



EVERYTHING YOU NEED TO KNOW ABOUT THE FREESTYLE LIBRE 2 SYSTEM

Why prick, when you can scan*?



The FreeStyle Libre system is the #1 sensor-based glucose monitoring system used worldwide¹

visit [FreeStyleLibre.com.au](https://www.FreestyleLibre.com.au)



life. to the fullest.

Abbott

THIS PRODUCT MAY NOT BE RIGHT FOR YOU. READ THE WARNINGS BEFORE PURCHASE AND FOLLOW THE INSTRUCTIONS. Find out more at [FreeStyleLibre.com.au](https://www.FreestyleLibre.com.au)

*Scanning the sensor does not require lancets.

1. Data based on the number of users worldwide for FreeStyle Libre family of personal CGMs compared to the number of users for other leading personal CGM brands and based on CGM sales dollars compared to other leading personal CGM brands.

NEXT GENERATION CGM



The FreeStyle Libre 2 sensor



→ Optional alarms

Peace of mind when it's needed most, with three optional real-time alarms:

- ✓ Low glucose alarm
- ✓ High glucose alarm
- ✓ Signal loss alarm



→ Automatically and continuously records glucose levels over the last 8 hours.



→ Excellent accuracy overall, even in the low glucose range, when it matters the most.^{1,2}



→ Designed to stay on the body for up to 14 days.



→ No finger pricks required.¹

The FreeStyle Libre 2 reader

For information about the FreeStyle Libre 2 reader, please visit [FreeStyleLibre.com.au](https://www.FreeStyleLibre.com.au) or consult your user manual for instructions on how to set up the alarms, as well as other information about the system.



1. Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. 2. Alva et al. Accuracy of a 14-Day Factory-Calibrated Continuous Glucose Monitoring System With Advanced Algorithm in Pediatric and Adult Population With Diabetes. *Journal of Diabetes Science and Technology* 1–8 DOI: 10.1177/1932296820958754. 3. The FreeStyle LibreLink app is only



FreeStyle LibreLink

- The FreeStyle LibreLink app is available on your smartphone.^{3,4}
- View your glycaemic profile and your glucose patterns at a glance.

LibreLinkUp

- The LibreLinkUp app is ideal for parents and caregivers, with a maximum of 20 invitations.
- Stay informed on the glucose values and trends of family and friends.
- Receive an alarm when their glucose levels are too high or too low. The alarms need to be turned on in FreeStyle LibreLink for alarm notifications to be sent.



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compatible with certain mobile devices and operating systems. Please visit FreeStyleLibre.com.au for more information about device compatibility before using the app. **4**. To use the FreeStyle LibreLink app, you will need to register with LibreView, a service provided by Abbott and Newyu, Inc.

APPLYING THE FREESTYLE LIBRE 2 SENSOR IS EASY!



- Choose a (healthy and hairless) area of skin on the back of your arm that always stays flat (without creases).
- Preferably a location where there is no risk of the sensor getting caught.
- Avoid areas with scars, moles, stretch marks, bumps or tattoos.



1800 801 478

If you have any questions, please contact FreeStyle Libre Customer Care (toll free from Australia).

VISIT
[FreeStyleLibre.com.au](https://www.FreestyleLibre.com.au)

1 Prepare your skin



Clean the area with soap and water, and then with an alcohol wipe (or cotton wool). **Let the area air-dry for a better grip.**

2 Prepare the sensor



Open the package by removing the seal. Unscrew the cap of the sensor applicator.



Align the black line on the sensor applicator with the line on the sensor pack. **Press down firmly.**



Remove the sensor applicator from the sensor pack.



Please note: this step must be performed on a flat surface for proper sensor connection.

3 Apply the sensor



Place the sensor applicator on the cleaned area. **Press** to apply the sensor.



Gently remove the applicator from your arm.



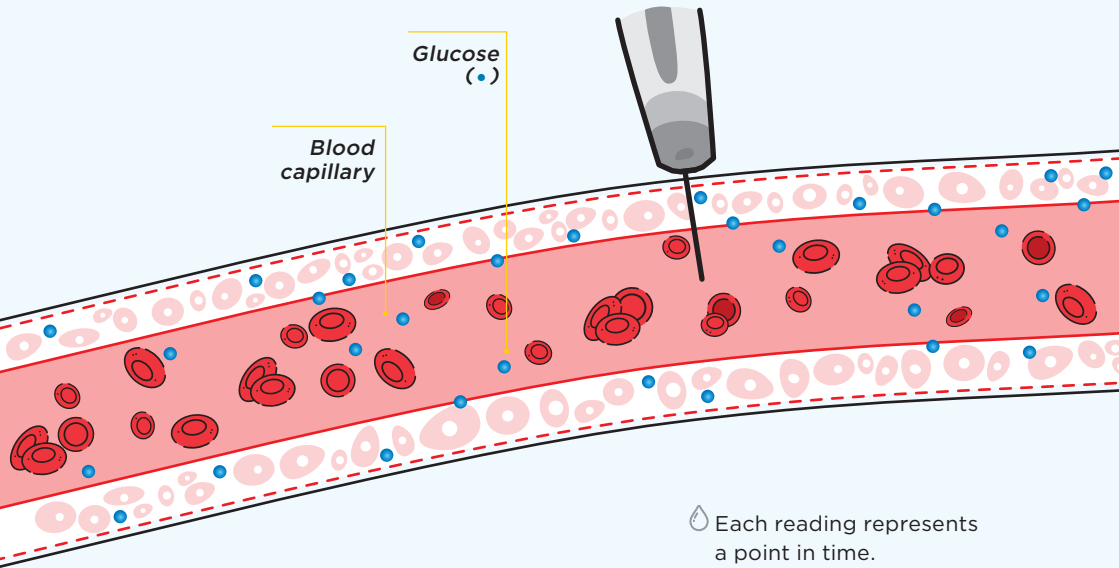
Make sure that the sensor is attached. **Smooth the outline of the sensor to increase adhesion.**


