



Get Started

Your Guide to the FreeStyle Libre 2 System




FreeStyle
Libre 2


life. to the fullest.™
Abbott



YOU CAN DO IT WITHOUT FINGERSTICKS*

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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

*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.

Meet the FreeStyle Libre 2 System

Check your glucose with a painless,¹ 1-second scan instead of a fingerstick.* Understand how your body responds to treatment, food, and exercise. See patterns and trends and customize optional,[†] real-time alarms for lows and highs. Share insights with healthcare providers. Get the complete picture of your glucose levels, not just a moment in time.

1 Applicator

Used to apply the sensor

2 Sensor

Circle sensor worn on the back of the upper arm

Has a thin, flexible filament that is painlessly¹ inserted just under the skin

3 Handheld reader

Used to scan and see data



*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.

[†]Notifications will only be received when alarms are turned on and the sensor is within 20 feet of the reading device.

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

3 Steps to Apply Sensor

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

01 Wash, Clean, and Dry

Select a site on the back of your upper arm that stays flat during normal activity. Clean skin with **non-moisturizing, fragrance-free soap** and water. Use an alcohol wipe to disinfect the skin and **let air dry** before proceeding. **Tip:** Do not use moisturizer where you apply the sensor.



02 Prep Applicator

Open sensor by peeling back the lid. Unscrew cap from the sensor applicator. Line up marks on the sensor applicator. Press down firmly and then lift.

03 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.



 **Get support and information at [FreeStyleLibre.us](https://www.FreeStyleLibre.us)**



Parent Tip

Because kids have smaller arms, it can be challenging to find a new sensor application spot. Make sure to rotate the site to allow skin to fully heal. Switching arms each time can help.

Tips to Help Keep Your Sensor in Place

The FreeStyle Libre 2 system is designed to stay on for up to 14 days.

- Secure sensor by pressing it down and running your finger along the sensor adhesive.
- Apply sensor to different sites on the back of the upper arm each time to avoid irritating your skin.
- Avoid placing sensor on moles, scars, stretch marks, and lumps. Shave hair on arm, if necessary.

Some people use the following products for extra stickiness and protection:*



Torbot Skin Tac™

Hypoallergenic and latex-free “tacky” skin barrier



Tegaderm I.V.™

A transparent film that provides adhesive strength



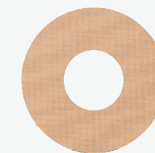
Skin-Prep™ Protective Barrier Wipe

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



Over-bandage†

Be sure to use only medical-grade adhesive, bandage, or tape. Apply and remove at the same time you apply or remove your sensor. Leave the opening/hole over the center of the sensor uncovered so it can breathe.



Parent Tip

Experiment to find extra stickiness products that work for your child. Try an over-bandage for active kids.

*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.

†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.

4 Steps to Activate Sensor

Follow these steps to be ready to get readings in just one hour.



01 Turn on FreeStyle Libre 2 Reader

02 Tap Scan New Sensor

03 Scan Sensor with Reader

04 Let Sensor Warm Up for One Hour
Then you can start getting glucose readings.

Alarms[†] Tip

Alarms[†] are on by default. For more information on customizing alarms, go to page 11.

Scanning Tips

The more you scan, the more you know about your diabetes.



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 you and your doctor have to help manage your diabetes.



Parent Tip

Work with school staff to implement the daily scanning schedule set by your child's healthcare provider.

Key Times to Scan



Before & After Meals or Snacks



Before & After Exercise and Sporting Events



Before Sleep and After Waking Up

How to Scan Your Sensor

Hold your reader within 1.5 inches of your sensor to scan right through your clothes.*



*The reader can capture data from the sensor when it is within 1 cm to 4 cm of the sensor.
†Notifications will only be received when alarms are turned on and the sensor is within 20 feet of the reading device.

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 don't always appear (see Check Glucose Symbol below).

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

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.



