



FreeStyle Libre 2

FLASH GLUCOSE MONITORING SYSTEM

WELCOME TO THE FREESTYLE LIBRE 2 SYSTEM

Now You Know



6.2 
mmol/L



 **Abbott**
life. to the fullest.®

The FreeStyle Libre 2 flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in people aged 4 years and older with diabetes mellitus. Always read and follow the label/insert. The FreeStyle Libre 2 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.

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Meet the FreeStyle Libre 2 system

The FreeStyle Libre 2 app is free and easy to use!



The FreeStyle Libre 2 app and the FreeStyle Libre 2 reader have similar but not identical features. Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. The FreeStyle Libre 2 sensor communicates with the FreeStyle Libre 2 reader that started it or the FreeStyle Libre 2 app that started it. The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check MyFreeStyle.ca for more information about device compatibility before using the app. Use of FreeStyle Libre 2 requires registration with LibreView.

Downloading the app

When you download the **FreeStyle Libre 2 app***, you can use your phone to scan your sensor and monitor your glucose. This free app is available for iPhone and Android devices.

Download for iPhone:

- Open the **App Store** on your iPhone device
- Search for **FreeStyle Libre 2** and select the app
- Tap **Get**
- Install by entering your **Apple ID**
- Once downloaded, open the app and follow the onscreen instructions to get set up

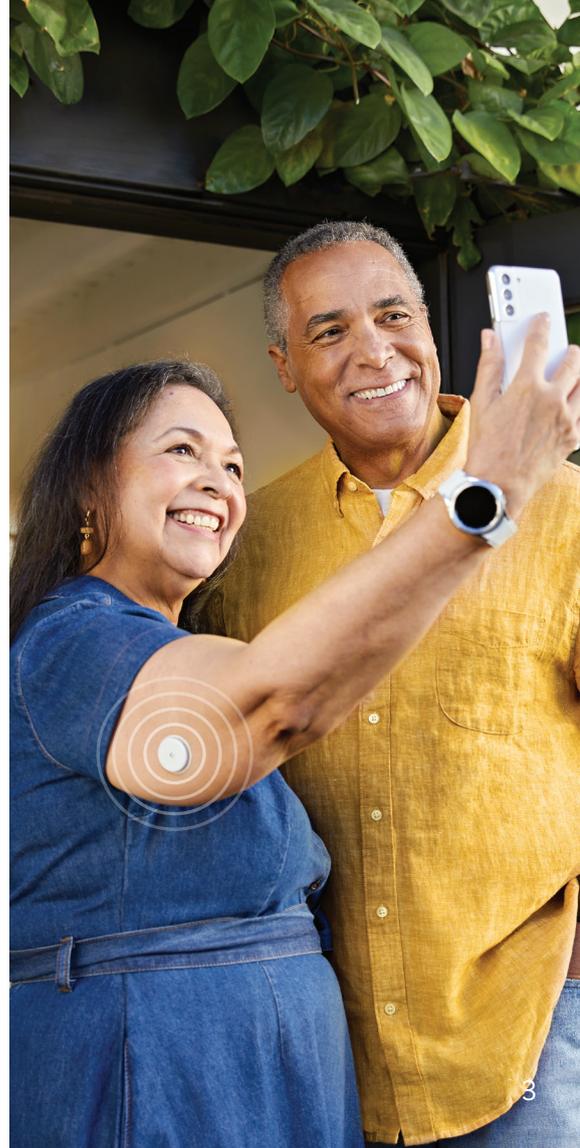


Download for Android:

- Open the **Google Play Store** on your Android device
- Search for **FreeStyle Libre 2** and select the app
- Tap **Install**
- Once downloaded, open the app and follow the onscreen instructions to get set up



* The FreeStyle Libre 2 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 Libre 2 requires registration with LibreView.



Applying your sensor^{1,2}

Follow these four easy steps to apply your sensor:



1. Patients should find an area on the **back of the upper arm**, wash area with plain soap that is free from added moisturizers, oils, exfoliants, etc., and then dry.



2. Patients should clean with an alcohol wipe. Allow the skin to **air dry before** applying the sensor.³



3. Patients should peel open the sensor pack and unscrew the sensor applicator. Line up dark marks on sensor applicator and sensor pack. On a hard, flat surface, press down firmly on sensor applicator until it comes to a stop.^{4,5}



4. Patients should push down firmly to apply the sensor. Gently pull the sensor applicator away from the arm.^{6,7} The sensor can be used to check glucose after 1 hour.

