FreeStyle Libre 2

Get started

Your guide to the
FreeStyle Libre 2 system

Images are for illustrative purposes only. Not actual patient.

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Contents

THE FREESTYLE LIBRE 2 SYSTEM

Welcome to the FreeStyle Libre 2 system

FreeStyle *Libre* 2

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.html**.

As the #**1** sensor-based glucose monitoring system used worldwide,[1] the FreeStyle Libre 2 system has liberated millions of people with diabetes from the burdens of finger pricks.[2]

We hope you enjoy your new FreeStyle Libre 2 system.

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

Meet the FreeStyle Libre 2 system

Get real-time glucose readings every minute, sent right to your smartphone.[1,2]

Understand how your body responds to treatment, food, and exercise.

See patterns and trends and customise optional glucose alarms for lows and highs.[3]

Easy to use and comfortable to wear for up to 15 days.[4]

Outstanding accuracy across multiple measures.[5]

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

Applicator
Used to apply the sensor.

Sensor
Worn on the back of the upper arm for up to 15 days.

FreeStyle LibreLink app
Use your smartphone to see your data.
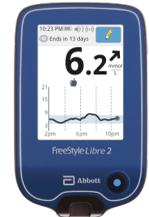
Reader
An alternative way to see your data and trends.

Images are for illustrative purposes only. Not actual patient data.
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.** Data on file, Abbott Diabetes Care, Inc.

Applying the sensor in 3 simple steps

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.

2 **Prepare applicator**
Peel lid from the Sensor Pack and unscrew cap from the Sensor Applicator. Line up dark mark on Sensor Applicator with dark mark on Sensor Pack. Press down firmly and then lift.

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

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.

Images are for illustrative purposes only. Not actual patient.

Tips for before you apply the sensor

- 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.

Watch the video tutorial

... and for keeping it in place

- Select a site on the back of your upper arm that will minimise the risk of knock-off.

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

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

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

Understanding your glucose measurements

Why are FreeStyle 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 FreeStyle Libre 2 Plus sensor has made its way from the blood into the interstitial fluid. This takes a little time and so the sensor glucose reading always lags behind a finger prick blood glucose reading. When your glucose levels are stable, the two readings may be very similar. If glucose levels are rising or falling, the two readings may be different. This is completely normal particularly after meals, after taking insulin or after exercising. Although the readings may differ slightly, the FreeStyle Libre 2 system is accurate and safe to dose insulin from your sensor glucose result.

Images are for illustrative purposes only.

Skin
Cells
Interstitial fluid
Glucose
Capillary
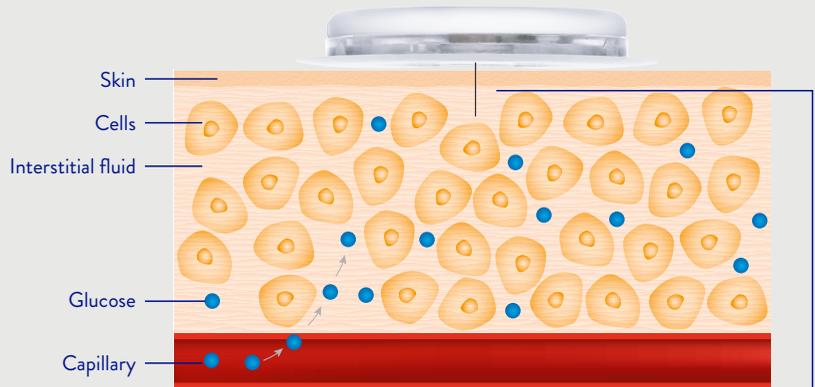
The sensor filament is less than 0.4 millimetres thick and is inserted 5 millimetres under the skin surface

Scan here to watch a video explanation

4

Driving

The DVLA (Driver and Vehicle Licensing Agency) has permitted the use of the FreeStyle Libre 2 system 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 your glucose level is 4.0mmol/L or below.
- If you have symptoms of hypoglycaemia.
- If your readings are not consistent with your symptoms.
- If you 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 **gov.uk/diabetes-driving**

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Capturing your data

Real-time glucose readings are sent directly to your smartphone[1,2]

With the FreeStyle Libre 2 system, you get minute-to-minute glucose readings – anytime[3], anywhere[4] – to help you manage your diabetes more confidently.[5]

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 anytime[3], even during a signal loss. This allows you to fill in up to 8 hours of missing data, so your glycaemic picture is complete.