EVERYTHING YOU NEED TO KNOW ABOUT GLUCOSE MANAGEMENT


How does the sensor reading compare with a blood glucose reading?


→ **TRADITIONAL BLOOD GLUCOSE MONITORING**


Traditional blood glucose monitoring provides information on the glucose levels in your blood.




 Measures the blood glucose levels.

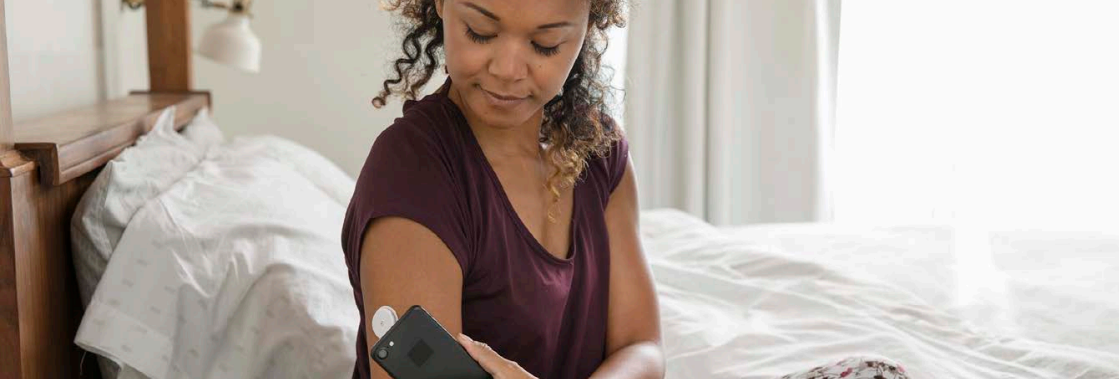
 You need to prick your fingertip for each measurement.

 Each reading represents a point in time.

 Measuring blood glucose takes time.

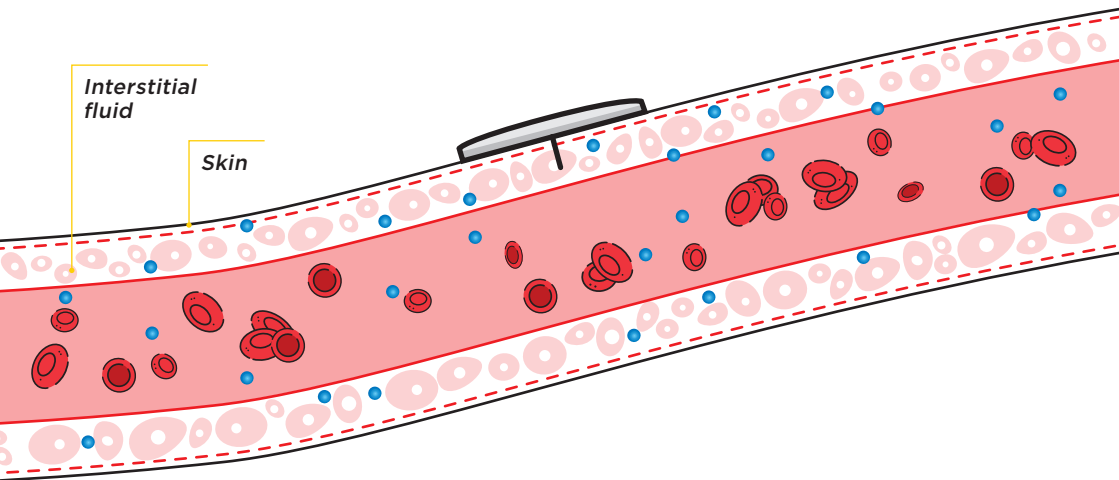
 You need a whole kit: lancets, a finger pricker and a blood glucose reader.

1. You will need to do a finger prick test if your glucose readings and alerts do not match your symptoms or expectations. 2. Most people did not feel any discomfort under the skin while wearing the FreeStyle Libre sensor. In a 2013 US study conducted by Abbott Diabetes



➔ ●☰ **THE FREESTYLE LIBRE 2 SYSTEM**

Measures the glucose levels in the interstitial fluid (fluid between the cells underneath the skin) and not in the blood.



