YOU CAN DO IT

WITHOUT FINGERSTICKS*

Get Started

Your Guide to the FreeStyle Libre 2 System

FreeStyle
Libre 2

life. *to the fullest*.®

Abbott

*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.
See Indications and Important Safety Information on back.

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*

Table of Contents

Meet the FreeStyle Libre 2 System

Check your glucose with a painless,*[1] 1-second scan instead of fingersticks.† 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 painlessly*[1] inserted just under the skin

3 Handheld Reader
Used to scan and see data

*Data from this study was collected with the outside US version of FreeStyle Libre 14 day system. FreeStyle Libre 2 has the same features as FreeStyle Libre 14 day system with optional, real-time glucose alarms. Therefore, the study data is applicable to both products.
†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. Haak, T. *Diabetes Therapy* (2017): https://doi.org/10.1007/s13300-016-0223-6.

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.

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.

Quick Tip

Make sure to rotate the site to allow skin to fully heal. Switching arms each time can help.

Get support and information at FreeStyleLibre.us

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

Skin-Prep™ Protective Barrier Wipe
Protective liquid dressing that allows skin to breathe so tapes and films adhere better

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.

Tegaderm I.V.™
A transparent film that provides adhesive strength

Mastisol® Liquid Adhesive
Clear, non-irritating, non-water-soluble liquid adhesive

*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.

Steps to Activate Sensor

Follow these steps to be ready to get readings in about one hour.
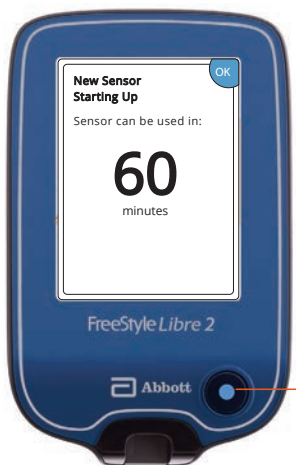
01 **Turn on FreeStyle Libre 2 Reader**

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.[1]

For more information on customizing alarms, go to page 15.

How to Scan Your Sensor

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

*Notifications will only be received when alarms are turned on and the sensor is within 20 feet of the reading device.
†The reader can capture data from the sensor when it is within 1 cm to 4 cm of the sensor.
Reference 1. FreeStyle Libre 2 User's Manual.

Scanning Tips

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

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 of your glucose levels you and your doctor have to help manage your diabetes.

Key Times to Scan

Before & After Meals or Snacks

Before & After Exercise and Sporting Events

Before Sleep and After Waking Up

When You Feel Low Glucose Symptoms

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 may not always appear (see Check Glucose Symbol below).

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.

 Reader Symbol

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

How to Interpret Trend Arrows

You have probably noticed the trend arrow next your current glucose reading. Sometimes it points up, sometimes sideways, and sometimes down. But what does it mean? And how can it help you manage your glucose levels?

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)

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 turned on, within 20 feet of you, and unobstructed at all times. If your reader is out of range of your sensor, 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

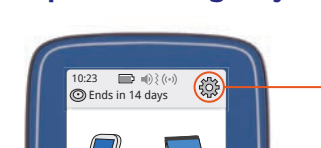Use your results to make treatment decisions.

To learn more about alarms,* visit FreeStyleLibre.us

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

Customize Alarms*

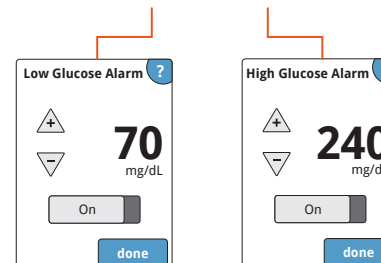Alarms* are easy[†1] to set based on your target glucose goals.

01 Tap the Settings[2] symbol

02 Tap Alarms then Change Alarm Settings

03 Use arrows to set Low and High Glucose Alarms*[3]

*Notifications will only be received when alarms are turned on and the sensor is within 20 feet of the reading device.
†Data from this study was collected with the outside US version of FreeStyle Libre 14 day system. FreeStyle Libre 2 has the same features as FreeStyle Libre 14 day system with optional, real-time glucose alarms. Therefore, the study data is applicable to both products.
References: 1. Haak, T. *Diabetes Therapy* (2017): https://doi.org/10.1007/s13300-016-0223-6. **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.

