



Know sooner.  
Act faster.  
Be ready to avoid hypos.

Get started with the FreeStyle Libre 3 system.

Now You Know



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life. to the fullest.®

# Welcome to the NEXT-GEN CGM system

We're excited for you to experience the FreeStyle Libre 3 system!

The FreeStyle Libre 3 system is the only continuous glucose monitoring (CGM) system that provides minute-to-minute glucose readings that stream to your smartphone,<sup>1</sup> so you know when your glucose is getting low and can act faster to avoid a hypo.

The FreeStyle Libre 3 system delivers:



**Readings<sup>2</sup>** that are updated 5x faster than other CGMs.<sup>3</sup>



**Connectivity** that outperforms other CGMs.<sup>4</sup>



**Real-time glucose alarms** that let you know the minute your glucose is too low or too high.

This guide will help you be successful on day one and get the most out of the world's smallest, thinnest,<sup>5</sup> and most discreet<sup>6</sup> glucose sensor.

Welcome to the FreeStyle Libre family!

1. The FreeStyle Libre 3 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView. 2. FreeStyle Libre, FreeStyle Libre 2 and FreeStyle Libre 3 systems are part of the same family of products. 3. Dexcom G6 CGM User Guide and Medtronic Guardian Connect System User Guide. 4. Based on the signal strength in Dexcom G6 CGM User Guide and Medtronic Guardian Connect System User Guide. 5. Among patient-applied glucose sensors. 6. Data on file, Abbott Diabetes Care, Inc.

## Advanced CGM technology designed to fit into your life

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The FreeStyle Libre 3 system starts with a sensor and the app on your smartphone<sup>1</sup>



The Sensor Applicator contains one sensor. Use the Sensor Applicator to apply the sensor to the back of your upper arm.



The FreeStyle Libre 3 sensor automatically measures and sends your glucose readings to your smartphone every minute.



Use the FreeStyle Libre 3 app to start your sensor, receive glucose readings, get glucose alarms, and see your glucose history and any notes you have added.

All in one, easy-to-use app.



Download the FreeStyle Libre 3 app to start<sup>1</sup>



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



2 Sign in or set up a LibreView account so that your glucose information is stored into 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 start your sensor!

## 3 steps to apply the FreeStyle Libre 3<sup>®</sup> sensor



First prepare your arm and then apply the sensor. The sensor already comes assembled.

### 1 WASH, CLEAN, AND DRY

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



### 2 OPEN APPLICATOR

Unscrew cap from applicator, set aside cap, and place sensor over the back of your upper arm.



**DO NOT** put cap back on as it may damage the sensor.



### 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!**



Images are for illustrative purposes only. Not actual patient.

Start your new sensor with an easy, 1-second scan of your smartphone<sup>1</sup>

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

**2** Scan your sensor according to your smartphone.



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

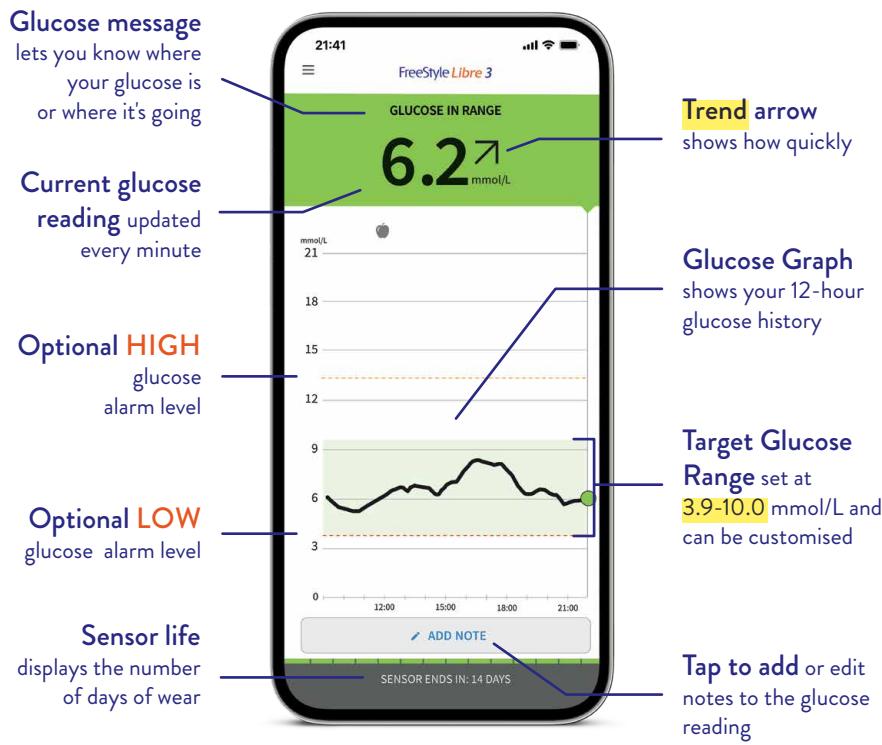
**3** The sensor can be used to check your glucose after a **1-hour warm-up period**.



