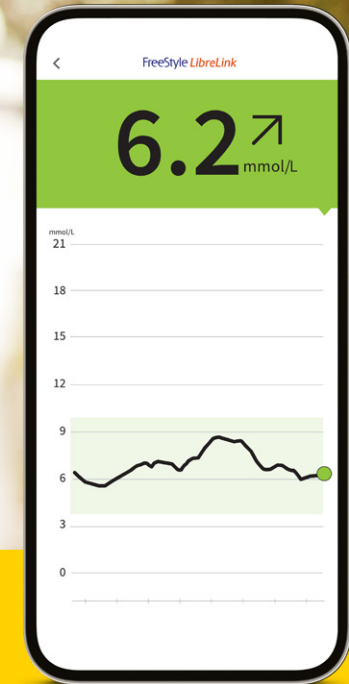




FreeStyle
Libre 2



Get started →

Your guide to the FreeStyle Libre 2 system

 **Abbott**
life. to the fullest.®

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

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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.

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Welcome to the FreeStyle Libre 2 system



As the #1 sensor-based glucose monitoring system used worldwide¹, the FreeStyle Libre system has liberated millions of people with diabetes from the burdens of finger pricks.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:

[FreeStyleLibreAcademy.co.uk](https://www.FreeStyleLibreAcademy.co.uk)

We hope you enjoy your new FreeStyle Libre 2 system.



Get real-time glucose readings anytime³, anywhere⁴, right to your smartphone.⁵



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



See patterns and trends and customise optional glucose alarms for lows and highs.⁶



Share insights with Healthcare Professionals.⁷



Get the complete picture of your glucose levels, not just a snapshot.



Applicator
Used to apply the sensor.



Sensor
Worn on the back of the upper arm.



The FreeStyle LibreLink app
Use your smartphone to see your data.⁵
The FreeStyle LibreLink app is **free** to download.⁸

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

1. Data on file, Abbott Diabetes Care. Data based on the number of users worldwide for the FreeStyle Libre systems compared to the number of users for other leading personal use sensor-based glucose monitoring system. **2.** Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. **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.** 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. **6.** Notifications will only be received when alarms are turned on and the sensor is within 6 meters of the reading device. You must have override do not disturb settings enabled to receive alarms and alerts on your smartphone. **7.** The LibreView website is only compatible with certain operating systems and browsers. Please check www.LibreView.com for additional information. **8.** A wireless internet connection or mobile data connection is required to download the FreeStyle LibreLink app. Charges may apply.

Three steps to apply sensor

- 1 Wash, clean, and dry**
Choose a flat spot on your upper arm. Shave and cleanse with non-moisturising, fragrance-free soap and water, then use an alcohol wipe to clean and let it air dry.



- 2 Prepare 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. Apply firm pressure and then lift.



- 3 Apply**
Press the sensor firmly onto the prepared area. Listen for a click. After a few seconds, slowly pull back, leaving the sensor on the skin.



Tips to help keep your sensor in place

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.

Tips to help keep your sensor in place

- Be sure to 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.

 Watch the video tutorial on how to apply and replace your FreeStyle Libre 2 sensor