Tips to remember



Only apply sensor to the back of the upper arm. You may shave the area where the sensor is applied. Proper application of sensor will ensure glucose is properly measured.

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.

1. FreeStyle Libre 2 Flash Glucose Monitoring System User's Manual. **2.** Consult the Adhesion Guide for more information. Abbott. (2021). The FreeStyle Libre 2 Sensor: Adhesion Guide ADC-34254. <https://provider.freestyle.abbott/ca-en/freestyle-libre-2.html#digital-tools>.

3. Choose a site that is at least 2.5 cm (1 inch) away from an insulin injection site. To prevent discomfort or skin irritation, you should select a different site other than the one most recently used. **4.** CAUTION: Do NOT use if the sensor pack or the sensor applicator seem to be damaged or already opened. Do NOT use if past expiration date. **5.** CAUTION: The sensor applicator now contains a needle. Do NOT touch inside the sensor applicator or put it back into the sensor pack. **6.** CAUTION: Do NOT push down on the sensor applicator until placed over prepared site to prevent unintended results or injury. **7.** Applying the sensor may cause bruising or bleeding. If there is bleeding that does not stop, remove the sensor, and apply a new one at a different site. Make sure the sensor is secure after application.

Starting a new sensor

Follow these steps to activate your sensor and connect it to your FreeStyle Libre 2 app*. You'll be able to start getting glucose readings **after 1 hour**.

1. Open the app

 The sensor can be paired with **only one device**

2. Tap **Scan new sensor**

3. Scan your sensor

4. Your sensor will be ready to scan in 1 hour

 You'll see a countdown on your screen to let you know when you can start scanning



Scanning your sensor

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



Did you know that people who scan more frequently have better control?!



How to scan

Hold your device within 4 cm of your sensor to scan right through your clothes.*



Scan frequency

Scan at **least once every 8 hours** to avoid gaps in your daily graph.

Key times to scan:



Before and after meals or snacks



Before and after exercise or other physical activity



Before sleep and after waking up



When you feel symptoms of low glucose

*FreeStyle Libre 2: The FreeStyle Libre 2 app and the FreeStyle Libre 2 reader have similar but not identical features. Finger pricks are required if readings do not match symptoms or expectations. The FreeStyle Libre 2 sensor communicates with the FreeStyle Libre 2 reader that started it or the FreeStyle Libre 2 app that started it. The FreeStyle Libre 2 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 Libre 2 requires registration with LibreView.

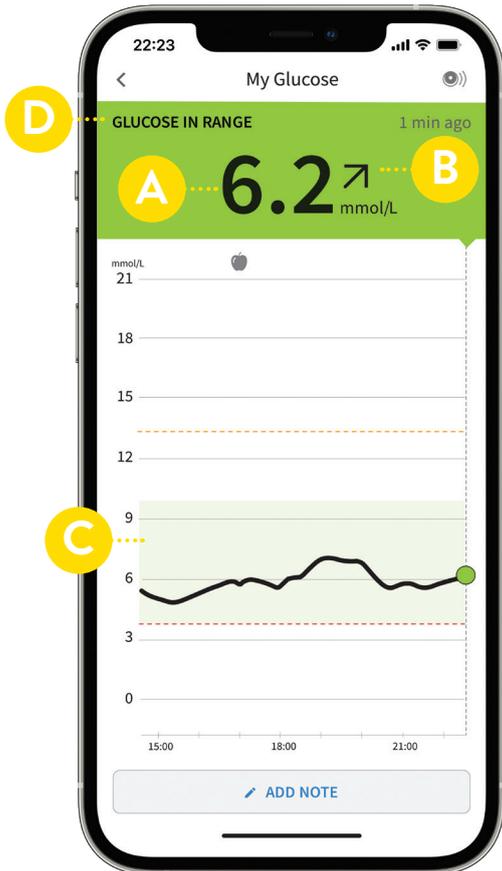
Data collected with the FreeStyle Libre system. The FreeStyle Libre 2 system has the same features as the FreeStyle Libre system but with optional real-time glucose alarms. Therefore, study data are applicable to both products.

* The reader can capture data from the sensor when it is within 4 cm of the sensor.