6.2
Current glucose reading

Trend arrow shows the direction that glucose is heading and how quickly

Up to 8 hours of glucose history

ADD NOTE
Record relevant information or events

↑ Glucose is rising quickly

↗ Glucose is rising

→ Glucose is changing slowly

↘ Glucose is falling

↓ Glucose is falling quickly
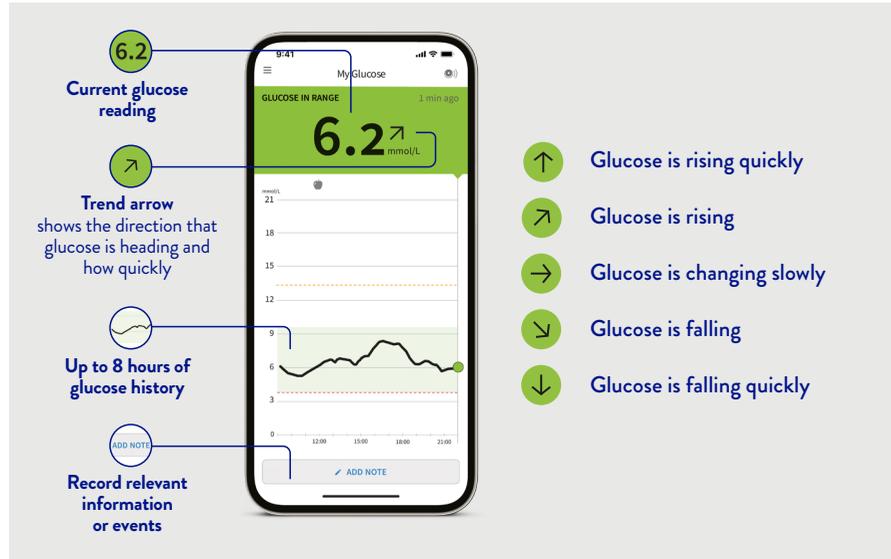
Images are for illustrative purposes only. Not actual patient data.
1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle LibreLink may require 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 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/bmjdrc-2019-000809.

Understanding your data

Reports that can easily and quickly provide the answers you need
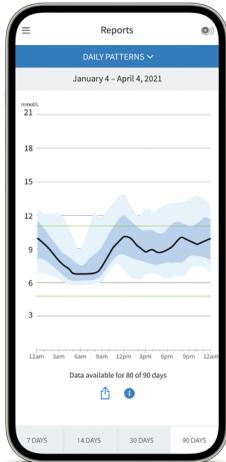
Daily Patterns
Shows your hypoglycaemic trends, hyperglycaemic trends and variability of your glucose levels.
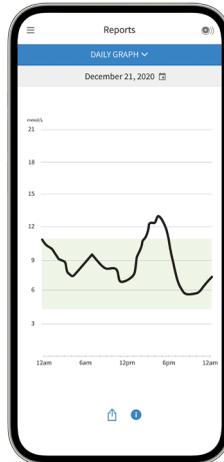
Daily Graph
Overview of daily glucose readings to see how much your glucose values fall within target glucose range.
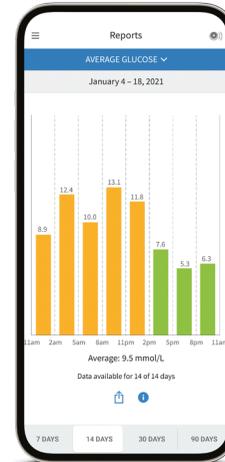
Average Glucose
Shows the average of your sensor glucose readings for different periods of the day.

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Use of FreeStyle LibreLink may require registration with LibreView.

Understanding Time in Range

HbA1c reflects average glucose over the last 2-3 months; it does not show glycaemic excursions of hyper- and hypoglycaemia.[1]

Instead, Time in Range is the percentage of time that your glucose levels are in your target range, as set by your healthcare professional.

