Get Started

Your guide to the FreeStyle Libre 2 system

FreeStyle Libre 2

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The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Use of the FreeStyle Libre 2 app requires registration with LibreView. Medicare coverage is available for the FreeStyle Libre 2 system if the FreeStyle Libre 2 reader is used to review glucose data on some days every month. Medicare and other third party payor criteria apply.Abbott provides this information as a courtesy, it is subject to change and interpretation. The customer is ultimately responsible for determining the appropriate codes, coverage, and payment policies for individual patients. Abbott does not guarantee third party coverage or payment for our products or reimburse customers for claims that are denied by third party payors.

See Important Safety Information on back.

Welcome

Congratulations on your new FreeStyle Libre 2 system! Whether you're new to using a continuous glucose monitoring system (CGM) or need a refresher, this guide is for you. Inside, you'll find tips for getting the most out of your CGM system to help manage your diabetes.

—Team FreeStyle Libre

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Meet the FreeStyle Libre 2 System

Check your glucose with a painless,*[1] 1-second scan instead of fingersticks and understand how your body responds to treatment, food, and exercise. Share insights from the patterns and trends with healthcare providers and loved ones. See the complete picture of your glucose levels, not just a moment in time.

1 **Applicator**
Use to apply the sensor.

2 **Sensor**
Apply the sensor on the back of the upper arm. The sensor has a thin, flexible filament that is painlessly*[1] inserted just under the skin.

3 **FreeStyle Libre 2 App and LibreLinkUp App†‡**
Use to scan and share data; see pages 22-23 for additional information.

4 **Handheld Reader**
Use either the app† or the reader§ to scan for glucose readings. The device with which you start the sensor will receive the alarms" and should be used for the life of the sensor (up to 14 days).

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*Data from this study was collected with the outside US version of FreeStyle Libre 14 day system. FreeStyle Libre 2 has the same features as FreeStyle Libre 14 day system with optional, real-time glucose alarms. Therefore, the study data is applicable to both products. †The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Use of the FreeStyle Libre 2 app requires registration with LibreView. ‡The LibreLinkUp app is only compatible with certain mobile device and operating systems. Please check www.librelinkup.com for more information about device compatibility before using the app. Use of the LibreLinkUp app requires registration with LibreView. LibreLinkUp is not intended to be used for dosing decisions. The user should follow instructions on the continuous glucose monitoring system. LibreLinkUp is not intended to replace self-monitoring practices as advised by a physician. §The FreeStyle Libre 2 app and the FreeStyle Libre 2 reader have similar but not identical features. Fingersticks are required for treatment decisions when you see Check Blood Glucose symbol and when your glucose alarms and readings from the system do not match symptoms or expectations. ‖Notifications will only be received when alarms are turned on and the sensor is within 20 feet unobstructed of the reading device. You must enable the appropriate settings on your smartphone to receive alarms and alerts, see the FreeStyle Libre 2 User's Manual for more information.

Reference: 1. Haak, T. *Diabetes Therapy* (2017): https://doi.org/10.1007/s13300-016-0223-6.

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Steps to Apply Sensor

Sensors stick better when you wash, clean, and dry your arm before application.

01 Selecting a Sensor Site

Select an area on the **back of your upper arm** that generally stays flat (no bending or folding). Choose a site that is at least 1 inch (2.5 cm) **away from an insulin injection site**. Prevent discomfort or skin irritation by **selecting a site other than the one most recently used**. Make sure the site is **clean-shaven** to avoid interference with the sensor.

02 Preparing the Skin's Surface

Only use **non-moisturizing, fragrance-free** soap to wash the area where you'll apply the sensor. Use an alcohol wipe to **remove any oily residue**. **Allow your skin to fully dry** before applying the sensor. This is especially important if you plan to apply the sensor after you shower or swim.

03 Preparing the Sensor

Peel lid from the sensor pack and **unscrew cap** from the sensor applicator. **Line up marks** on the sensor applicator and pack. Press down firmly on the sensor applicator until it comes to a stop. **Lift the sensor applicator** out of the sensor pack. The sensor applicator is now ready to apply the sensor.

CAUTION: Sensor applicator will now contain a needle. Do not touch inside sensor applicator or place back inside sensor pack.

NOTE: Sensor pack and sensor applicator codes must match or glucose readings may be inaccurate.