1. Berard L, Virdi N, Dunn TC. Canadian real-world analysis of flash glucose monitoring and impact on glycemic control. Poster presented at: Diabetes Canada Conference; October 2-5, 2019; Winnipeg, MB.

Understanding your scan¹

Use all four pieces of information to make treatment decisions:



A **Current glucose**
gives you an accurate glucose reading

B **Glucose trend arrow**
shows you where your glucose is heading

↑ Glucose is rising rapidly

↗ Glucose is rising

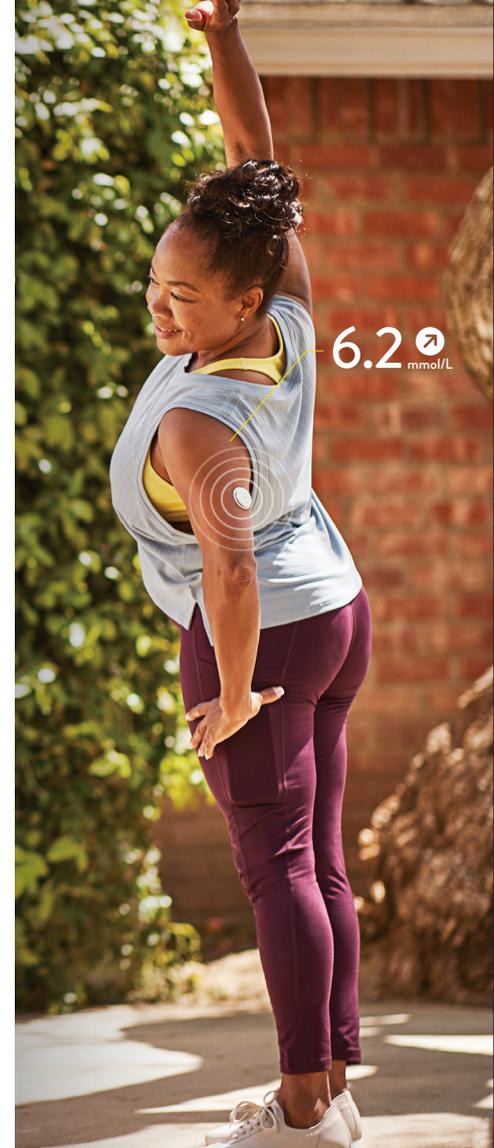
→ Glucose is changing slowly

↘ Glucose is falling

↓ Glucose is falling rapidly

C **Glucose graph**
shows you an 8-hour history of your glucose

D **Glucose message**
tells you if you're in or out of range



How do I share my readings with others?

Our apps work together for seamless management and keep healthcare professionals, caregivers, and loved ones up to date on glucose activity.

Visit MyFreeStyle.ca to learn more and see step-by-step instructions and videos.

LibreLinkUp*

For caregivers or loved ones

With the free LibreLinkUp mobile app, you can invite family or caregivers to remotely monitor your glucose readings and receive alarm notifications.

To share glucose data and alarm notifications with others using the LibreLinkUp app*, the FreeStyle Libre 2 sensor must be paired with the FreeStyle Libre 2 app.



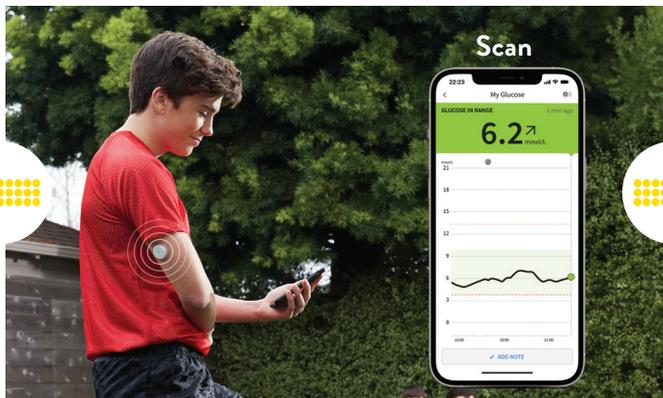
LibreLinkUp

LibreView†

For healthcare professionals

LibreView is a secure, cloud-based system that allows you to share your glucose readings with healthcare providers. They can access and review all of your information within LibreView, making it easier for them to provide treatment support and offer virtual consultations to you at home.

LibreView



The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check MyFreeStyle.ca for more information about device compatibility before using the app.

*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 and the FreeStyle LibreLink or FreeStyle Libre 2 app 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.

