



FreeStyle  
**Libre** 14 day  
FLASH GLUCOSE MONITORING SYSTEM

# YOU CAN DO IT WITHOUT FINGERSTICKS\*

FreeStyle Libre 14 day system  
**Getting started guide**



*life. to the fullest.™*

**Abbott**

\*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.

# Welcome to your new FreeStyle Libre 14 day system

Inside, you'll find everything you need to start managing your diabetes with the accurate,<sup>1</sup> convenient, and user-friendly continuous glucose monitoring (CGM) solution.

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Reference: 1. FreeStyle Libre 14 day User's Manual.



# What Is CGM

## Continuous glucose monitoring (CGM)

CGM automatically tracks your glucose levels day and night. These systems generally consist of a:

- **Sensor**, which is worn on the body for a specified period to measure and store glucose levels at regular time intervals
- **Monitor**, which allows you to view your glucose levels at any time. Some CGM systems also allow access to glucose levels on your compatible smartphone

## What can CGM do for you?

CGM systems can detect trends and patterns for you and your doctor, which can help inform decisions on:



**Medication**



**Activity**



**Nutrition**

With actionable insights and a more complete picture of your glucose levels, CGM can help you better manage your diabetes.

## Comparing CGM to traditional blood glucose monitoring (BGM)

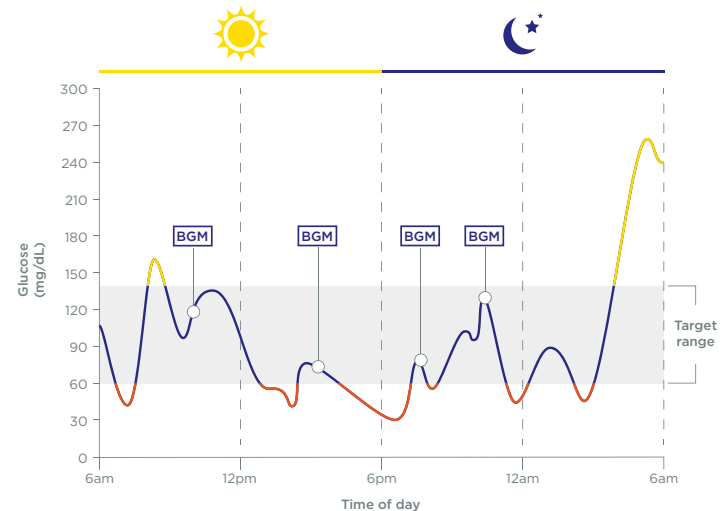
CGM goes beyond current readings with additional insights based on where your glucose has been, and where your glucose is going.

	CGM	BGM
Current glucose reading	Yes	Yes
Glucose history	Yes	No
Glucose direction (trend arrows)	Yes	No

## Continuously tracked for a more complete view

Because blood glucose meters only provide you with a measurement at a single moment in time, highs and lows can go undetected—even with multiple daily fingersticks.

As you can see in the chart below, each of the blood glucose readings appear to be in range, while in reality, a number of highs and lows were missed throughout the day.



*Not actual patient data; illustrative purposes only*

**NOTE:** See page 30 for more information about why glucose readings may be different between CGM and BGM.

# Discover

## FreeStyle Libre 14 day system

### Accurate<sup>1</sup>

Sensor automatically measures glucose readings day and night,\* and is accurate for insulin dosing<sup>†</sup>

### Convenient

The small sensor is about the size of 2 stacked quarters and can be scanned discreetly,<sup>1</sup> even through clothing<sup>‡</sup>

### User-friendly

Sensor is painless<sup>1</sup> to apply and easy to wear.<sup>1</sup> The sensor is water-resistant so you can swim,<sup>§</sup> shower, or exercise

\*Based on the sensor being replaced once every 14 days, and scanned at least once every 8 hours.

<sup>†</sup>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.

<sup>‡</sup>The reader can capture data from the sensor when it is within 1 cm to 4 cm of the sensor.

<sup>§</sup>Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes.

<sup>||</sup>The FreeStyle LibreLink app is compatible with iPhone 7 and later running iOS 11 and later.

