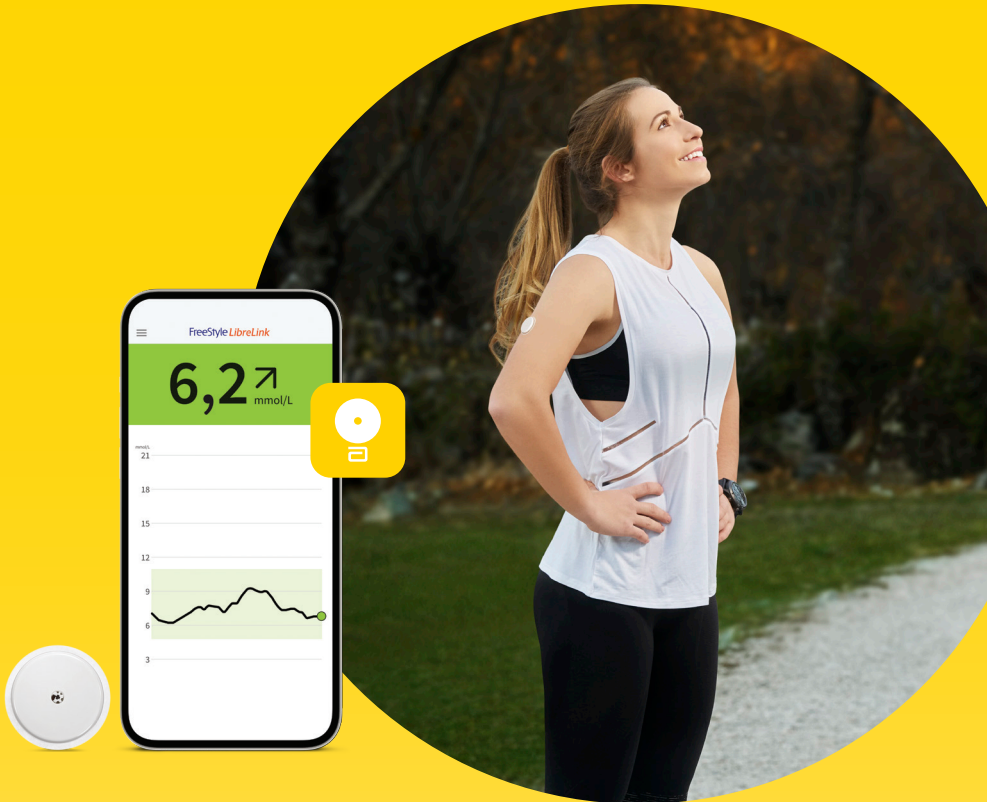




FreeStyle

Libre 2



Get Started with the FreeStyle Libre 2 System

Now up to 15-day wear and indicated
for children 2 years and older with the
FreeStyle Libre 2 Plus sensor.

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



Welcome to the FreeStyle Libre 2 System

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

The FreeStyle Libre 2 system delivers:



No finger pricks²

You can manage your diabetes painlessly³



Optional glucose alarms⁴

Know the minute your glucose is too low or too high



Easy to use and comfortable to wear³ for up to 15 days with the FreeStyle Libre 2 Plus sensor

Even more convenient with only 2 sensors needed a month

This guide will help you get set up with your sensor to get the most out of the FreeStyle Libre 2 system.



Using the FreeStyle Libre 2 Plus sensor with an Automated Insulin Delivery (AID) system?

If you are using the FreeStyle Libre 2 Plus sensor with an AID system, do not activate your sensor with the FreeStyle LibreLink app or reader. Please visit your insulin pump manufacturer's website for specific activation instructions.

1. Data on file, Abbott Diabetes Care, Inc. Data 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 your glucose readings and alarms do not match symptoms or expectations. **3.** Haak, T. *Diabetes Therapy* (2017): <https://doi.org/10.1007/s13300-016-0223-6>. **4.** Messages will only be received when alarms are activated and the sensor is within 6 meters of the reading device without obstacles. You must have the setting to override Do Not Disturb enabled to receive alarms and warnings on your smartphone.