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

1. The FreeStyle Libre 3 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView.

## Understand your glucose with one glance

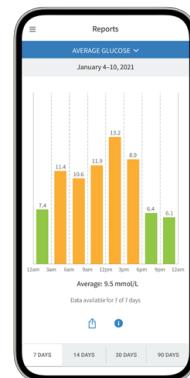
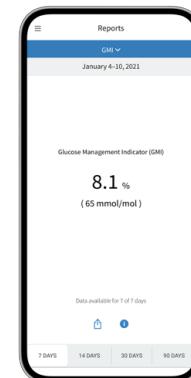


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## Detailed glucose reports available on your smartphone<sup>1</sup>

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

Glucose reports can give you more detailed information on your glucose levels than what you see from HbA1c or blood glucose testing alone.<sup>2</sup> Here's how:



### Time in Ranges

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.<sup>2</sup>

### 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.<sup>3</sup>

### 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.

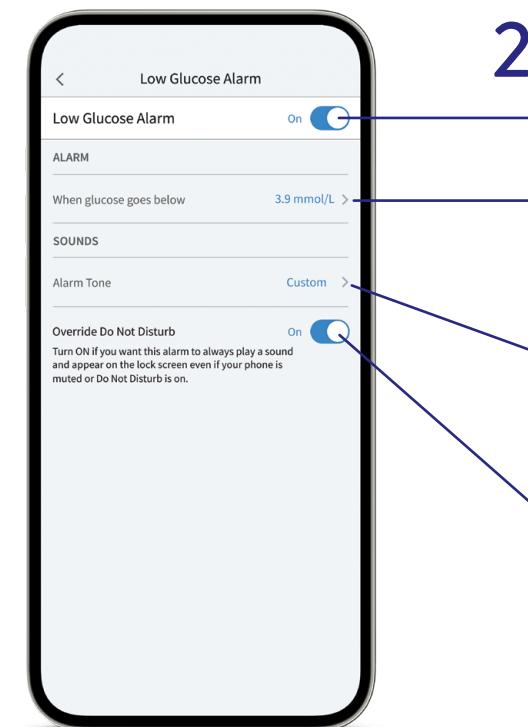
More reports are available including Daily Patterns, Low Glucose Events, Daily Graph, Sensor Usage, and Logbook. Tap the app's Main Menu icon to view all reports.

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1. The FreeStyle Libre 3 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Sharing of glucose data requires registration with LibreView. 2. For adults with diabetes who are not pregnant, not older, or at risk. Battelino, T., *Diabetes Care* (2019): <https://doi.org/10.2337/dc19-0028>. 3. Bergental, H., *Diabetes Care* (2018): <https://doi.org/10.2337/dc18-1581>.

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

Customisable 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 10 meters (33 feet) unobstructed.