Acting on Alarms*

The reader alarms* for about 1 minute then repeats itself every 5 minutes until dismissed.

Low Glucose

Notifies you when your glucose is below the level you set.

High Glucose

Notifies you when your glucose is above the level you set.

Signal Loss

If your sensor is not communicatiing with the Reader, you will not receive glucose alarms.

When any alarm* is on, sound/vibration and signal states display on the Home Screen.

Symbol	What it means
🔊	Sound and Vibration ON
🔇	Sound and Vibration OFF
((•))	Sensor communicating with Reader
(Ɽ)	Sensor not communicating with Reader

Refer to User's Manual for additional symbols.

Adjust Alarms* sound and vibration Settings through "Sound & Vibration" in the settings menu.

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

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

Set Target Range

Your Target Glucose Range goals can be entirely specific to you and may change over time.

Target Glucose Range is pre-set to 70 to 180 mg/dL on the FreeStyle Libre 2 reader. To set your target glucose range, go to the Settings Menu and scroll to Report Settings. From there, you can select your target glucose range.

Your A1c value indicates your average glucose levels* over the past three months. It's helpful to see how you've been managing your diabetes. But even if you hit your A1c goal, you might miss your daily highs and lows.

*Default range is 70-180 mg/dL. Consult with a healthcare professional on individual target glucose range.

Learn From Your Data

Access reports on the FreeStyle Libre 2 reader.

Time in Range Time in Range (TIR) is the percentage of time you spend within the target glucose range set by your doctor. The standard target range falls between 70 mg/dL and 180 mg/dL.[1]

Time in Range lets you see when you are above, in, and below your target glucose range.

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

Reference: 1. Battelino, Tadej, Thomas Danne, Richard M. Bergenstal, et al. "Clinical targets for continuous glucose monitoring data interpretation: recommendations from the international consensus on Time in Range." *Diabetes Care* 42, no. 8 (June 2019): 1593-1603. DOI: https://doi.org/10.2337/dci19-0028.

Share Your Data

Share your glucose data with your healthcare provider using LibreView,* a secure, cloud-based diabetes management system.

Create a LibreView* account and link your account to your healthcare provider in 3 easy steps:

1. Sign Up

Sign up is easy, free and accessible online, so no special hardware needed.

2. Simple Upload

Log into your LibreView* Account, connect your glucose device, and follow the on-screen instructions to upload data.

3. View and Share

Discover glucose patterns and trends to help you and your healthcare professionals make informed decisions about your health. Your glucose data is stored securely in the cloud so you and your healthcare professional can view your reports anytime, anywhere.†
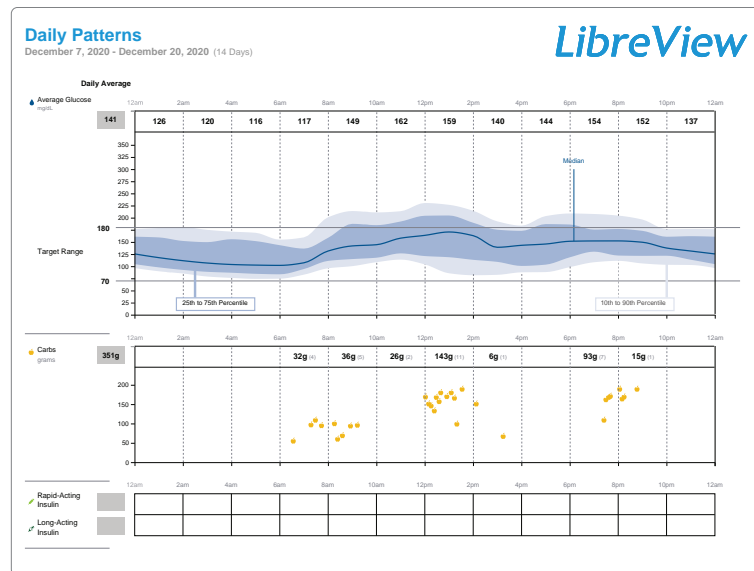
Visit LibreView.com for more information
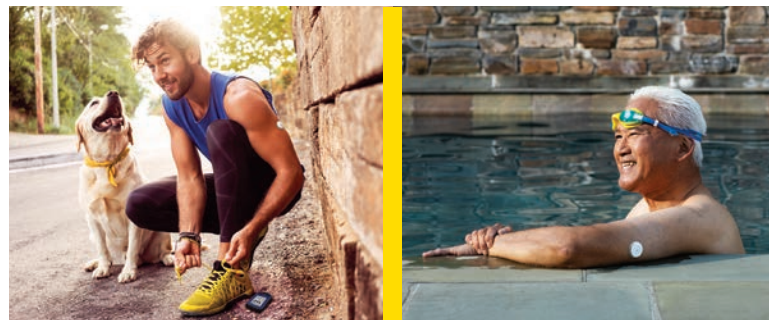
Tips for Wearing Your Sensor