The FreeStyle Libre 2 system automatically calculates the percentage of time you spend in, above, or below target range, e.g. 3.9–10.0 mmol/L.

Guidelines recommend spending at least 70% of your Time in Range.[1,2]

Reports

TIME IN RANGE

1–14 February 2023

mmol/L

>13.3	6%
10.1-13.3	16%
3.9-10	75%
<3.9	3%

Target Range: 3.9 - 10.0 mmol/L
Data available for 14 of 14 days

7 DAYS   14 DAYS   30 DAYS   90 DAYS

Setting alarms on your phone[1]

Know the minute your glucose is too low or too high

The FreeStyle Libre 2 system's optional glucose alarms are off by default and 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.
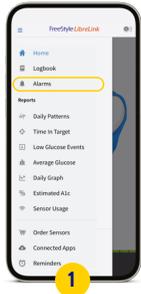
1
Tap **Alarms**
in the menu
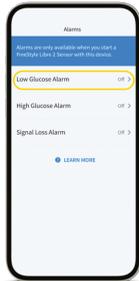
2
Touch **Low Glucose Alarm** and toggle on alarm
Signal loss alarm[2] is automatically turned
on when glucose alarm is turned ON
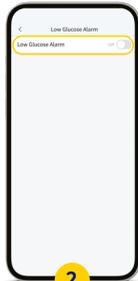
3
Scroll to select
Low Glucose Value[3]

4
Touch **Alarm Tone**
to choose the tone

5
Set your **High
Glucose Alarm**
using the same steps[4]

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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.** 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.

Easily monitor your glucose and share your results

FreeStyle *LibreLink*

Easy monitoring[1]

One app allows you to monitor and share your real-time glucose readings[2,3]

LibreView

Easy insights[4]

Share glucose readings with your healthcare team for more effective consultations[5]

EASY MONITORING[1]

GET IT ON
Google Play

Download on the
App Store

6.2 mmol/L

EASY INSIGHTS[4]

EASY CONNECTION

LibreLinkUp

Easy connection

Share real-time glucose levels with your loved ones for peace of mind[6,7]

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1. Haak, T. *Diabetes Ther* (2017): https://doi.org/10.1007/s13300-016-0223-6.
2. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView. **3.** Glucose readings are automatically displayed in the app only when the smartphone and sensor are connected and in range.
4. Unger, J. *Postgrad Med.* (2020): https://doi.org/10.1080/00325481.
2020.1744393. **5.** The LibreView website is only compatible with certain operating systems and browsers. Please check www.LibreView.com for additional information. **6.** 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. **7.** Hilliard, M., *et al. Diabetes Technology & Therapeutics.* (2019): https://doi.org/10.1089/dia.2019.0142.

The FreeStyle LibreLink app

View your glucose data anytime[1], anywhere[2]

Get your current glucose reading, trend arrow, high and low glucose alarms, and up to 8 hours of glucose history on your smartphone[3].

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

Connect to healthcare professionals and caregivers with LibreView[4] and LibreLinkUp[5].

Get glucose alarm notifications right on your compatible smartwatch.[3,6,7]

FreeStyle *LibreLink*

Data captured with the FreeStyle LibreLink app is uploaded wirelessly and automatically[8] to LibreView.[4]

Download for FREE today

GET IT ON Google Play

Download on the App Store

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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 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 may require registration with LibreView. **4.** The LibreView website is only compatible with certain operating systems and browsers. Please check 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 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.

The LibreLinkUp app

Share your glucose readings and alarms with family and friends[1]

LibreLinkUp

Ideal for parents[2] and caregivers, the LibreLinkUp mobile app allows them to keep up to date with your glucose levels, wherever they are.[3]

Download for FREE today

GET IT ON
Google Play

Download on the
App Store

Connect the FreeStyle LibreLink[4] app to LibreLinkUp to remotely share glucose data[3] with up to 20 family members and friends.

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1. The LibreLinkUp app is only compatible with certain mobile device and operating systems. Please check www.LibreLinkUp.com for more information about device compatibility before using the app. Use of LibreLinkUp requires registration with LibreView. The LibreLinkUp mobile app is not intended to be a primary glucose monitor: home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the app. **2.** For children aged 2-12, a caregiver 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 may require registration with LibreView.