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The FreeStyle Libre 2 System starts with a sensor and the app on your smartphone¹

1

The **Sensor Applicator** is used to apply the sensor to the back of your upper arm.

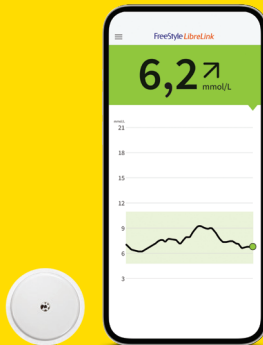


The **FreeStyle Libre 2 Plus sensor** is contained within the Sensor Pack. The sensor has a thin, flexible filament that is painlessly inserted just under the skin.



2

Use the **FreeStyle LibreLink app** to start your sensor, receive glucose readings, get glucose alarms, and see your glucose history with any notes you have added.



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

1. The FreeStyle Libre systems apps are only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the apps. Use of the FreeStyle Libre systems apps may require registration with LibreView.

Download the FreeStyle LibreLink app to start¹



1

Download the free app from the Apple App Store or the Google Play store.*



2

Sign in or set up a new LibreView account so that your glucose information is stored in a secure, cloud-based system.



If you change phones, you can sign into the app again using your LibreView account, and your information goes with you.



3

Review and accept the requested permissions.

You're now ready to start your sensor!

*To download the FreeStyle LibreLink app and share glucose data a wireless internet connection or mobile data connection is required.

1. The FreeStyle Libre systems apps are only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the apps. Use of the FreeStyle Libre systems apps may require registration with LibreView.

3 steps to apply the FreeStyle Libre 2 PLUS sensor

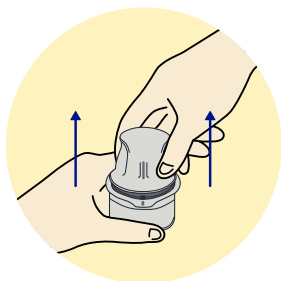


First prepare your arm and **then** apply the sensor following the steps below.



1 Wash, prep, and dry

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



2 Prepare applicator

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 applicator cap back on as it may damage the sensor filament.



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.

It's that easy!

Tips to keep your sensor in place



Easy does it

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



Contact sports and heavy exercise

Be sure to select a site on the back of your upper arm that will minimize the risk of knock-off.



Pat dry

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



Slow down

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

Dress for success

Try to give your sensor room to breathe by wearing loose-fitting clothing and lightweight material.



Hands off

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

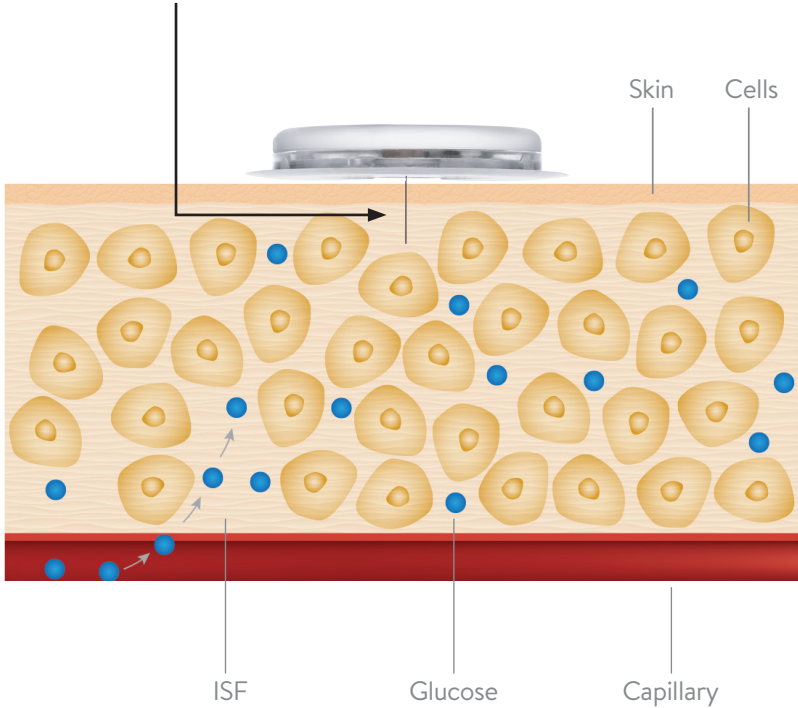
Before you apply the sensor:

- Be sure to choose an approved application site—the back of your upper arm.
- 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.