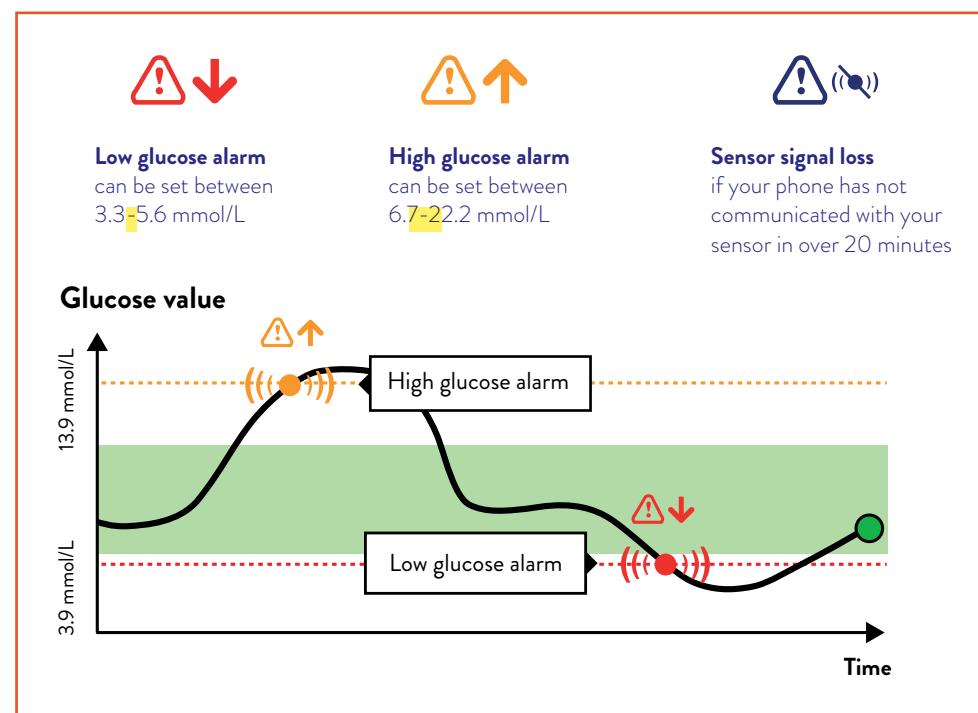


- 1 Go to the **Main Menu** (≡) in the app and tap **Alarms**.
- 2 Select the alarm you want to set and turn on: **Low**, **High**, **Signal Loss**.
  - Tap to turn on
  - Tap to change the glucose value to be alerted the minute it crosses the level you set
  - Tap to change the alarm tone. **Custom** 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 set



Your glucose alarms are different than your target glucose range. Talk to your doctor about the recommended glucose levels for you.

**My recommended glucose alarm levels:**

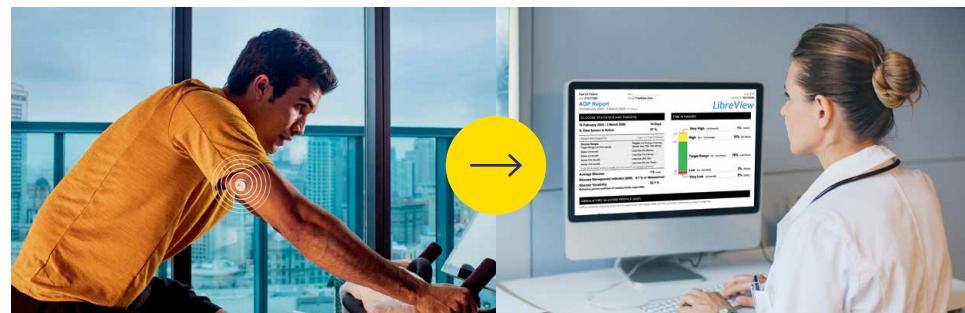
**High Glucose Alarm Level** \_\_\_\_\_

**Low Glucose Alarm Level** \_\_\_\_\_

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

## LibreView

LibreView<sup>1</sup> is a secure,<sup>2</sup> 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 uploaded<sup>3</sup> to LibreView from the FreeStyle Libre 3 app, 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.