04 Applying the Sensor

Place the sensor applicator over the application site, **press firmly**, and hold for a few seconds. **Gently pull** the sensor applicator away from your body. **Make sure the sensor is secure** by pressing the sensor down and running your finger along the sensor adhesive.

Quick Tip

Make sure to rotate the site to allow skin to fully heal. Switching arms each time can help.

Get support and information at FreeStyleLibre.us

Products that Add Extra Stickiness*

Overbandage	A medical grade adhesive; bandage or tape†
Tegaderm I.V. (overbandage)	A transparent film that provides adhesive strength
Torbot skin tac	A hypoallergenic and latex-free “tacky” skin barrier
Skin-prep protective barrier wipes	Protective liquid dressing that allows skin to breathe so tapes and films adhere better
Mastisol liquid adhesive	Clear, non-irritating, non-water-soluble liquid adhesive that secures dressings even in moist areas

*The information above does not constitute an endorsement of the manufacturer or the product quality. Abbott Diabetes Care is not responsible for the completeness or accuracy of product information. Product availability may vary by country and region. The manufacturer’s instructions for use of each product should be followed. †Over-bandage must be applied at the time of sensor application. The opening/hole in the center of the sensor must not be covered. Additional medical grade bandages/tape can be applied, but do not remove bandages/tape once applied until sensor is ready for removal.

Tips for Keeping Your Sensor in Place

Easy Does It

Be careful not to catch your sensor on objects such as doorways, car doors, seat belts, and furniture edges.

Pat Dry

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

Dress for Success

Give your sensor room to breathe by wearing loose-fitting clothing and lightweight materials.

Slow Down

When dressing or undressing, be careful not to catch your undergarments on the sensor.

Play It Safe

For contact sports and heavy exercise, select a sensor site on the back of your upper arm that minimizes the risk of the sensor being knocked off. Consider using an overbandage and/or other adhesive products listed on the front.

Hands Off

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

We're here to help. For further assistance with sensor adhesion, please contact Abbott Customer Care at 1-855-632-8658.

Steps to Activate Sensor

Follow these steps to get readings in about one hour.

01 Launch FreeStyle Libre 2 App* or Reader

TIP: Download the app on your smartphone before starting. The app is available from the App Store or Google Play.

Download on the App Store

GET IT ON Google Play

02 Tap "Scan New Sensor"

03 Option to Scan Sensor with either App or Reader

If you launch the sensor with the app, then you will receive alarms on the app for the duration of the sensor. If you launch with the reader, you will receive alarms† on the reader for the duration of the sensor.

04 Let Sensor warm-up‡ for one hour

Scan after one hour to get glucose readings.

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†Notifications will only be received when alarms are turned on and the sensor is within 20 feet unobstructed of the reading device. You must enable the appropriate settings on your smartphone to receive alarms and alerts, see the FreeStyle Libre 2 User's Manual for more information. ‡Glucose readings are not available during 1-hour warm-up, when sensor is too hot or too cold, when you see an error or "LO" or "HI" message, or no current glucose reading.

Tips for Scanning

The more you scan, the more you know about your glucose levels.

How to Scan Your Sensor

Hold your smartphone* or reader within 1.5 inches of your sensor to scan through your clothes.†

Scan Frequently

Remember to scan at least once every 8 hours to **avoid gaps** in your daily graph. The more you scan, the more complete picture of your glucose levels you and your doctor have to help manage your diabetes.

Key Times to Scan

Before & After Meals or Snacks

Before & After Exercise and Sporting Events

Before Sleep and After Waking Up

When You Feel Low Glucose Symptoms

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Understand Your Sensor Glucose Readings

Sensor Glucose Screen

This screen shows your current glucose reading and a trend arrow. With trend arrows, you can monitor the direction your glucose is heading.

TIP: Trend arrows may not always appear (see Check Glucose Symbol below).

Check Glucose Symbol

When you see this symbol during the first 12 hours of wearing a sensor, confirm sensor glucose readings with a blood glucose test before making treatment decisions.

In addition, do a blood glucose test if you think your readings are not correct or do not match how you feel. Do not ignore symptoms that may be due to low or high glucose.

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How to Interpret Trend Arrows

You have probably noticed the trend arrow next to your current glucose reading. Sometimes it points up, sometimes sideways, and sometimes down. But what does it mean? And how can it help you manage your glucose levels?