How the sensor works

How does the sensor measure glucose?

When you apply the sensor, a thin and flexible filament is inserted under your skin and measures glucose levels.



What does the sensor measure?

The sensor measures the glucose levels in the interstitial fluid (ISF), a fluid that surrounds the cells beneath your skin instead of blood glucose.

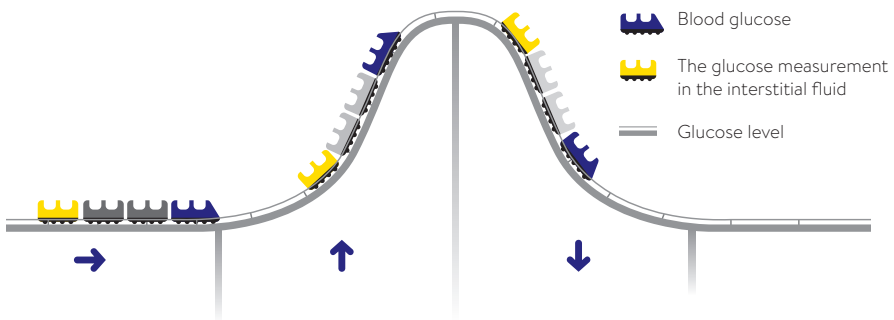
Sensor glucose and blood glucose readings taken at the same time may not always match because a sensor measures ISF glucose, not blood glucose.¹

¹ Tarini, Chetty. "The Technology of Glucose Sensors" [In Glucose Sensor Use in Children and Adolescents](#), pp. 7-12. Springer, Cham, 2020.

Why are sensor readings sometimes different from a finger prick blood glucose test?

Glucose results may be different between sensor and a finger prick at times when glucose is changing rapidly; like after eating, exercise or taking medication.¹

Think of blood glucose, measured by a finger prick, as the front of the train and sensor glucose as the back of the train.



When glucose levels are similar, it's like the train is on level ground.

As your body absorbs carbohydrates, they enter the bloodstream first. When glucose levels rise, like they might after a meal, the train climbs a hill so there's a bigger difference in readings.

The same thing may happen if your glucose is falling rapidly after taking insulin or exercising. Blood glucose still leads, with sensor glucose following close behind.

Although the readings may differ slightly, the Freestyle Libre 2 system is accurate² and safe to dose insulin from your scanned glucose result.

1. Tarini, Chetty. "The Technology of Glucose Sensors" [In Glucose Sensor Use in Children and Adolescents](#), pp. 7-12. Springer, Cham, 2020. 2. Data on file, Abbott Diabetes Care, Inc.

Start your new sensor with an easy, 1-second scan¹ of your smartphone²

1 From the app's **Main Menu** (☰) tap **Start New Sensor**.

2 Scan your sensor according to your smartphone.



FOR IOS SMARTPHONES:

Touch the sensor with the **TOP** of your smartphone. You will receive a tone and vibration after you have successfully activated your sensor.



FOR ANDROID SMARTPHONES

Start a new sensor by **scanning with the BACK** of your smartphone. **You may need to turn on NFC in your phone's settings.** Don't move your Android phone until you hear or feel 2 tones or vibrations.



Each phone model is different. Move your phone around slowly if needed.

3 The sensor can be used to check your glucose after a **1-hour warm-up period**.



You can use your phone while your sensor is warming up. You will automatically receive a notification when your sensor is ready, if your phone's notifications are turned on.

1. Haak, T. *Diabetes Therapy* (2017): <https://doi.org/10.1007/s13300-016-0223-6>. **2.** The FreeStyle Libre systems apps are only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the apps. Use of the FreeStyle Libre systems apps may require registration with LibreView.