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



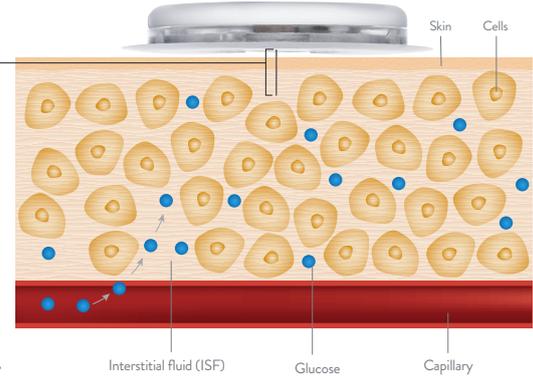
How does the sensor work?

How does the sensor measure glucose?

When you apply the FreeStyle Libre 2 sensor, a thin 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 skin¹—instead of blood glucose.



Tips to remember



It can take a few moments for glucose to move from blood to the ISF



Blood glucose readings tend to be about 2.4 minutes ahead of sensor readings²



Your trend arrow tells you what direction your glucose is heading



For most treatment decisions, sensor readings from the FreeStyle Libre system can replace routine finger-prick tests^{*,†}

For illustrative purposes only. Image not drawn to scale.

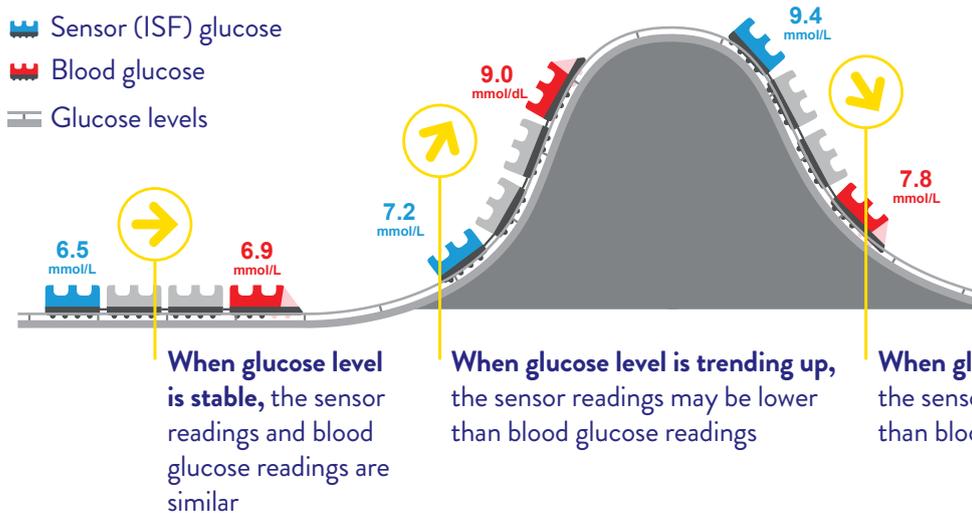
* Finger pricks are required if glucose readings and alarms do not match symptoms or expectations.

† Treatment decisions should not be based on real-time sensor glucose readings alone but instead should consider all the information on the results screen.

1. National Cancer Institute. "Interstitial Fluid." Accessed December 15, 2022. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/interstitial-fluid>. 2. Alva S, Bailey T, Brazg R, et al. Accuracy of a 14-day factory-calibrated continuous glucose monitoring system with advanced algorithm in pediatric and adult population with diabetes. *J Diabetes Sci Technol*. 2020;1932296820958754.

If I did a finger-prick test, would the results match my sensor reading?

It's important to remember that **FreeStyle Libre 2 replaces blood glucose monitoring**,^{1†} and the two methods measure glucose differently. Because of the lag between blood glucose and sensor glucose, your sensor reading may not always match a finger-prick reading at a given moment. This example illustrates why:



Tips to remember



It's normal if your sensor readings are different from your blood glucose readings in certain situations (such as after meals, insulin, or exercise)^{1†}



For most treatment decisions, sensor readings from the FreeStyle Libre system can replace routine finger-prick tests*[‡]

Data collected with the FreeStyle Libre system. The FreeStyle Libre 2 system has the same features as the FreeStyle Libre system but with optional real-time glucose alarms. Therefore, study data are applicable to both products.