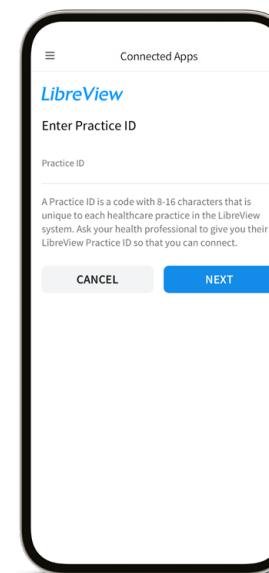
Learn more at [LibreView.com](http://LibreView.com)

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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 ISO27001/27018/2701 certified and HITRUST CSF Certified. 3. The user's device must have internet connectivity for glucose data to automatically upload to 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 Libre 3 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 app by tapping **Accept Invitation**.

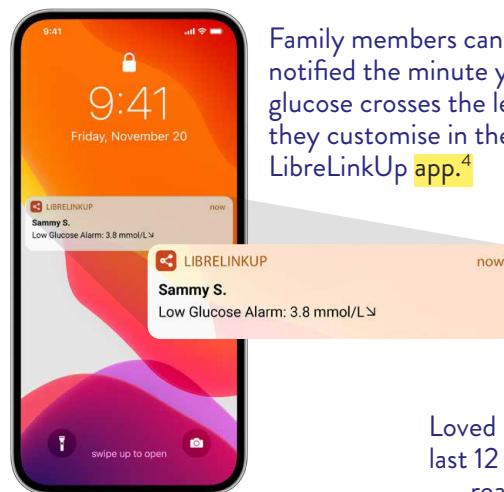
**Once connected, your doctor and care team automatically receive your glucose information.<sup>1</sup>**

1. The user's device must have internet connectivity for glucose data to automatically upload to LibreView.

It's easy to share your glucose levels with family members

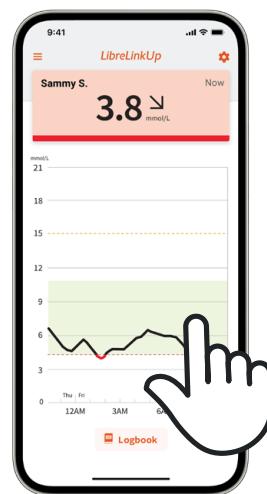
## LibreLinkUp

With LibreLinkUp,<sup>1</sup> your loved ones can have peace of mind<sup>2</sup> by always having access to your glucose information.<sup>3</sup> Family members can download LibreLinkUp on their smartphone and can customise their own alarm notifications.<sup>4</sup>



Family members can be notified the minute your glucose crosses the level they customise in the LibreLinkUp app.<sup>4</sup>

Loved ones can see the last 12 hours of glucose readings in a simple Interactive Glucose Graph. Simply scroll left and right.



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**1.** The LibreLinkUp app is only compatible with certain mobile devices and operating systems. Please check [www.librelinkup.com](http://www.librelinkup.com) for more information about device compatibility before using the app. Use of the LibreLinkUp app requires registration with LibreView. **2.** Edge, J., Arch Dis Child. (2017): <https://doi.org/10.1136/archdischild-2016-311530>. **3.** The user's device **must** have internet connectivity for glucose data to automatically upload to LibreView. **4.** Glucose alarms will transfer to the LibreLinkUp app when users are connected and alarms are enabled on the FreeStyle Libre 3 app.

## Removing and replacing your sensor

The sensor is designed to be worn for up to 14 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 14 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 Care for more information.**



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.



# Know sooner. Act faster. Be ready to avoid hypos.

With minute-to-minute readings streaming to your smartphone,<sup>1</sup> know when your glucose is getting low and act faster to avoid a hypo.

## Now You Know

All in the world's smallest, thinnest,<sup>2</sup> and most discreet<sup>3</sup> sensor.



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**3.** Data on file, Abbott Diabetes Care, Inc.

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