Understand your glucose reading

Glucose message

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

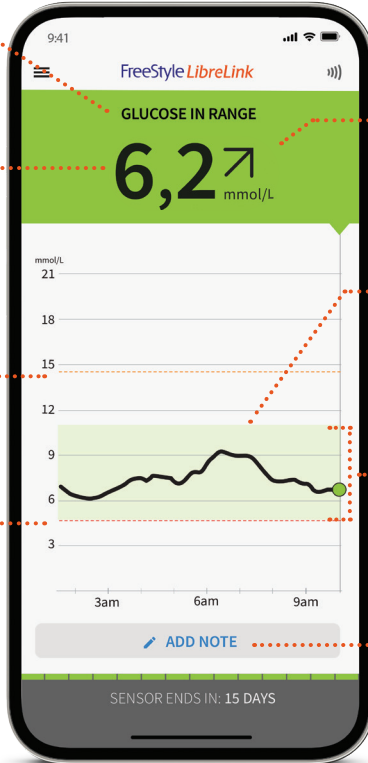
Current glucose reading updated every minute

Optional HIGH

glucose alarm level

Optional LOW

glucose alarm level



Trend arrow shows how quickly your glucose is changing

Glucose Graph shows your 8-hour glucose history

Target Glucose Range set at 3,9-10,0 mmol/L and can be customized

Tap to add or edit notes to the glucose reading



Your current glucose reading will determine the background color of the phone screen

ORANGE High glucose (above 13,9 mmol/L)

GREEN Within the Target Glucose Range (3,9-10,0 mmol/L when set to Standard)

YELLOW Between the Target Glucose Range and high and low glucose level

RED Low glucose (below 3,9 mmol/L)

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

Trend arrows

Trend Arrows show the direction your glucose is heading, along with how quickly your glucose is changing.

With every glucose reading you get your current glucose and a Trend Arrow showing where your glucose is heading, so you can make more informed decisions about what to do next.



Removing and replacing your sensor

The FreeStyle Libre 2 Plus sensor is designed to be worn for up to 15 days. Here's how to remove, replace, and properly dispose of system components.

REMOVE SENSOR

Your app will notify you

when it's time to remove the sensor. Pull up the adhesive edge that keeps the sensor attached to your skin. Then slowly peel from your skin in a single motion.

REPLACE SENSOR

Your sensor automatically stops measuring data after 15 days

and must be replaced. 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. **Contact Customer Service for more information or see the chapter on Disposal in the user guide.**



You should also replace your sensor if you notice any irritation or discomfort at the application site or if the app reports a problem with the sensor currently in use.

Detailed glucose reports available on your smartphone¹

Reviewing and understanding your glucose history can be a helpful tool for improving your glucose management.

Glucose reports can give you more detailed information on your glucose levels than what you see from HbA1c or blood glucose testing alone.²

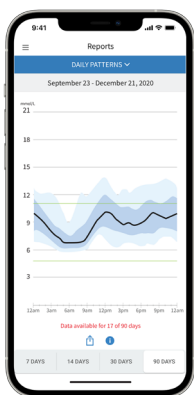
Here's how:



Time In Range

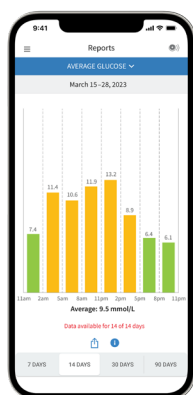
Shows the percentage of time your sensor glucose readings were above, below, or within your Target Glucose Range.

It is recommended you spend **70% of your time within 3.9-10.0 mmol/L**



Glucose Management Indicator

GMI can be used as an indicator of how well your glucose levels have been managed. It is a new term for estimating HbA1c.³



Average Glucose

Displays information about your average glucose readings, including the average for different periods of the day.

Readings above your target glucose range are yellow or orange, and readings below your range are red.

More reports are available including **Daily Patterns, Low Glucose Events, Daily Graph, Sensor Usage, and Logbook**. Tap the app's Main Menu icon to view all reports.