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

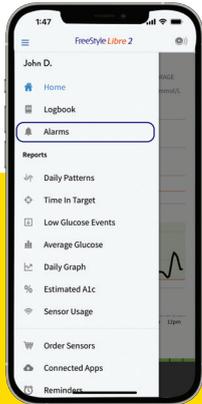
† The delay between sensor and blood glucose is about 2.4 minutes.

‡ Treatment decisions should not be based on real-time sensor glucose readings alone but instead should consider all the information on the results screen.

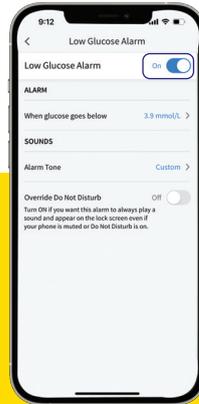
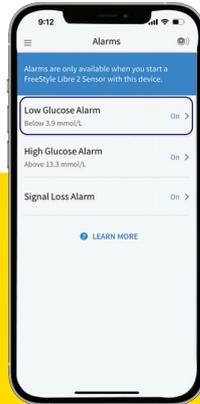
1. FreeStyle Libre 2 Flash Glucose Monitoring System User's Manual.

How do I change or turn off my alarms¹?

On the FreeStyle Libre 2 app:



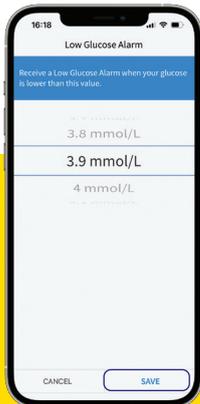
1
Select **Alarms**
from the menu



2
Select **Low Glucose Alarm**
and then tap to turn the
alarm on or off (optional
alarms are on by default)

 **Tips to remember**

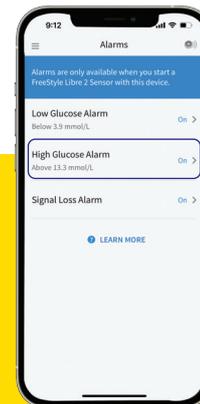
The **Signal Loss Alarm** will be
automatically turned on when a glucose
alarm is turned on



3
When the alarm is on,
tap the setting below
and scroll to select a
low glucose value, then tap **Save**



4
You can select
Alarm Tone
to make changes to
the sound of this
alarm



5
Follow the same
steps to make
changes to the
**High Glucose
Alarm**



Add extra stickiness with these products^{1,*}



TORBOT SKIN TAC

torbot.com

A hypoallergenic and latex-free “tacky” skin wipe



SKIN-REP PROTECTIVE WIPES

smith-nephew.com

Helps tape and films adhere to the skin



MASTISOL LIQUID ADHESIVE

eloquesthealthcare.com

A clear, non-irritating liquid adhesive that secures dressings



CAVILON NO STING BARRIER FILM

3m.com

An alcohol-free barrier film intended to protect skin from body fluids, adhesives, and friction



TEGADERM I.V.

3m.com

A transparent film that provides adhesive strength



OVER-BANDAGE

A medical-grade adhesive; bandage or tape. If using, it must be applied at the time of sensor application. It is important that you only remove it when your sensor wear is over as the sensor may come loose when peeling it off. Be sure to leave the opening/hole in the centre of the sensor uncovered so it can breathe.

¹ This list is not comprehensive and the information presented 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. Product images are for illustrative purposes only. Consult the Adhesion Guide for more information. Abbott. (2021). The FreeStyle Libre 2 Sensor: Adhesion Guide ADC-34254. <https://provider.freestyle.abbott/ca-en/freestyle-libre-2.html#digital-tools>.

Manage your diabetes more
confidently¹ with FreeStyle Libre 2

Now You Know


FreeStyle
Libre 2
FLASH GLUCOSE MONITORING SYSTEM

Questions?

We're here to help. If you would like more information or have additional questions about the FreeStyle Libre 2 system, please contact one of our Customer Care representatives, or visit our website for more information and useful resources.



Customer Care:
1-888-205-8296

We're available every day (excluding holidays):
Monday to Friday, 8 AM to 9 PM
Saturday, 9 AM to 5 PM | Sunday, 9 AM to 2 PM
(All times Eastern Time)

For more helpful tips, videos, and product
information, visit [MyFreeStyle.ca](https://myfreesstyle.ca)



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1. Fokkert et al. BMJ Open Diabetes Research and Care (2019): <https://doi.org/10.1136/bmjdr-2019-000809>

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