**Reference: 1.** Data on file. Abbott Diabetes Care.

### Freedom from fingersticks<sup>†</sup>

The FreeStyle Libre 14 day system is a continuous glucose monitoring solution that includes a handheld reader and a sensor worn on the back of the upper arm.

You can also download the FreeStyle LibreLink app, which allows you to scan your sensor and get real-time glucose readings on your compatible smartphone.<sup>||</sup>

Instead of fingersticks,<sup>†</sup> simply swipe the reader over the sensor to view:

- A current glucose reading
- A glucose trend arrow
- An 8-hour history of your glucose levels



# System Overview

## FreeStyle Libre 14 day reader

Get real-time readings with painless<sup>1</sup> scanning that replaces fingersticks\*.

## FreeStyle Libre 14 day sensor

Using a thin, flexible filament inserted just under the skin, the sensor measures glucose by the minute.



## FreeStyle LibreLink app

Scan your sensor with our mobile application to get the same<sup>††</sup> real-time glucose information on your compatible smartphone<sup>§</sup>.

## LibreView<sup>||</sup>

Upload and store your glucose data in the cloud, making glucose reports easily accessible for you and your healthcare provider.

\*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.

<sup>†</sup>The FreeStyle LibreLink app and FreeStyle Libre 14 day readers have similar but not identical features. 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.

<sup>††</sup>If you want to use your reader, you must start the sensor with the reader first. Remember that FreeStyle LibreLink and FreeStyle Libre 14 day readers do not share data. For complete information on a device, be sure to scan your sensor every 8 hours with that device; otherwise, your reports will not include all your data.

<sup>§</sup>The FreeStyle LibreLink app is compatible with iPhone 7 and later running iOS 11 and later.

<sup>||</sup>LibreView is developed, distributed, and supported by NewYu, Inc. 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. Trademarks are the property of their respective owners. Images are for illustration purposes only. Not actual patient data.

**Reference: 1.** Data on file. Abbott Diabetes Care.

# Getting Started

## How to assemble and apply your FreeStyle Libre 14 day sensor

### 1 Site selection



- Select an area on the back of the upper arm that generally stays flat during normal daily activities
- Keep the adhesion site smooth and, if necessary, clean-shaven

**NOTE:** Applying to an unapproved location may result in inaccurate glucose readings. Avoid scars, moles, stretch marks, lumps and insulin injection sites. Rotate sites between applications to avoid skin irritation.

### 2 Site preparation



- Clean your skin with mild, non-moisturizing soap and water to remove any residue from your skin
- Clean your skin using an alcohol wipe
- Allow skin to dry completely (without blowing on it) before attaching new sensor

**NOTE:** See page 15 for additional products that may help with sensor adhesion or removal.

### 3 Sensor preparation



- Peel lid from Sensor Pack and unscrew cap from Sensor Applicator
- Line up marks on Sensor Applicator and Pack. Press down firmly on Sensor Applicator until it comes to a stop

- Lift Sensor Applicator out of Sensor Pack. Sensor Applicator is now ready to apply the sensor

**CAUTION:** Sensor Applicator will now contain a needle. Do not touch inside Sensor Applicator or place back inside Sensor Pack.

**NOTE:** Sensor Pack and Sensor Applicator codes must match or glucose readings may be inaccurate.

### 4 Sensor application



- Place Sensor Applicator over application site and press firmly to apply
- Gently pull Sensor Applicator away from your body
- Make sure the sensor is secure by pressing the sensor down and running your finger along the sensor adhesive



## 5 Sensor activation

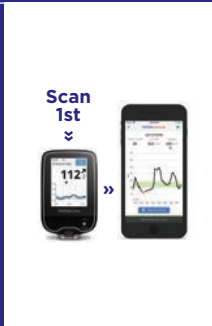


- Turn on the FreeStyle Libre 14 day reader or FreeStyle LibreLink app
- Tap the 'Start New Sensor' icon
- Scan the sensor with the reader or your compatible smartphone\* to begin the 1-hour warm-up period

**NOTE:** If a sensor is first activated with the FreeStyle LibreLink app, real-time readings will **ONLY** be available on your compatible smartphone.\*

### To pair your sensor with both the reader AND app:

- Start your sensor with the FreeStyle Libre 14 day reader first
- At any time after you start your sensor with the reader, scan the sensor with the FreeStyle LibreLink app



\*The FreeStyle LibreLink app is compatible with iPhone 7 and later running iOS 11 and later.