Other times when you need to do a blood glucose test:

- If you think your glucose readings are not correct
- If your glucose readings do not match how you feel
- If the reading does not include a current glucose number

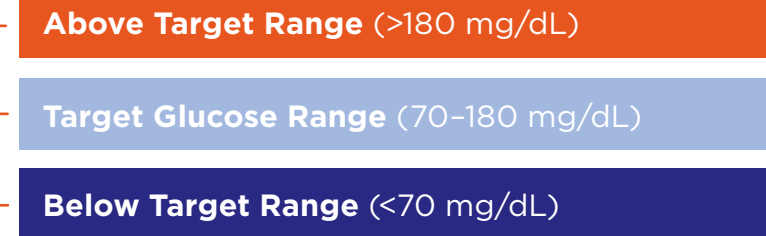
Learn from Your Data

Access reports on the FreeStyle Libre 2 reader.

A1c is useful because it measures your average glucose level over the past three months. It's helpful to look back at how you are managing your diabetes. But a good A1c doesn't mean your glucose is in control today. It doesn't show your highs and lows or how your blood glucose levels change throughout the day. This is where **Time in Range** can help.



Time in Range is the percentage of time you stay within your target glucose range. You work with your healthcare provider to determine a target range goal. Your progress is then tracked in a **Time In Target** report.



Learn more about Time In Target and other reports like Daily Patterns and Low Glucose Events at FreeStyleLibre.us.

LibreView

Share your glucose data with your healthcare provider using a secure, cloud-based diabetes management system. It's easy to get started. Create a LibreView* account and link your account to your healthcare provider. Connect your FreeStyle Libre 2 reader to your computer and follow the on-screen instructions to upload data.

Visit LibreView.com for more information.

*Use of the FreeStyle LibreLink app requires registration with LibreView, a service provided by Abbott and Newyu, Inc.

Use Alarms for Extra Safety

The FreeStyle Libre 2 system has optional, real-time alarms* to help keep you safe, even at night. Alarms are on by default and can be customized. Alarms feature preset tones, a vibration option, and adjustable volume. To receive alarms, your reader should be within 20 feet of you and unobstructed at all times. If you are out of range, you may not receive glucose alarms.



Alarm

Get an alarm from the FreeStyle Libre 2 reader when your glucose is too low or too high. You also receive an alarm when the reader 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.



To learn more about alarms, visit [FreeStyleLibre.us](https://www.FreeStyleLibre.us).

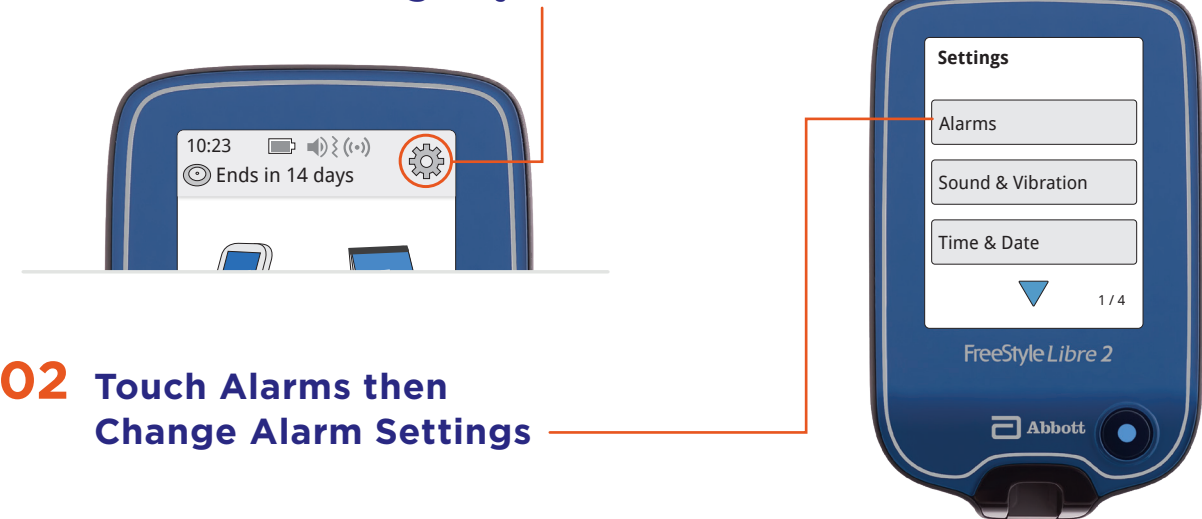
*Notifications will only be received when alarms are turned on and the sensor is within 20 feet of the reading device.