LibreView

A free and easy way to view your glucose data online[1]

LibreView

If you already have a FreeStyle LibreLink account, you can sign in to LibreView with the same credentials.

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

Visit LibreView.com

LibreView allows you to share data with your healthcare professional easily when you connect with their LibreView Practice.[1]

Readings are automatically[2] uploaded so you can have more informed virtual and in-person treatment conversations.

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The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Sharing of glucose data may require registration with LibreView.
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.** The user's device must have internet connectivity for glucose data to automatically upload to LibreView.

Glucose Pattern Insights report

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

Time in Ranges and Glucose Statistics

Shows your **overall glucose metrics** and how they compare to recommendations from the International Consensus.[1]

Considerations for the Clinician

The LibreView[2] software provides **insight into medication and lifestyle changes** to be considered by your healthcare professional.
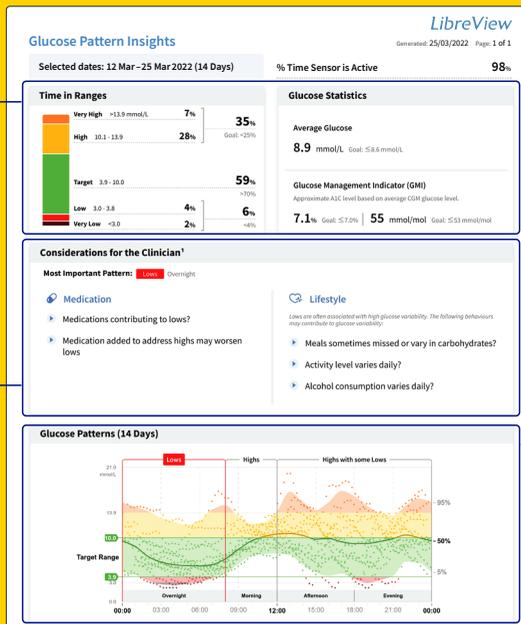
Glucose Patterns

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

LibreView

Glucose Pattern Insights
Generated: 25/03/2022 Page: **1** of 1

Selected dates: 12 Mar – 25 Mar 2022 (14 Days) | % Time Sensor is Active **98%**

Time in Ranges

Very High >13.9 mmol/L **7%**
High 10.1 - 13.9 **28%**
35% Goal: <25%

Target 3.9 - 10.0 **59%** >70%

Low 3.0 - 3.8 **4%**
Very Low <3.0 **2%**
6% <4%

Glucose Statistics

Average Glucose
8.9 mmol/L Goal: ≤8.6 mmol/L

Glucose Management Indicator (GMI)
Approximate A1C level based on average CGM glucose level.

7.1% Goal: ≤7.0% | **55** mmol/mol Goal: ≤53 mmol/mol

Considerations for the Clinician[1]

Most Important Pattern: Lows Overnight

🩹 **Medication**
▸ Medications contributing to lows?
▸ Medication added to address highs may worsen lows

🌥 **Lifestyle**
Lows are often associated with high glucose variability. The following behaviours may contribute to glucose variability:
▸ Meals sometimes missed or vary in carbohydrates?
▸ Activity level varies daily?
▸ Alcohol consumption varies daily?

Glucose Patterns (14 Days)

Lows | Highs | Highs with some Lows

21.0 mmol/L
13.9
10.0
Target Range
3.9
3.0
0.0

95%
50%
5%

Overnight | Morning | Afternoon | Evening
00:00 03:00 06:00 09:00 12:00 15:00 18:00 21:00 00:00

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1. 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.
2. The LibreView website is only compatible with certain operating systems and browsers. Please check www.LibreView.com for additional information.

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.

Customer Service
0800 170 1177
Mon–Fri (excl. bank holidays)
8am–8pm and Sat 9am–5pm

You can report any sensor issues via our online support form

To explore a wealth of free educational resources, sign up to MyFreeStyle

For more tips and product information: **FreeStyle.Abbott**

FreeStyle *Libre 2*

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life. ***to the fullest.***®