†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.

## Sensor adhesion and removal

You may find it helpful to use additional products when applying and removing your sensor. Some third-party options are listed here, but everyone's skin is different. Try a variety of products to find the right combination for you.

### Products that help with sensor adhesion†

<b>Torbot Skin Tac™</b>	A hypoallergenic and latex-free "tacky" skin barrier
<b>Skin-Prep™ Protective Barrier Wipe</b>	Protective liquid dressing that allows skin to breathe so tapes and films adhere better
<b>Mastisol® Liquid Adhesive</b>	Clear, nonirritating, non-water-soluble liquid adhesive that secures dressings even in moist areas

### Products that help with sensor removal†

<b>Baby Oil</b>	Soft moisturizer
<b>Remove™ Adhesive Remover</b>	Removes adhesive residue on skin
<b>UNI-SOLVE™ Adhesive Remover</b>	Formulated to reduce adhesive trauma to the skin by thoroughly dissolving dressing tape and appliance adhesives

**NOTE:** To remove the sensor, pull up adhesive edge that keeps sensor attached to your skin, then slowly peel from skin in a single motion.

## Real-time readings

The Sensor Glucose Readings screen appears after you scan the sensor with your reader or compatible smartphone.\*

Whether you scan your sensor with the FreeStyle Libre 14 day reader or the FreeStyle LibreLink app, each reading will include:

- 1 Current glucose reading
- 2 Glucose trend arrow, indicating which way your glucose is headed
- 3 A graph showing 8 hours of your glucose history

You can also add meal (ie, carb count), exercise, and insulin dosing notes directly on the reader and app after each scan.



FreeStyle Libre 14 day reader



FreeStyle LibreLink app

Remember to scan your FreeStyle Libre 14 day sensor at least once every 8 hours to avoid gaps in your daily graph.

The FreeStyle Libre 14 day sensor holds 8 hours of data, so it's important to scan at least that often to maintain a complete picture of your glucose measurements.

\*The FreeStyle LibreLink app is compatible with iPhone 7 and later running iOS 11 and later.

# Glucose Insights

## **Empowering you with a more complete view of your diabetes**

FreeStyle Libre 14 day system measures glucose every minute, and stores readings every 15 minutes for up to 90 days,\* providing you and your doctor with actionable insights.

The more you check your readings, the better you'll understand how the system works, and how those insights can impact the decisions you and your doctor make as you work together to build a plan for managing your diabetes.

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\*Based on the sensor being replaced once every 14 days, and scanned at least once every 8 hours.

## Reading your reports

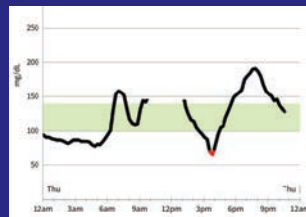
Access a variety of reports on both your FreeStyle Libre 14 day reader and compatible smartphone.\*



### Daily graph

Shows your Target Glucose Range and symbols for food or rapid-acting insulin notes you have entered

Remember, if your sensor is not scanned at least once every 8 hours, there will be a gap in your daily graph like the one shown here. To ensure you have a complete picture of your glucose data, be sure to scan your sensor often.



### Time in target

Shows percentage of time your sensor readings were above, below, and within your target glucose range

### Daily patterns

Highlights patterns and variability of your sensor glucose over a typical day, including both midpoint and range of sensor readings<sup>†</sup>

### Low glucose events

Provides information about the number of low glucose events measured by your sensor

\*The FreeStyle LibreLink app is compatible with iPhone 7 and later running iOS 11 and later.

<sup>†</sup>Daily patterns report needs at least 5 days of glucose data.