Customize Alarms

Alarms are easy¹ to set based on your target glucose goals.

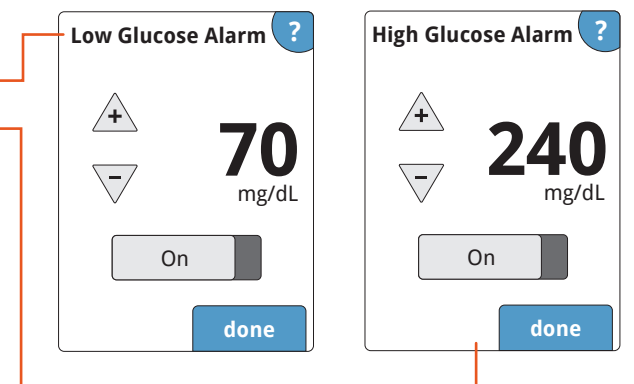
Here's how to customize your alarms. They are optional and on by default.*

01 Touch the Settings² symbol



02 Touch Alarms then Change Alarm Settings

03 Use arrows to set Low and High Glucose Alarms³



Parent Tip

Know your child's glucose levels are being safely monitored with customizable alarms.

*Notifications will only be received when alarms are turned on and the sensor is within 20 feet of the reading device.
Reference: 1. Data on file. Abbott Diabetes Care. 2. Please see the FreeStyle Libre 2 User's Manual for complete instructions. 3. 70 mg/dL is the default Low Glucose Alarm level and can be set between 60-100 mg/dL. 240 mg/dL is the default High Glucose Alarm level and can be set between 120-400 mg/dL.

Tips for Wearing Your Sensor

Some good-to-know ideas about using CGM throughout your day.



Clothing:* Scan right through your clothes. Be careful when dressing to avoid disturbing the sensor.

Showering, bathing, and swimming:† Sensor is water-resistant. Do not submerge more than 3 feet (1 meter) or keep under water longer than 30 minutes at a time. Gently pat dry after getting it wet.



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

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.

*The reader can capture data from the sensor when it is within 1 cm to 4 cm of the sensor.
†Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes.

Remove & Replace Sensor

The sensor is designed to stay on for up to 14 days. Here's how to remove, replace, and properly dispose of system components.



Remove Sensor

Your reader or app will alert 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

Remember to choose a different spot on the back of your upper arm to apply the new sensor. This will help avoid skin irritation. See page 4 for application instructions.



Parent Tip

Because kids have smaller arms, it can be challenging to find a new application site. Try switching arms with each new sensor.

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 Care (855-632-8658) for more information.