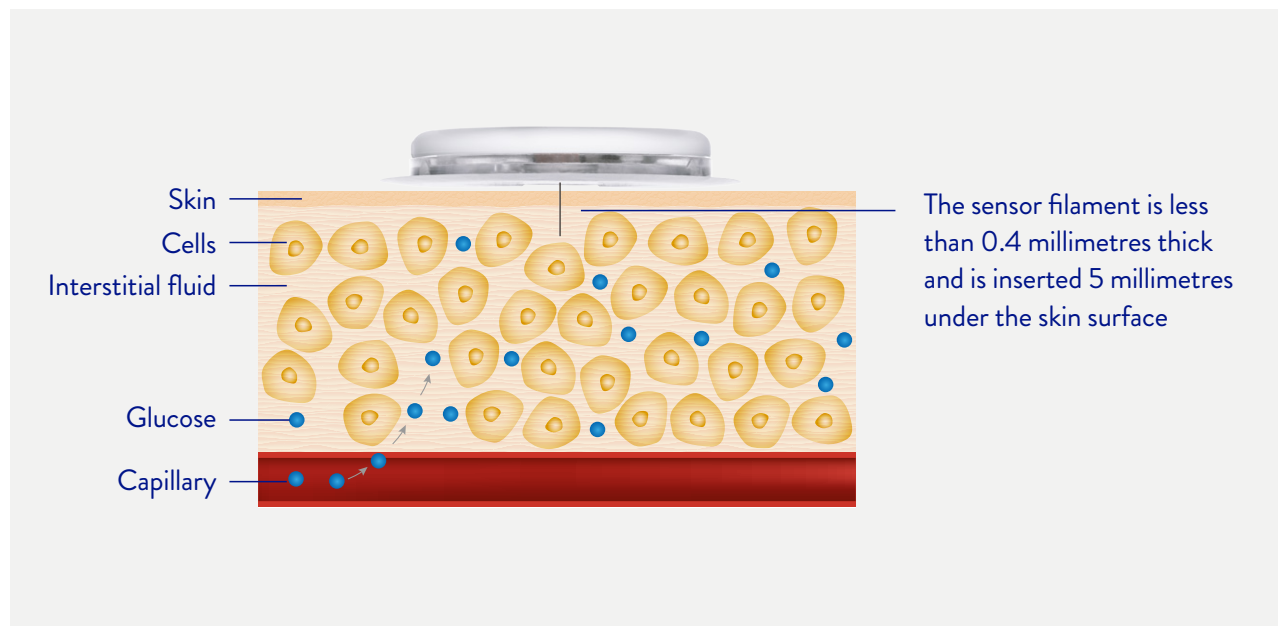
 Watch the video tutorial on how to set up the FreeStyle LibreLink app and how to start your sensor

Understanding your glucose measurements



Why are FreeStyle Libre 2 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 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 by about 2.1 minutes for children and about 2.4 minutes for adults.¹ 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 accurate¹ and safe to dose insulin from your sensor glucose result.



[▶ Watch the video explanation](#)

Images are for illustrative purposes only.

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.

[See more information](#)



Capturing your data

Real-time glucose readings are automatically updated every minute and sent directly to your smartphone¹.



With the FreeStyle Libre 2 system, you get minute-to-minute glucose readings – anytime², anywhere³ – to help you manage your diabetes more confidently.



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 anytime², even during a signal loss. This allows you to fill in up to 8 hours of missing data, so your glycaemic picture is complete.

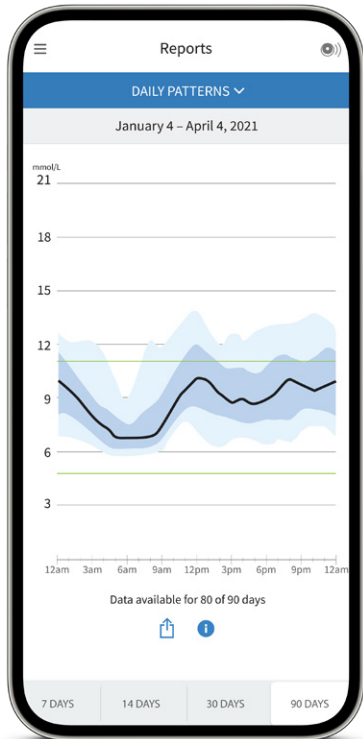
- The FreeStyle Libre 2 system enables the user to learn about how diet, exercise, insulin, and other activities affect their glucose levels.
- The trend arrows show the direction that glucose is heading, supporting insulin management decisions.
- Optional glucose alarms⁴ let you know the minute your glucose is too low or too high.

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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 60-minute warm-up required when applying the sensor. ³ 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. ⁴ Notifications will only be received when alarms are turned on and the sensor is within 6 meters of the reading device. You must have override do not disturb settings enabled to receive alarms and alerts on your smartphone.