## Sharing your reports

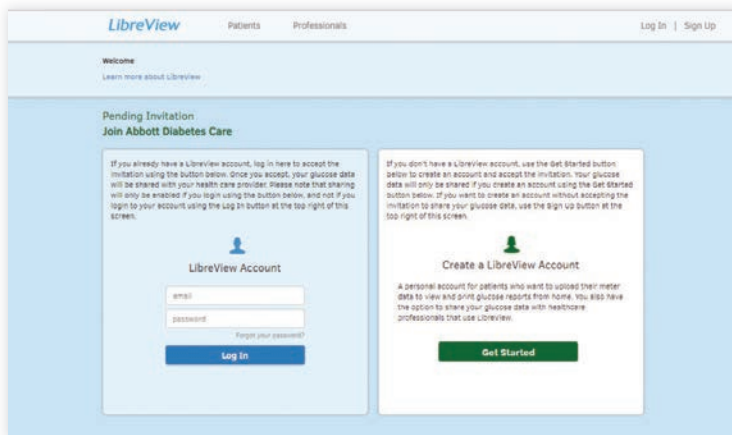
### LibreView allows you to share glucose data with your healthcare providers

If you are uploading your reader data at home or using FreeStyle LibreLink app, your doctor may ask you to share your glucose data with them in order to guide you through managing your diabetes.

There are 2 ways to connect your LibreView account to your healthcare provider's LibreView account. First, create an account on [www.LibreView.com](http://www.LibreView.com), then follow the steps below:

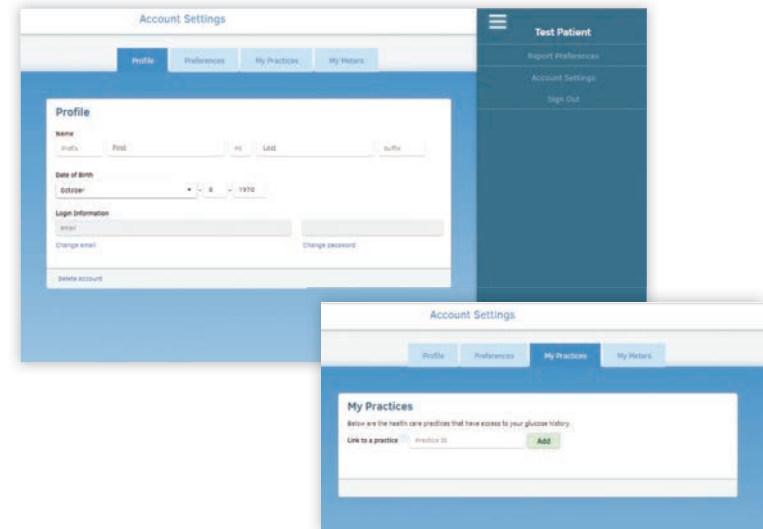
#### Option 1: Accept the invitation from your healthcare provider

1. You will receive an email invitation to join your provider's practice
2. Open the email and click 'Accept'
3. Sign in to your LibreView account and click 'Accept'



#### Option 2: Connect manually with your healthcare provider's ID

1. Your doctor will provide you with a 'Practice ID'
2. Log in to [www.LibreView.com](http://www.LibreView.com) and navigate to 'Account Settings' from the right navigation menu
3. From the 'Account Settings' page, click on the 'My Practices' tab
4. Input the 'Practice ID' and click 'Add'



You are now ready to begin sharing your detailed glucose reports.

# Additional Information

Helping you get the most out of your new FreeStyle Libre 14 day system

## Designed to fit into your daily life



### Showering, bathing, and swimming

Your sensor is water resistant and will continue working as long as it is not submerged more than 3 feet or kept under water longer than 30 minutes at a time



### Exercising

Maintain your active lifestyle with FreeStyle Libre 14 day system. Use skin adhesive\* prior to applying the sensor if sweating causes your sensor to loosen



### Getting dressed

The sensor is discreet,<sup>†</sup> hardly noticeable,<sup>†</sup> and can be scanned through your clothing<sup>†</sup>



### Traveling

You can safely use your system at all times while on an aircraft; however, 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

\*Abbott Diabetes Care is not responsible for adverse effects of skin adhesives. Everyone's skin is different; you may need to try various products to find the one that is right for you. Please refer to the FreeStyle Adhesion Guide for more information.