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

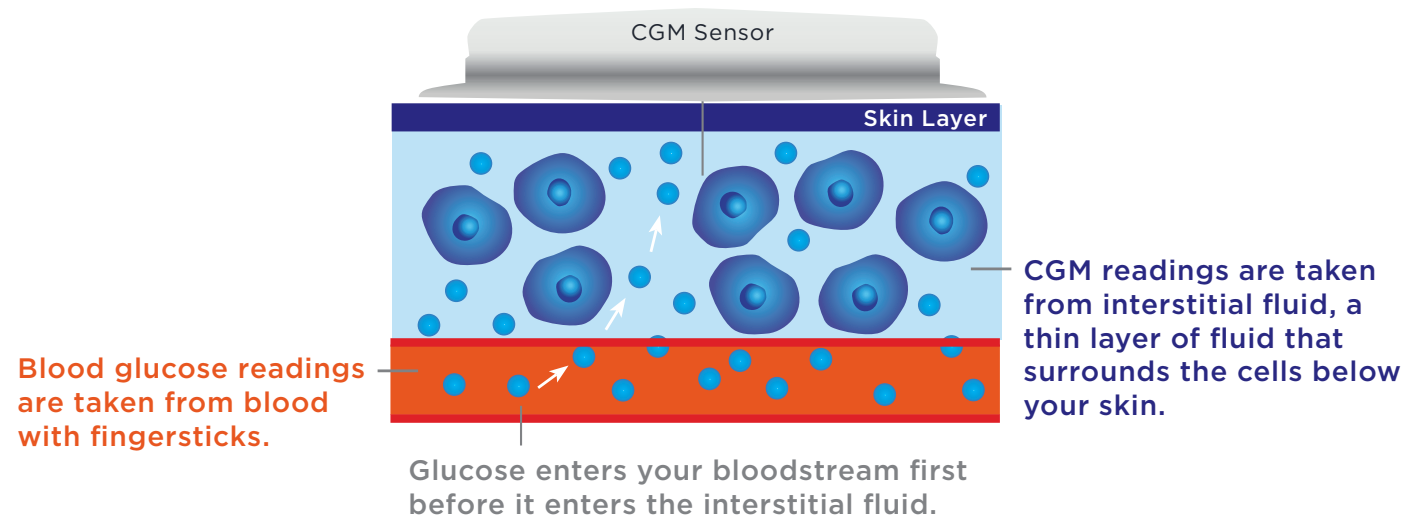
- **Baby Oil:** Soft moisturizer
- **Remove™ Adhesive:** Removes adhesive residue on the skin
- **UNI-SOLVE™ Adhesive Remover:** Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing

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The CGM Difference

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.



There are times when your CGM and BGM readings may be different.

These include when:

- Your glucose is changing rapidly; scan shows a trend arrow (see diagram, page 8)
- Your fingers were not washed before you performed a fingerstick test
- You took more than 500 mg of vitamin C (ascorbic acid)
- Blood glucose strips were expired or contaminated
- The fingerstick check and sensor scan were not performed at the same time
- It is the first day wearing your sensor
- The sensor was bumped and is not firmly attached to the back of your upper arm

*Fingersticks are required for treatment decisions when you see Check Blood Glucose symbol, when symptoms do not match system readings, when you suspect readings may be inaccurate, or when you experience symptoms that may be due to high or low blood glucose.