Current reading	What trend arrows mean:
112 mg/dL ↑	**Glucose is rising quickly** (more than 2 mg/dL per minute)
112 mg/dL ↗	**Glucose is rising** (between 1 and 2 mg/dL per minute)
112 mg/dL →	**Glucose is changing slowly** (less than 1 mg/dL per minute)
112 mg/dL ↘	**Glucose is falling** (between 1 and 2 mg/dL per minute)
112 mg/dL ↓	**Glucose is falling quickly** (more than 2 mg/dL per minute)

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Alarms* with No Scanning

The FreeStyle Libre 2 system has real-time alarms* that are easy and simple to set up.[1] Alarms are on by default and can be customized. Alarms feature preset tones, a vibration option, and adjustable volume. To receive alarms, your smartphone or reader should be turned on, within 20 feet of you, and unobstructed at all times. If your smartphone or reader are out of range of your sensor, you may not receive glucose alarms.

Alarm*

Get an alarm from your smartphone when your glucose is too low or too high. You also receive an alarm when the smartphone has lost contact with the sensor for more than 20 minutes.

Scan

Scan your FreeStyle Libre 2 sensor to see your glucose reading, trend arrow, and 8-hour history.

Act

Use your results to make treatment decisions.

Learn more about alarms at FreeStyleLibre.us

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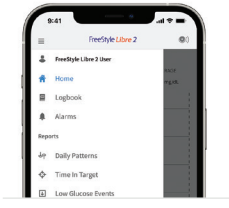
Reference: 1. Data on file. Abbott Diabetes Care.

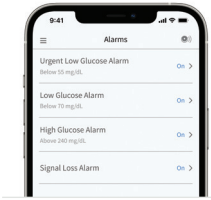
Customize Alarms*

Alarms* are easy[1] to set based on your target glucose goal. Glucose alarms can be customized to differentiate from the mandatory alarm (below 55mg/dL).

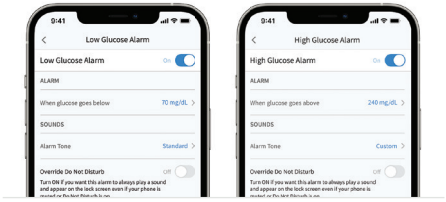
01 Tap the Menu icon



02 Tap Alarms, then Change Alarm Settings



03 Set Low and High Glucose Alarms



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Acting on Alarms*

Each alarm* will sound for about 1 minute and then repeat itself every 5 minutes until dismissed.

Low Glucose Alarm

Notifies you when your glucose is below the level you set.

High Glucose Alarm

Notifies you when your glucose is above the level you set.

Signal Loss Alarm

If your sensor is not communicating with the reader, you will not receive glucose alarms.

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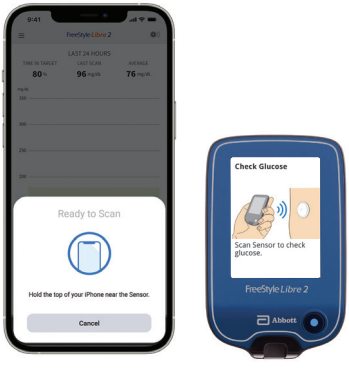
Accepting Alarms*

Once you “Dismiss alarm & check glucose,” the app† will open, and you can scan your sensor to see the actual glucose reading that triggered the alarm.*



The app will open with the "Ready to Scan" screen. This will time out after 15 seconds.

For android, the app will open and will be ready to scan the sensor at time of receiving alarm notifications.

For iPhone®, after 15 seconds, the app advances to the "Last 24 Hours" screen where you can check your glucose.

⚠ The FreeStyle Libre 2 reader and app have the same performance and accuracy. However, the Urgent Low Glucose Alarm is an additional alarm that is only available on the app to alert you when your glucose goes below 55mg/dL.*†

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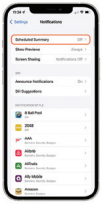
New iOS 15 Feature: Notification Summary

To help reduce distraction, Apple has redesigned notifications to be collected and delivered at times that are convenient for you. If you use the new **Notification Summary**, here's how to configure your iPhone.*

Turn off the app in the "Apps in Summary" list

01
Open **Settings**
Tap **Notifications**
Tap **Scheduled Summary**



02
Turn on **Scheduled Summary** to make changes to the settings here

03
Locate the App
Toggle the App **Off**

Set app notifications to "Immediate Delivery"