†The reader can capture data from the sensor when it is within 1 cm to 4 cm of the sensor.

## Understanding trend arrows

### Tools that can impact treatment decisions

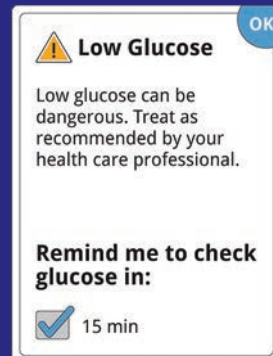
Trend arrows can help you interpret your glucose levels more easily. Unlike BGM, which provides only a current reading, trend arrows show both the direction and speed at which your glucose levels are changing.

Combined with your current reading, trend arrows give you a more complete picture so you can make more informed treatment decisions.

### Important notes

Avoid insulin “stacking” to help reduce low blood sugar. CGM systems can replace blood glucose testing except in a few situations. If any of the following apply, perform a blood glucose check before making any treatment decisions:

- Anytime you see the Check Blood Glucose symbol
- If you think your glucose readings are not correct
- If your glucose readings do not match how you feel

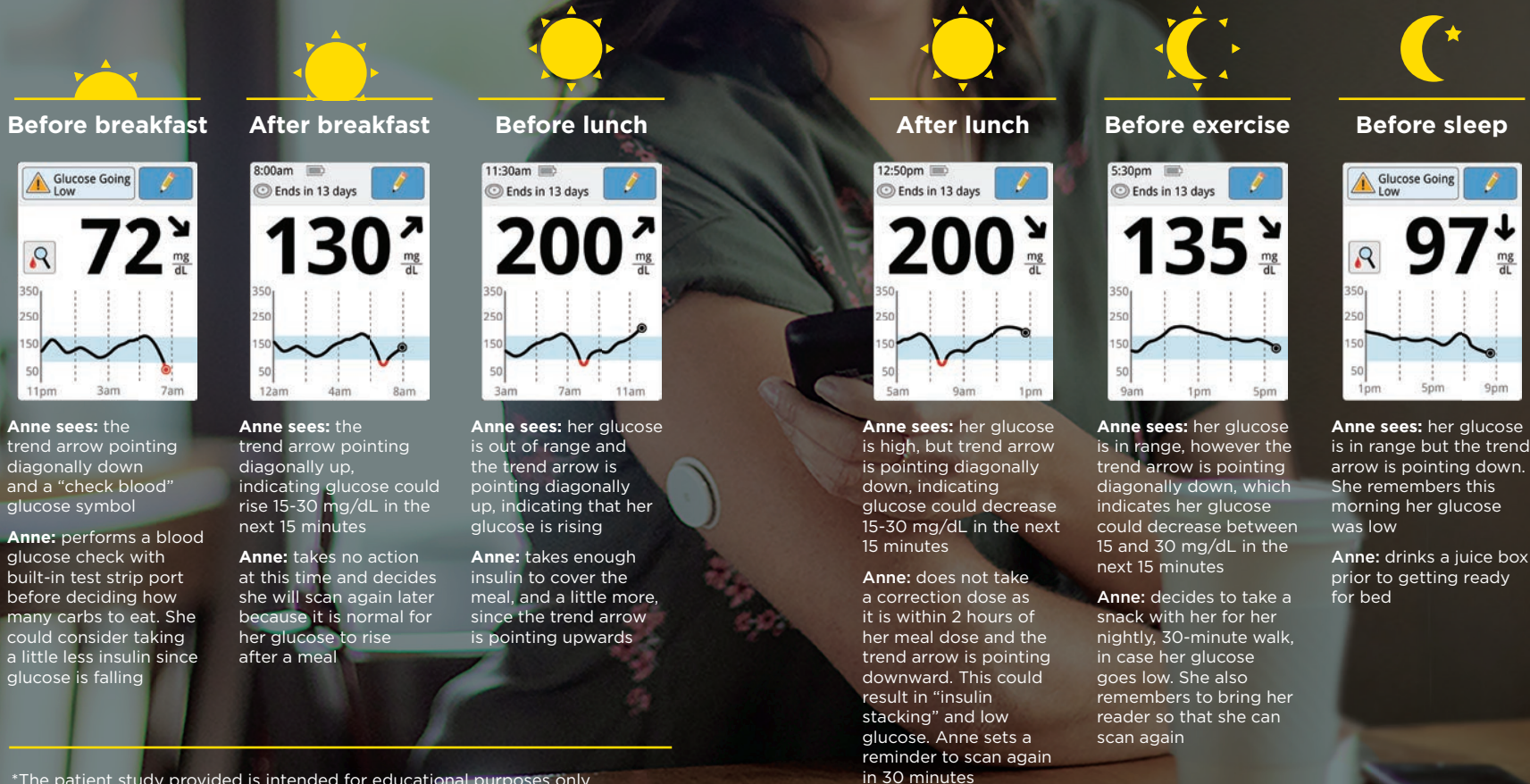


## Interpreting trend arrows

Current reading	What trend arrow means	Potential reading in 30 minutes
110 →	<b>Glucose is changing slowly</b> (less than 1 mg/dL per minute)	--
110 ↑	<b>Glucose is rising quickly</b> (more than 2 mg/dL per minute)	>170 mg/dL
110 ↗	<b>Glucose is rising</b> (between 1 and 2 mg/dL per minute)	140-170 mg/dL
110 ↘	<b>Glucose is falling</b> (between 1 and 2 mg/dL per minute)	50-80 mg/dL
110 ↓	<b>Glucose is falling quickly</b> (more than 2 mg/dL per minute)	<50 mg/dL

# A Day in the Life

How Anne, a CGM user, manages her diabetes with FreeStyle Libre 14 day system\*