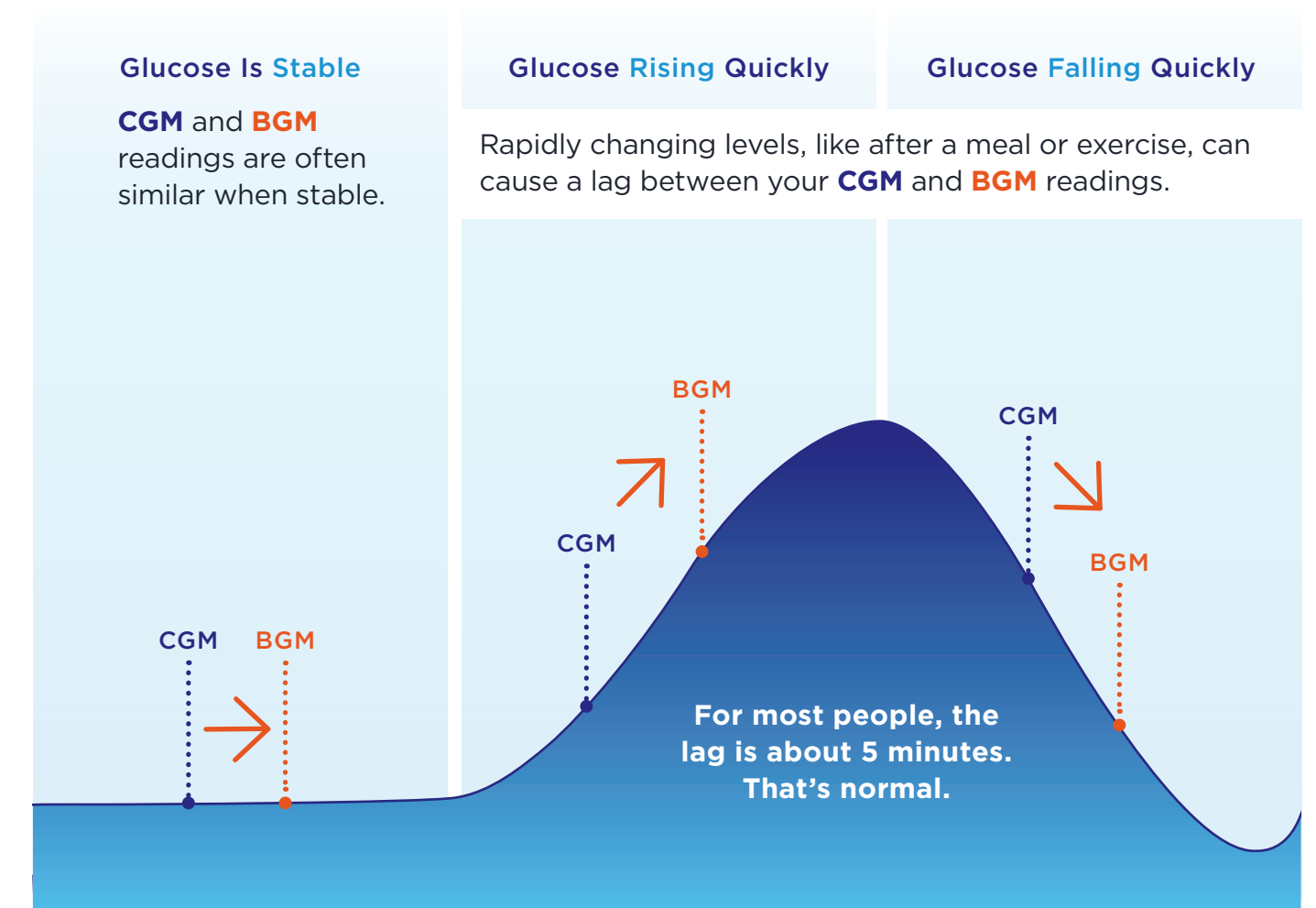
Reference: 1. FreeStyle Libre 2 User's Manual.

Different and Accurate

CGM systems give you a look at where you were, where you are, and where you're headed.

You can trust your sensor glucose numbers and feel confident in your results to make treatment decisions. The FreeStyle Libre 2 system is approved for insulin dosing without fingersticks.**

Difference Between CGM and BGM Readings



**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.

Questions?

We're here for you. 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.



Customer Care
1-855-632-8658

Available 7 days a week
8 AM to 8 PM Eastern
Time; excluding holidays



**For more tips and
product information:**

FreeStyleLibre.us



**Stay up to date
on the FreeStyle
Libre 2 system:**

[FreeStyleLibre.us/
system-overview/
freestyle-libre-2.html](http://FreeStyleLibre.us/system-overview/freestyle-libre-2.html)



twitter.com/FreeStyleDiabet/



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youtube.com/FreeStyleUS/



instagram.com/FreeStyleDiabetes/

Indications and Important Safety Information

The FreeStyle Libre 2 Flash Glucose Monitoring System is a continuous glucose monitoring (CGM) device with real time alarms capability indicated for the management of diabetes in persons age 4 and older.*

WARNINGS/LIMITATIONS*

The System must not be used with automated insulin dosing (AID) systems, including closed loop and insulin suspend systems. Remove the sensor before MRI, CT scan, X-ray, or diathermy treatment. Do not take high doses of vitamin C (more than 500 mg per day), as this may falsely raise your sensor readings. Failure to use the System according to the instructions for use may result in missing a severe low blood glucose or high blood glucose event and/or making a treatment decision that may result in injury. If glucose alarms and readings from the System do not match symptoms or expectations, use a fingerstick blood glucose value to make diabetes treatment decisions. Seek medical attention when appropriate and contact Abbott Toll Free (855-632-8658) or visit www.freestylelibre.us for detailed indications for use and safety information.

*Please refer to www.freestylelibre.us for the indications and important safety information.

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