01
Open **Settings**
Tap **Notifications**
Locate and tap the App

02
Select
Immediate Delivery

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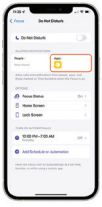
New iOS 15 Feature: Focus

Focus is a new way to enable “Do Not Disturb” for different modes like Work or Home. If you use the new Focus modes, here’s how to configure your iPhone.*

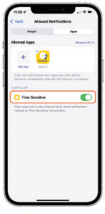
Add the app to your phone’s “Allowed Apps” list

01
Open **Settings**
Tap **Focus**
Tap **Do Not Disturb**



02
Tap **Apps**

03
Tap **Add App**
Scroll and locate App



04
Under **Also Allow**
select **Time Sensitive**

05
Tap **Back** and repeat steps
for each **Focus** mode

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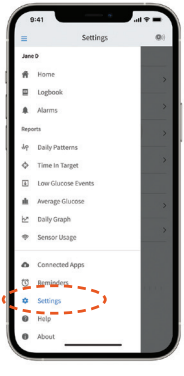
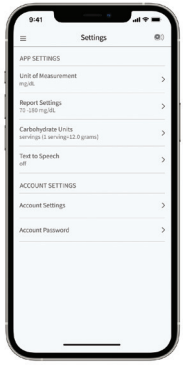
Set Target Range

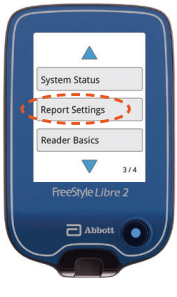
Your Target Glucose Range goals can be entirely specific to you and may change over time.

Target Glucose Range is pre-set to 70 to 180 mg/dL on the FreeStyle Libre 2 app.* To set your target glucose range on the reader, go to the Settings Menu and scroll to Report Settings. From there, you can select your target glucose range.





For andriod, use ellipsis (three dots) to go to settings and set target range.



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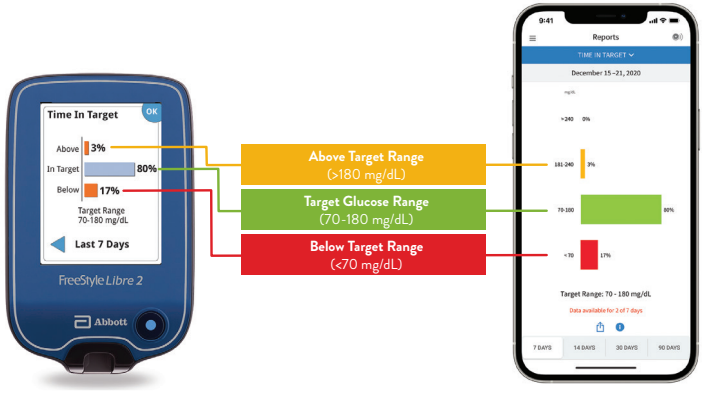
Learn from Your Data

Access reports on your smartphone* or FreeStyle Libre 2 reader.

Time in Range (TIR) is the percentage of time you spend within the target glucose range set by your doctor. The standard target range falls between 70 mg/dL and 180 mg/dL.[1] Time in Range lets you see when you are above, in, and below your target glucose range.

A1c values are useful because they measure your average glucose level over the past three months. It's helpful to look back at how you are managing your diabetes. But a normal A1c doesn't mean your glucose is within your target range today. It doesn't show your highs and lows. This is where Time in Range can help.



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Reference: 1. Battelino, Tadej, et al. *Diabetes Care* 42, no. 8 (June 2019): 1593-1603. DOI: https://doi.org/10.2337/dci19-0028.

Share Your Data with Loved Ones

The LibreLinkUp app* helps keep caregivers and loved ones up-to-date on glucose activity.

*LibreLinkUp**

Automatically† shares glucose readings with caregivers and allows them to remotely monitor glucose readings and trends anytime, anywhere.‡

- Allows FreeStyle Libre 2 app§ and FreeStyle LibreLinkUp app* users to share glucose data seamlessly‡
- Sends additional updates when glucose readings are too high or too low
- Keeps patients and caregivers connected to more effectively manage diabetes

Visit LibreLinkUp.com

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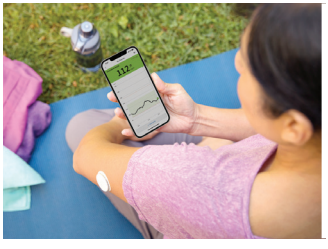
Share with Your Doctor

LibreView helps remotely share glucose data with your healthcare provider.