CLOTHING*

Scan right through your clothes. Be careful when placing or removing clothing so as not to dislodge or loosen the sensor.

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.

EXERCISING

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

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.

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 and Replace Your Sensor

Here is how to remove, replace, and properly dispose of system components.

Remove Sensor
Your reader 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.

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.

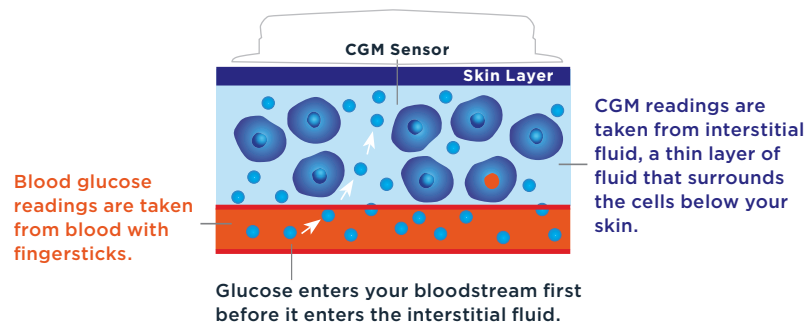## Products that can be helpful for removal but are optional:*
• **Baby Oil:** Soft moisturizer
• **Remove™ Adhesive:** Removes adhesive residue on the skin
• **UNI-SOLVE™ Adhesive Remover:** Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing

*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.

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.

CGM Sensor

Skin Layer

CGM readings are taken from interstitial fluid, a thin layer of fluid that surrounds the cells below your skin.

Blood glucose readings are taken from blood with fingersticks.

Glucose enters your bloodstream first before it enters the interstitial fluid.

There are times when your CGM and BGM readings may be different, including when:

• You took more than 500 mg per day of vitamin C (ascorbic acid)
• It is the first 12 hours wearing a new sensor
• Your sensor is not securely applied
• A sensor kit was stored somewhere outside of temperature range (36°F to 82°F)

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

Different and Accurate

Why are glucose readings different?

Rather than taking glucose readings from your blood, CGM sensor readings are taken from interstitial fluid, a thin layer of fluid that surrounds the tissue cells below your skin. As carbohydrates are digested, glucose enters your bloodstream before it is absorbed into the interstitial fluid.

Think of glucose readings as the cars of a train, where the front of the train is blood glucose and the back of the train is sensor glucose.

Understanding the lag[1]

Because glucose enters the bloodstream first, blood glucose readings lead sensor glucose readings. Eventually, sensor glucose readings catch up to blood glucose readings just like the back of a train following the front of a train.

Instead of focusing only on a single moment in time, CGM gives you a more complete picture of where your glucose is going, and where your glucose has been, so you can make more informed treatment decisions.

BG = Blood Glucose
SG = Sensor Glucose

SG 88→   BG 91   CAFE

Meals   SG 116↑   BG 160   PHARMACY

SG 129↓   Insulin   BG 93   GYM

SG 103↘   Activity   BG 92

When the train is traveling on a flat track, where there is little fluctuation between glucose levels, blood glucose and sensor glucose are similar.

When glucose levels are changing rapidly, blood glucose may not be the same as sensor glucose.

This difference is known as the lag,[1] and will be more evident after meals, insulin, and activity.

Reference: 1. Tarini, Chetty. "The Technology of Glucose Sensors." In *Glucose Sensor Use in Children and Adolescents*, pp. 7-12. Springer, Cham, 2020.

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 8AM to 8PM Eastern Time; excluding holidays

For more tips and product information, visit www.FreeStyleLibre.us

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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.