**Anne sees:** the trend arrow pointing diagonally down and a “check blood” glucose symbol

**Anne:** performs a blood glucose check with built-in test strip port before deciding how many carbs to eat. She could consider taking a little less insulin since glucose is falling

**Anne sees:** the trend arrow pointing diagonally up, indicating glucose could rise 15-30 mg/dL in the next 15 minutes

**Anne:** takes no action at this time and decides she will scan again later because it is normal for her glucose to rise after a meal

**Anne sees:** her glucose is out of range and the trend arrow is pointing diagonally up, indicating that her glucose is rising

**Anne:** takes enough insulin to cover the meal, and a little more, since the trend arrow is pointing upwards

**Anne sees:** her glucose is high, but trend arrow is pointing diagonally down, indicating glucose could decrease 15-30 mg/dL in the next 15 minutes

**Anne:** does not take a correction dose as it is within 2 hours of her meal dose and the trend arrow is pointing downward. This could result in “insulin stacking” and low glucose. Anne sets a reminder to scan again in 30 minutes

**Anne sees:** her glucose is in range, however the trend arrow is pointing diagonally down, which indicates her glucose could decrease between 15 and 30 mg/dL in the next 15 minutes

**Anne:** decides to take a snack with her for her nightly, 30-minute walk, in case her glucose goes low. She also remembers to bring her reader so that she can scan again

**Anne sees:** her glucose is in range but the trend arrow is pointing down. She remembers this morning her glucose was low

**Anne:** drinks a juice box prior to getting ready for bed

\*The patient study provided is intended for educational purposes only. Individual symptoms, situations, and circumstances may vary.