*LibreView**

When your account is linked to a healthcare provider, LibreView* shows the provider a complete glycemic picture using a secure, cloud-based diabetes management system.

- Makes it easy† to share glucose data with your doctor
- Automatic‡ data transfer from the FreeStyle Libre 2 app§ to LibreView* allows your healthcare team to view data before you arrive‖
- Provides easy-to-interpret reports[1] to help guide your treatment decisions



For illustrative purposes only. Not actual patient data.

*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. †In comparison to the FreeStyle Libre 2 reader. ‡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 FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Use of the FreeStyle Libre 2 app requires registration with LibreView. ‖Medicare coverage is available for the FreeStyle Libre 2 system if the FreeStyle Libre 2 reader is used to review glucose data on some days every month. Medicare and other third party payor criteria apply.

Abbott provides this information as a courtesy, it is subject to change and interpretation. The customer is ultimately responsible for determining the appropriate codes, coverage, and payment policies for individual patients. Abbott does not guarantee third party coverage or payment for our products or reimburse customers for claims that are denied by third party payors.

Reference: 1. Unger, Jeff, et al. *Postgraduate Medicine* (2020): 1-9. DOI: https://doi.org/10.1080/00325481.2020.1744393.

Tips for Wearing Your Sensor

Clothing*

Hold your smartphone† or reader within 1.5 inches of your sensor to scan through your clothes. Be careful when placing or removing clothing so as not to dislodge or loosen the sensor.

Traveling

System is safe to use while on an aircraft. Do not expose the sensor to airport full-body scanners. Request another type of screening to avoid removing your sensor.

Medical Procedures

Notify your healthcare provider and remove your sensor when necessary. Exposing the sensor to MRI, CT scan, diathermy, or X-ray may cause damage and incorrect readings.

Exercising

Use skin adhesive if sweating loosens sensor. Try an over-bandage‡ if playing contact sports.

Showering, Bathing, and Swimming

Sensor is water-resistant. Do not submerge more than 3 feet (1 meter) or keep underwater longer than 30 minutes at a time. Gently pat dry after getting it wet.

*The reader can capture data from the sensor when it is within 1 cm to 4 cm of the sensor. †The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Use of the FreeStyle Libre 2 app requires registration with LibreView. ‡Over-bandage must be applied at the time of sensor application. The opening/hole in the center of the sensor must not be covered. Additional medical grade bandages/tape can be applied, but do not remove bandages/tape once applied until sensor is ready for removal.

Remove and Replace Your Sensor

Remove Sensor

The reader/smartphone* will notify you when it's time to remove the sensor. Pull up the adhesive edge that keeps the sensor attached to your skin and then slowly peel from your skin in a single motion.

Replace Sensor

Remember to choose a different spot on the back of your upper arm to apply the new sensor. This will help avoid skin irritation.

Sensor Disposal

The sensor should be disposed of in accordance with all applicable local regulations related to the disposal of electronic equipment, batteries, sharps, and materials potentially exposed to body fluids.

Products that can be helpful for removal but are optional:†

- **Baby Oil:** Moisturizes skin
- **Remove™ Adhesive:** Removes adhesive residue on the skin
- **UNI-SOLVE™ Adhesive Remover:** Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing

*The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Use of the FreeStyle Libre 2 app requires registration with LibreView. †Abbott Diabetes Care ("ADC") is not affiliated with the manufacturers of the products listed. Reference to third-party products does not constitute or imply an endorsement, recommendation, sponsorship or favoring of any product or manufacturer. ADC is not responsible for the completeness or accuracy of any information regarding third-party products. ADC makes no representations, expressed or implied, regarding third-party products or their manufacturers, quality or suitability for you. Manufacturers' instructions for use of each product should be followed.