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

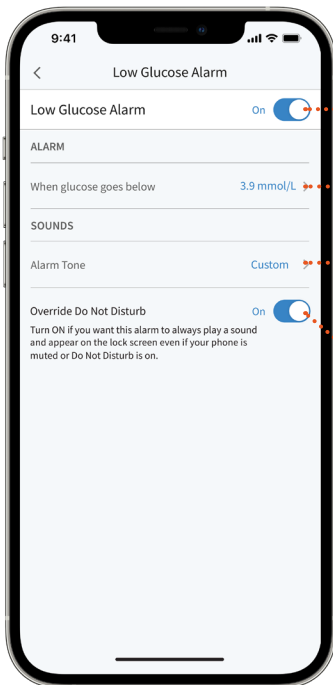
1. The FreeStyle Libre systems apps are only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the apps. Use of the FreeStyle Libre systems apps may require registration with LibreView. 2. Battelino, T., *Diabetes Care* (2019): <https://doi.org/10.2337/dci19-0028>. 3. Bergenstal, H., *Diabetes Care*. (2018): <https://doi.org/10.2337/dc18-1581>.

Real-time glucose alarms are easy to turn on and set

Customizable glucose alarms let you select what you want to be alerted to, and when. To receive alarms, your Bluetooth and Notifications should be enabled on your smartphone and be within 6 meters unobstructed.

1 Go to the **Main Menu** (☰) in the app and tap **Alarms**

2 **Select the alarm** you want to set and turn on: **Low, High, Signal Loss**



Tap to turn on

Tap to change the glucose value to be alerted **the minute it crosses the level you set**

Tap to change the alarm tone. **Custom** plays the tone that comes with the app. **Standard** matches your smartphone's notifications tone

Select Override Do Not Disturb if you want an **alarm to display even when your smartphone is muted** or Do Not Disturb is enabled



Alarm settings will follow your phone's sound and vibration settings, so these should be at a level you can hear to prevent missed alarms.

Alarms are triggered the minute your glucose crosses the level you set¹



Low glucose alarm
can be set between
3,3–5,6 mmol/L

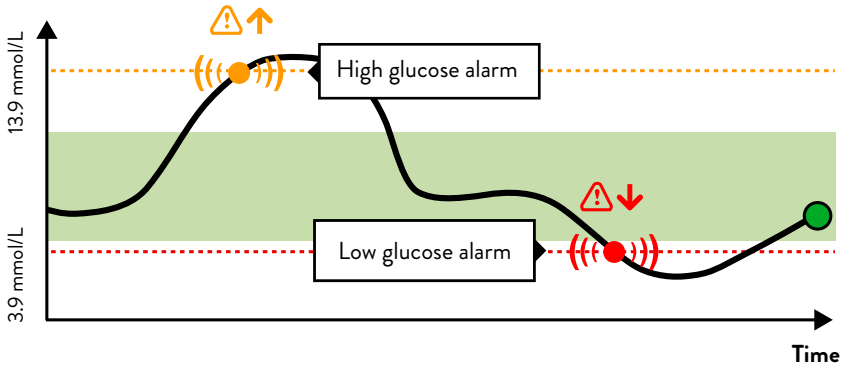


High glucose alarm
can be set between
6,7–22,2 mmol/L



Sensor signal loss
if your phone has not
communicated with your
sensor in over 20 minutes

Glucose value



Your glucose alarms are different than your target glucose range.
Talk to your doctor about your target glucose range.

My recommended glucose alarm levels:

High Glucose Alarm Level.....

Low Glucose Alarm Level.....

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¹ Messages will only be received when alarms are activated and the sensor is within 6 meters of the reading device without obstacles. You must have the setting to override Do Not Disturb enabled to receive alarms and warnings on your smartphone.

It's easy to share your glucose data for virtual or in-person visits with your doctor



LibreView¹ is a secure,² cloud-based system that helps your healthcare team see your glucose trends and patterns so you can make better treatment decisions together.



Your glucose data are automatically uploaded³ to LibreView from the FreeStyle LibreLink app⁴, and that information creates detailed clinical reports. Reports such as the **Ambulatory Glucose Report** with **Time In Range** can provide valuable insights into your diabetes for your doctor and care team.

Use LibreView to help facilitate in-person or remote office visits to have more flexibility and more productive discussions about your diabetes. Ask your doctor for more information.