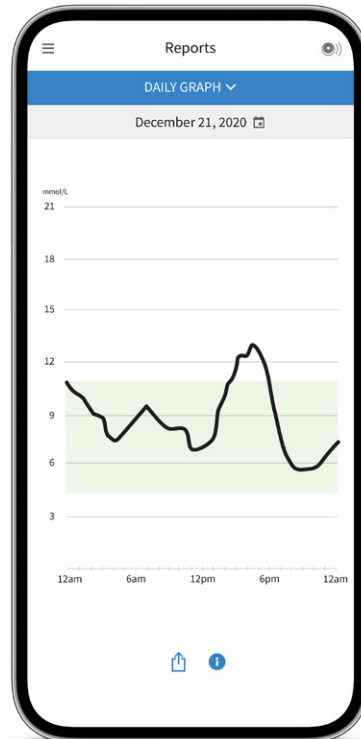
Understanding your data

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



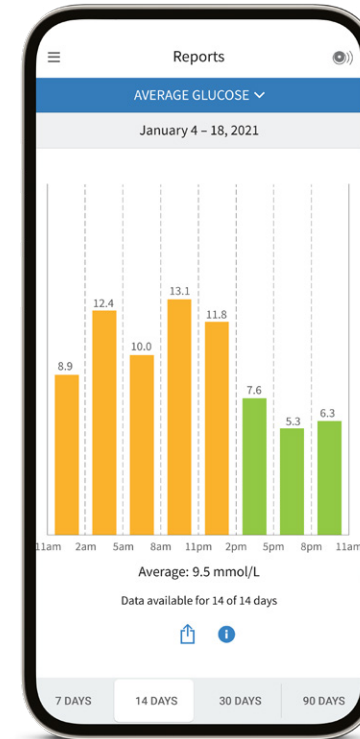
Daily Patterns

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

Information about the average of your sensor glucose readings. The average is also shown for different periods of the day.

Time in Range

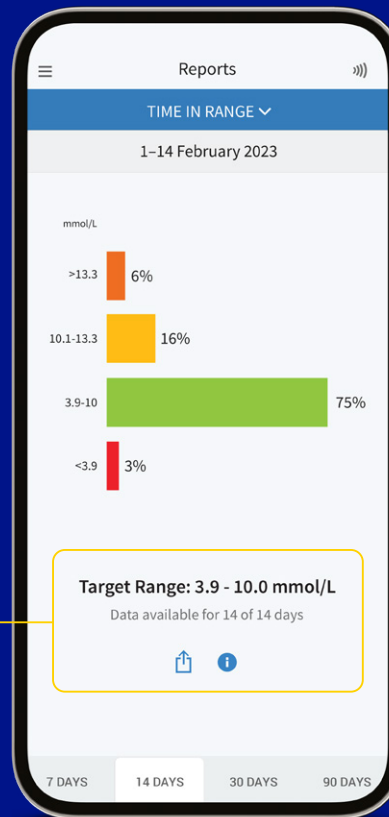


What is Time in Range?

HbA1c is your average glucose over the past two to three months. But a normal HbA1c doesn't mean your glucose is within your target range today¹, which is where Time in Range can help.

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

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.



Why is Time in Range important?

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

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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.** 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. **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.

It's easy to set alarms on your phone¹



The FreeStyle Libre 2 system has optional glucose alarms that provide a safety check every single minute. These are off by default and can be customised. To receive alarms your phone should be within 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 turn on alarm
Signal loss alarm² 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 steps⁴

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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 can't 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 can't be set above 22.2 mmol/L.

Easily monitor your glucose on your smartphone anytime, anywhere,¹ and share results

The FreeStyle LibreLink app and the LibreLinkUp app are available for Android and iPhone.