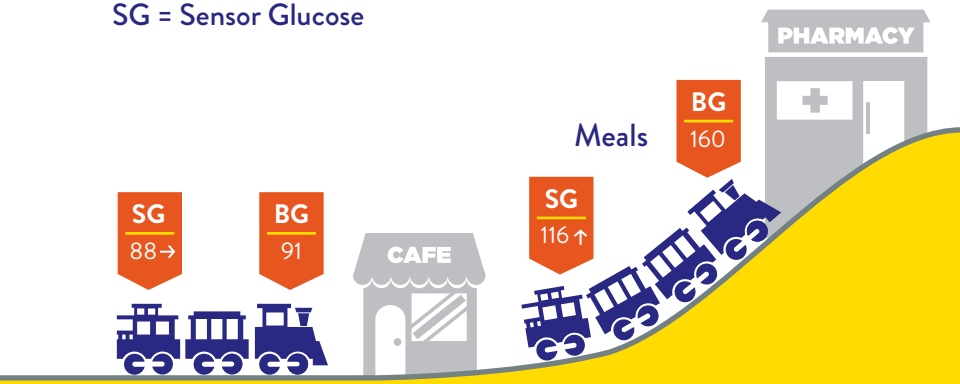
Different and Accurate

Why are glucose readings different?

Rather than taking glucose readings from your blood, CGM sensor readings are taken from interstitial fluid, a thin layer of fluid that surrounds the tissue cells below your skin. As carbohydrates are digested, glucose enters your bloodstream before they are absorbed into the interstitial fluid.

Think of glucose readings as the cars of a train where the front of the train is blood glucose and the back of the train is sensor glucose.

BG = Blood Glucose
SG = Sensor Glucose



When the train is traveling on a flat track, where there is little fluctuation between glucose levels, blood glucose and sensor glucose are similar.

Understanding the lag[1]

Because glucose enters the bloodstream first, blood glucose readings lead sensor glucose readings. Eventually, sensor glucose readings catch up to blood glucose readings just like the back of a train following the front of a train.

Instead of focusing only on a single moment in time, CGM gives you a more complete picture of where your glucose is going, and where your glucose has been, so you can make more informed treatment decisions.

When glucose levels are changing rapidly, blood glucose may not be the same as sensor glucose.

This difference is known as the lag,[1] and will be more evident after meals, insulin, and activity.

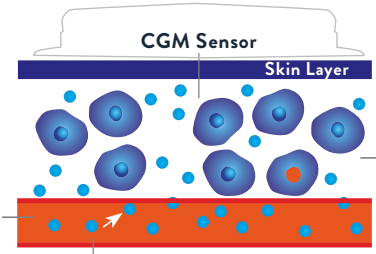
Reference: 1. Tarini, Chetty. "The Technology of Glucose Sensors." In Glucose Sensor Use in Children and Adolescents, pp. 7-12. Springer, Cham, 2020.

The CGM Difference

It's expected that sensor glucose and blood glucose readings won't always match.[1]

CGM readings can be different than Blood Glucose Monitor (BGM) readings but are proven to be accurate.[1] CGM readings can be used for treatment decisions.*

CGM measures interstitial fluid glucose, not blood glucose.



Blood glucose readings are taken from blood with fingersticks.

CGM readings are taken from interstitial fluid, a thin layer of fluid that surrounds the cells below your skin.

Glucose enters your bloodstream first before it enters the interstitial fluid.

There are additional times when CGM and BGM readings may be different, including when:

- you take more than 500 mg per day of vitamin C (ascorbic acid)
- you are in the first 12 hours wearing a new sensor
- your sensor is not securely applied
- your sensor kit was stored somewhere outside of temperature range (36°F to 82°F)

*Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first 12 hours.

Reference: 1. FreeStyle Libre 2 User's Manual.

Introducing MyFreeStyle

Get the most out of your CGM experience

The MyFreeStyle Program is designed to help you stay engaged, on track, and in charge of your health. In this 14-day email program, we'll guide you through a new way to manage your diabetes using the FreeStyle Libre family of personal Continuous Glucose Monitoring (CGM) systems.

MyFreeStyle offers bite-size, sequential content that builds upon your experience

- Education
- Activity
- Interactive Check-Ins
- Resources

MyFreeStyle

Let's get started!

Questions?

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

Customer Care Team 1-855-632-8658
Available 7 days a week 8AM to 8PM EST, excluding holidays

For more tips and product information, visit FreeStyleLibre.us

twitter.com/FreeStyleDiabet/

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104
mg/dL

FreeStyle Libre 2

Abbott
life. to the fullest.®

Important Safety Information

Failure to use FreeStyle Libre 2 system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If glucose alarms and readings do not match symptoms or expectations, use a fingerstick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or https://www.FreeStyle.abbott/us-en/safety-information.html for safety info.

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