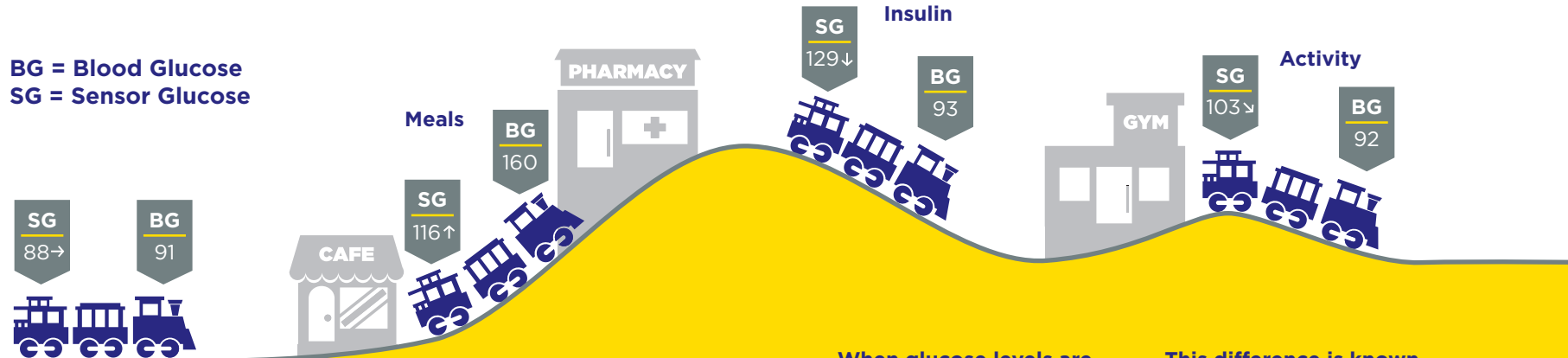


## Why are glucose readings different?

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.

**BG = Blood Glucose**  
**SG = Sensor Glucose**



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

## Understanding the lag<sup>1</sup>

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.

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

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

Reference: 1. Cengiz E, Tamborlane WV. A tale of two compartments: interstitial versus blood glucose monitoring. *Diabetes Technol Ther*. 2009;11(suppl 1):S11-S16.

## Maximizing the value of each visit

Getting the most out of your doctor's appointments

### 1 Enter notes on your reader

Add notes after each scan to help your doctor identify how medication, activity, or nutrition affects your glucose levels.

### 2 Add comments to each note

On the FreeStyle LibreLink App (feature not available on reader), enter any questions you may have on your last reading. These questions can guide the conversation with your doctor and inform treatment decisions.

### 3 Scan sensor at least every 8 hours

Your sensor stores the last 8 hours of glucose data. The more you scan, the more complete picture your doctor has to help you better manage your diabetes.

## Support

Questions? We're here for you.

We want to make sure you are always satisfied with your FreeStyle Libre 14 day system. If you ever have any issues or concerns, please contact our Customer Service Team or visit our website for more information and interactive resources.

**1-855-632-8658**

8 AM-8 PM ET, Monday-Friday  
(excluding holidays)

**FreeStyleLibre.us**



**YOU CAN  
DO IT  
WITHOUT  
FINGERSTICKS\***



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life. to the fullest.™

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### Indications and Important Safety Information

FreeStyle Libre 14 day Flash Glucose Monitoring system is a continuous glucose monitoring (CGM) device indicated for replacing blood glucose testing and detecting trends and tracking patterns aiding in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments in persons (age 18 and older) with diabetes. The system is intended for single patient use and requires a prescription.

**CONTRAINDICATIONS:** Remove the sensor before MRI, CT scan, X-ray, or diathermy treatment.

**WARNINGS/LIMITATIONS:** Do not ignore symptoms that may be due to low or high blood glucose, hypoglycemic unawareness, or dehydration. Check sensor glucose readings with a blood glucose meter when Check Blood Glucose symbol appears, when symptoms do not match system readings, or when readings are suspected to be inaccurate. The system does not have alarms unless the sensor is scanned, and the system contains small parts that may be dangerous if swallowed. The system is not approved for pregnant women, persons on dialysis, or critically-ill population. Sensor placement is not approved for sites other than the back of the arm and standard precautions for transmission of blood borne pathogens should be taken. The built-in blood glucose meter is not for use on dehydrated, hypotensive, in shock, hyperglycemic-hyperosmolar state, with or without ketosis, neonates, critically-ill patients, or for diagnosis or screening of diabetes. When using FreeStyle LibreLink app, access to a blood glucose monitoring system is required as the app does not provide one. Review all product information before use or contact Abbott Toll Free (855-632-8658) or visit [www.freestylelibre.us](http://www.freestylelibre.us) for detailed indications for use and safety information.

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