensor features including up to 15-day wear period, data sharing capabilities, partner device integration, single-app set-up with AID systems, and patient and provider support offerings. 4. Campbell, F. *Pediatr Diabetes* (2018): <https://doi.org/10.1111/pedi.12735>. 5. 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. 6. Glucose readings are automatically displayed in the app only when the smartphone and sensor are connected and in range. 7. Leelarathna, L. *N Engl J Med* (2022): <https://doi.org/10.1056/NEJMoa2205650>. 8. Bolinder, J. *Lancet* (2016): [https://doi.org/10.1016/S0140-6736\(16\)31535-5](https://doi.org/10.1016/S0140-6736(16)31535-5). 9. Yaron, M. *Diabetes Care* (2019): <https://doi.org/10.2337/dc18-0166>. © 2026 Abbott. All Rights Reserved. Libre, the butterfly logo, the sensor shape and appearance, the colour yellow, and related marks and/or designs are the intellectual property of the Abbott group of companies in various territories. Other marks are the properties of their respective owners. ADC-2649916 v3.0 08/26.

