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.®

What's inside

Meet the FreeStyle Libre 2 system

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

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
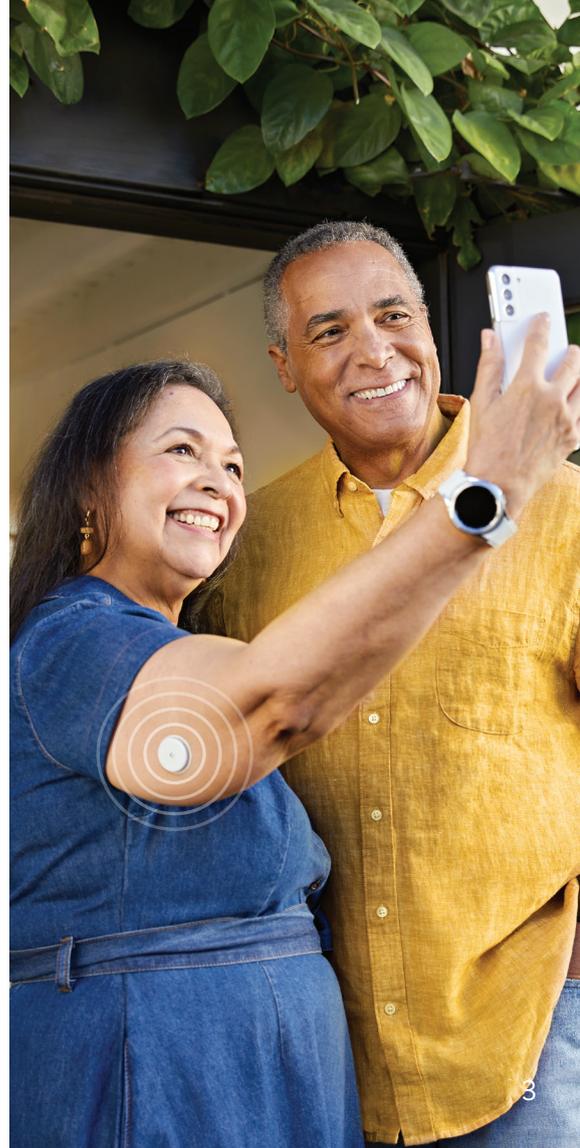
Download on the App Store

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

GET IT ON Google Play

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.

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?[1]

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

Understanding your scan[1]

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

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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

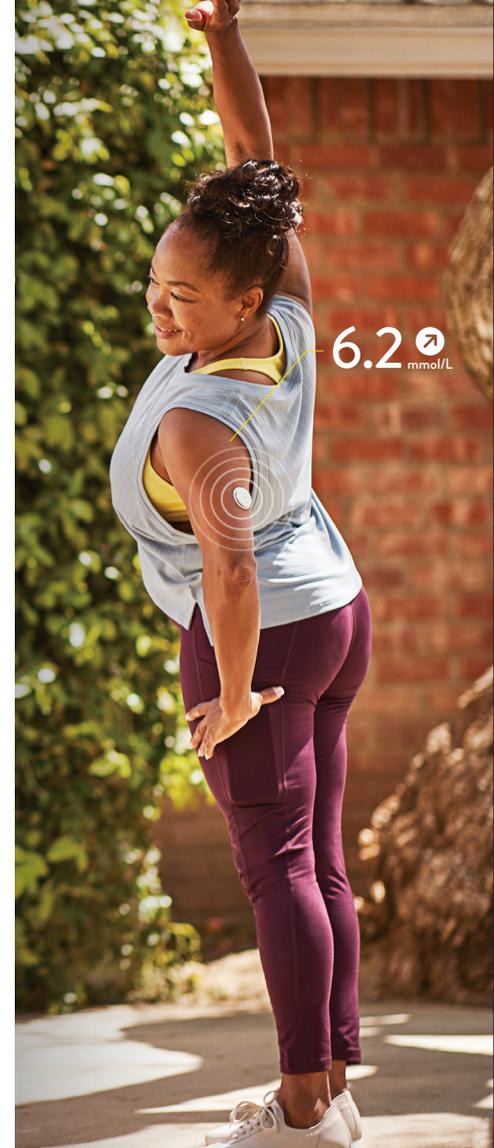With the free LibreLinkUp mobile app, you can invite family or caregivers to remotely monitor your glucose readings and receive alarm notifications.
To share glucose data and alarm notifications with others using the LibreLinkUp app*, the FreeStyle Libre 2 sensor must be paired with the FreeStyle Libre 2 app.
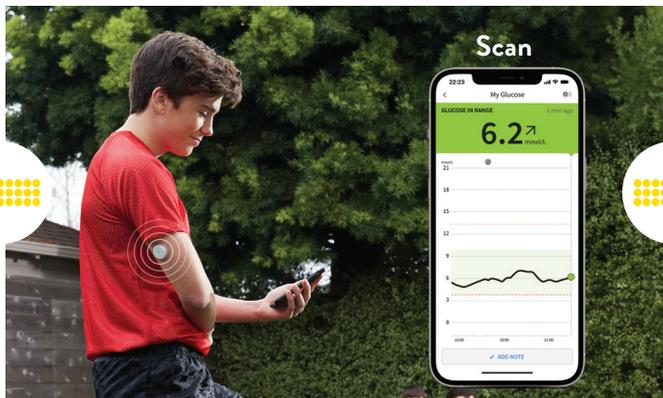
LibreLinkUp

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

Share

Scan

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 skin[1]—instead of blood glucose.