FreeStyle *LibreLink*

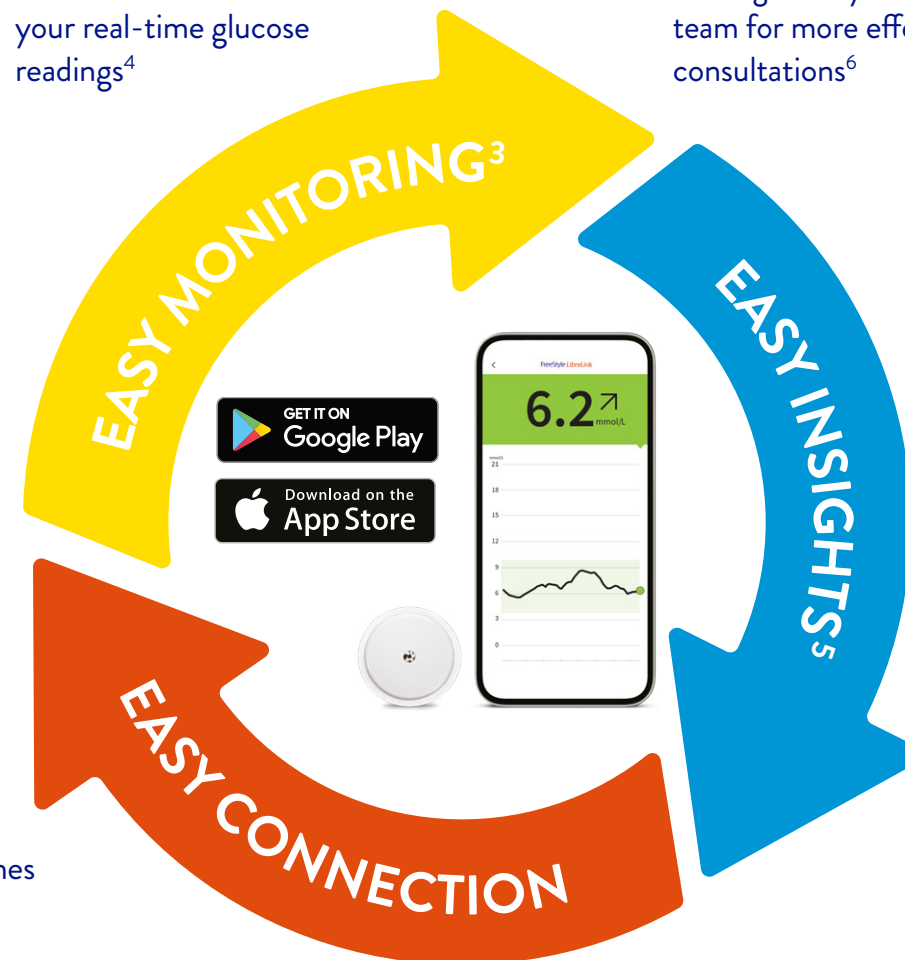
Easy monitoring³

One app allows you to monitor and share your real-time glucose readings⁴

LibreView

Easy insights⁵

Share real-time glucose readings with your healthcare team for more effective consultations⁶



LibreLinkUp

Easy connection

Share real-time glucose levels with your loved ones for peace of mind^{7,8}

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1. 60-minute warm-up required when applying the sensor. **2.** Sensor is water resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes. Not to be used above 10,000 feet. **3.** Haak, T. Diabetes Ther (2017): <https://doi.org/10.1007/s13300-016-0223-6>. **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. Use of FreeStyle LibreLink may require registration with LibreView. **5.** Unger, J. Postgrad Med. (2020): <https://doi.org/10.1080/00325481.2020.1744393>. **6.** The LibreView website is only compatible with certain operating systems and browsers. Please check www.LibreView.com for additional information. **7.** 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 and FreeStyle LibreLink 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. **8.** Campbell, F. Pediatr. Diabetes (2018): <https://doi.org/10.1111/pedi.12735>.

The FreeStyle LibreLink app

View data anytime,¹ anywhere², with the FreeStyle LibreLink app.



Phone displays the current glucose reading, trend arrow, high and low glucose alarms, and up to 8 hours of glucose history.



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



Connect to Healthcare Professionals and caregivers with LibreView³ and LibreLinkUp⁴.