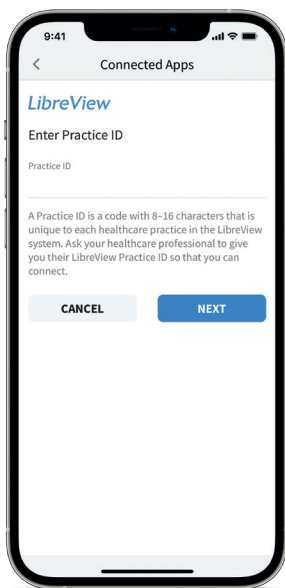
[LEARN MORE AT LIBREVIEW.COM](https://www.libreview.com)

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

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 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. **2.** LibreView is ISO27001/27018/27701 certified and HITRUST CSF Certified. **3.** Use of FreeStyle LibreLink may require registration with LibreView. Automatic upload requires a wireless internet connection or mobile data connection. **4.** The FreeStyle Libre systems apps are only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the apps. Use of the FreeStyle Libre systems apps may require registration with LibreView.

Two ways to share your glucose data with your doctor with LibreView

To begin, go to the app's Main Menu and tap **Connected Apps**. Then tap **Connect** or **Manage** next to LibreView



OPTION 1

ENTER LIBREVIEW PRACTICE ID

Ask your doctor or office staff to provide their LibreView **Practice ID**, which is a code specific to your doctor's practice.

Then simply enter the ID in the FreeStyle LibreLink app.

Tap **Next** and then **Connect** after viewing your doctor's practice contact information.

My Doctor's LibreView Practice ID:

.....

OPTION 2

ACCEPT PRACTICE INVITATION

Your doctor's office can send an invitation using the email you used to create a LibreView account. The invitation can be accepted right in the FreeStyle LibreLink app by tapping **Accept Invitation**.

Once connected, your doctor and care team automatically receive your glucose data.¹

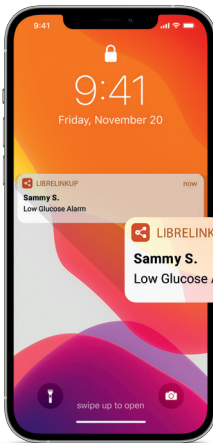


¹. Use of FreeStyle LibreLink may require registration with LibreView. Automatic upload requires a wireless internet connection or mobile data connection.

Share your glucose levels with family members



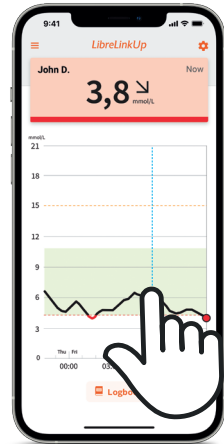
With LibreLinkUp,¹ your loved ones can have peace of mind² by **always having access to your glucose information**. Family members can download LibreLinkUp on their smartphone and get updates about your glucose alarms and readings.⁴



Family members can be notified of when you receive glucose alarms.³

Loved ones can see the last 12 hours of glucose readings in a simple **Interactive Glucose Graph**.

Simply scroll left and right.



Have your family scan here with their smartphone to download LibreLinkUp.



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

1. 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 the LibreLinkUp app requires registration with LibreView. **2.** Hilliard, M., et al. *Diabetes Technology & Therapeutics*. (2019): <https://doi.org/10.1089/dia.2019.0142>. **3.** A person with diabetes decides for themselves if they want to invite family, friends, etc., to access information about glucose data. Abbott is not responsible in any way for those who access your information taking appropriate actions. Sharing your information in this way should not be seen as a substitute for seeking medical care. Always contact your doctor if you have any questions about your illness or treatment. **4.** Glucose alarms are transferred to the LibreLinkUp app when the users are connected, alarms are activated in the FreeStyle LibreLink app, and users are have an internet connection.



FreeStyle

Libre 2

We're here for any questions about your FreeStyle Libre 2 system

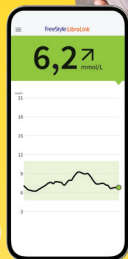
If you would like more information or have additional questions about the FreeStyle Libre 2 system, please contact our Customer Service Team or visit our website for more information and useful resources.

E-mail: diabetes.sverige@abbott.se

Telephone: 020-190 11 11

Open weekdays between 8:00-18:00

Follow us on social media



For more tips and product information:
www.FreeStyleLibre.com

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