Skin   Cells

Interstitial fluid (ISF)   Glucose   Capillary
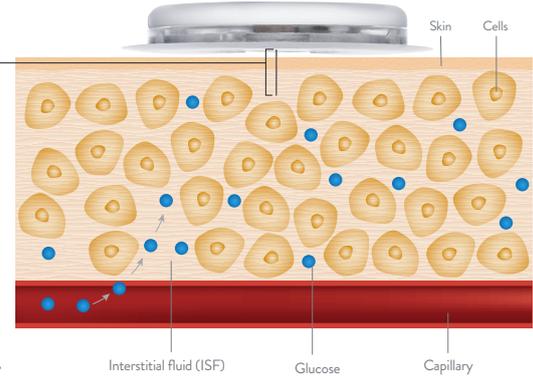
Tips to remember

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 readings[2]

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:
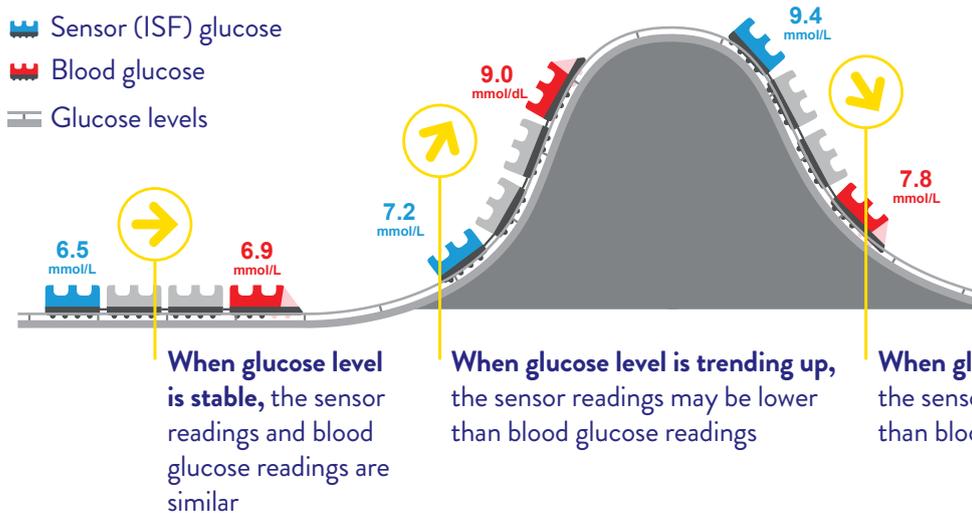
Tips to remember

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*,‡

- Sensor (ISF) glucose
- Blood glucose
- Glucose levels

9.4 mmol/L

9.0 mmol/dL

7.2 mmol/L

7.8 mmol/L

6.5 mmol/L

6.9 mmol/L

When glucose level is stable, the sensor readings and blood glucose readings are similar

When glucose level is trending up, the sensor readings may be lower than blood glucose readings

When glucose level is trending down, the sensor readings may be higher than blood glucose readings

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.
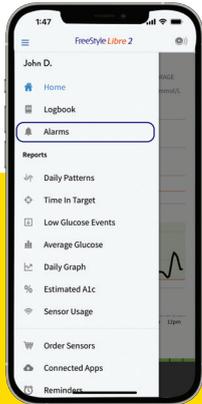† The delay between sensor and blood glucose is about 2.4 minutes.
‡ Treatment decisions should not be based on real-time sensor glucose readings alone but instead should consider all the information on the results screen.
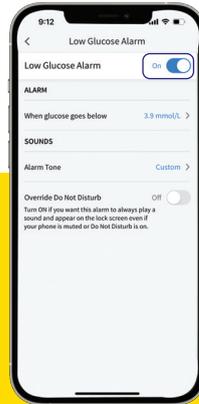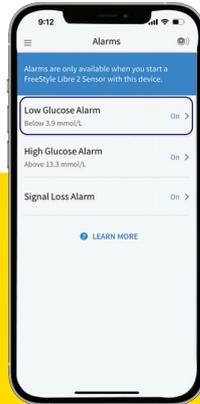**1.** FreeStyle Libre 2 Flash Glucose Monitoring System User's Manual.

How do I change or turn off my alarms[1]?
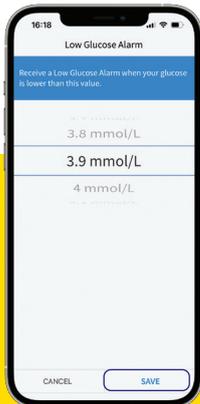
On the FreeStyle Libre 2 **app**:

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)
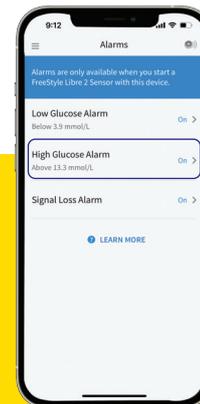
💡 Tips to remember

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**

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

Add extra stickiness with these products[1,*]

TORBOT SKIN TAC
torbot.com

A hypoallergenic and latex-free "tacky" skin wipe

SKIN-PREP 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.

Manage your diabetes more confidently[1] with FreeStyle Libre 2

Now You Know

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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**

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