Get glucose alarm notifications right on your compatible smartwatch.⁵⁻⁷

FreeStyle LibreLink

Data captured with the FreeStyle LibreLink app is uploaded wirelessly and automatically⁸ to LibreView.³



Download today



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The LibreLinkUp app

Share your glucose data with friends, family and caregivers.¹



LibreLinkUp

With the LibreLinkUp app, you can share your glucose readings and alarms with your family and friends. Ideal for parents² and caregivers, the LibreLinkUp mobile app allows them to keep up to date with your glucose levels, wherever they are.³



[Download today](#)

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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 4-12, a caregiver at least 18 years old is responsible for supervising, managing, and assisting them in using the FreeStyle Libre system and interpreting its readings. **3.** Transfer of glucose data between applications depends on internet connectivity.

LibreView

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



LibreView

Signing Up

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 LibreView website.



[Visit LibreView.com](https://www.libreview.com)



LibreView allows you to share data with your Healthcare Professional easily when you connect with their LibreView Practice.¹



Readings are automatically² uploaded so you can have more informed virtual and in-person treatment conversations.

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1. The LibreView data management software is intended for use by both patients and healthcare professionals to assist people with diabetes and their healthcare professionals in the review, analysis and evaluation of historical glucose device data to support effective diabetes management. The LibreView software is not intended to provide treatment decisions or to be used as a substitute for professional healthcare advice. **2.** Sharing of glucose data requires registration with LibreView. Automatic upload to LibreView requires a wireless internet connection or mobile data connection.

Glucose Pattern Insights report

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

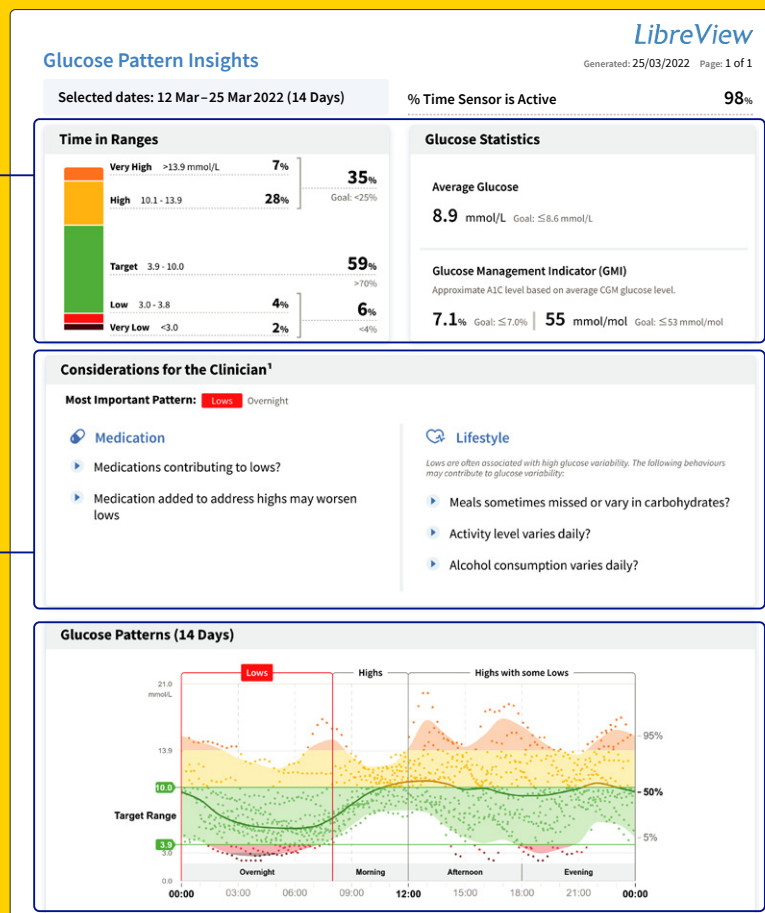


Time in Ranges and Glucose Statistics

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

Considerations for the Clinician

The LibreView² software provides insight into medication and lifestyle changes to be considered by your Healthcare Professional.



Glucose Patterns

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

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1. Battelino T, 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 for useful resources.

See more **tips and product information**

Customer Service

0800 170 1177

Mon–Fri (excl. bank holidays)
8:00am–8:00pm and
Sat 9:00am–5:00pm

For sensor fall-off or error message while scanning, you can now use our online support form



Simply scan this code to access it