- ☰ Measures glucose levels in the interstitial fluid.
- ☰ A simple scan reveals the glucose measurement.¹
- ☰ Sensor application is painless.²
- ☰ The sensor continuously measures glucose levels.³
- ☰ The scan takes 1 second.
- ☰ The sensor records the last 8 hours of data.
- ☰ Simply scan wherever and whenever you want.

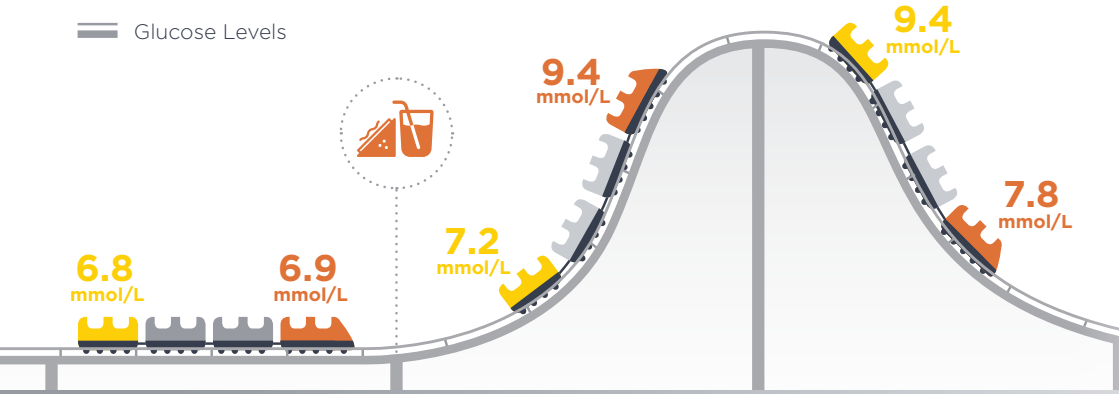
Care, 100% of the patients surveyed (n=30) rated that applying the sensor was painless or almost painless, and 93.4% of patients strongly agree or agree that while wearing the sensor, they did not feel any discomfort under their skin. Data on file.

It is quite normal that glucose levels are different in certain situations, because glucose takes a little longer to get into the interstitial fluid (ISF) than into the blood. Glucose first enters the bloodstream before being absorbed by the interstitial fluid.¹

 FreeStyle Libre 2 (ISF) Glucose

 Blood Glucose

 Glucose Levels



When glucose levels remain stable, the glucose levels recorded by the FreeStyle Libre 2 sensor and blood glucose are similar, though not always exactly the same.



With rapidly rising glucose levels, the FreeStyle Libre 2 sensor reading may be lower than the blood glucose levels.



For rapidly falling glucose, the FreeStyle Libre 2 sensor reading may be higher than the blood glucose levels.



The glucose levels in interstitial fluid mirror the blood glucose levels, with a lag of around 10 minutes.^{1,2}

1. Rebrin K, Sheppard NF Jr, Steil GM. Use of subcutaneous interstitial fluid glucose to estimate blood glucose: revisiting delay and sensor offset. *J Diabetes Sci Technol.* 2010;4(5):1087-1098. 2. Rebrin K, Steil GM. Can interstitial glucose assessment replace blood glucose measurements? *Diabetes Technol Ther.* 2000;2(3):461-472.



The difference between the blood glucose measurements and the glucose measurements on the FreeStyle Libre 2 sensor are greater following a rapid change in levels after eating, after insulin and after exercise.



To watch the video showing why sensor glucose and blood glucose can often be different, visit [FreeStyleLibre.com.au](https://www.freesstylelibre.com.au)

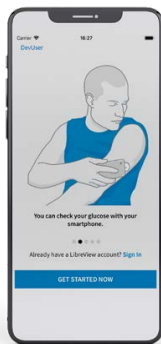


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STARTING A NEW SENSOR WITH THE FREESTYLE LIBRELINK^{1,2} APP



1

Open the FreeStyle LibreLink app and point your **smartphone** towards the newly applied sensor. Scan the sensor.

2

You will need to wait for 60 minutes after the sensor has been applied. Your smartphone will provide a countdown.



3

After 60 minutes you will receive a notification on the FreeStyle LibreLink app, letting you know that the sensor is ready to be scanned.



To use the FreeStyle Libre 2 reader and FreeStyle LibreLink app at the same time:

1. First start your sensor with the reader.
2. Then scan your sensor with your smartphone.
3. Please note that alarms will only show on the device you scanned first.

1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please visit [FreeStyleLibre.com.au](https://www.FreestyleLibre.com.au) for more information about device compatibility before using the app. 2. To use the FreeStyle LibreLink app, you have to register with LibreView, a service provided by Abbott and Newyu, Inc.

OPTIONAL ALARMS



ALARM

An alarm will be triggered when your **glucose level** is higher or lower than the limits you set, or when the signal is lost.



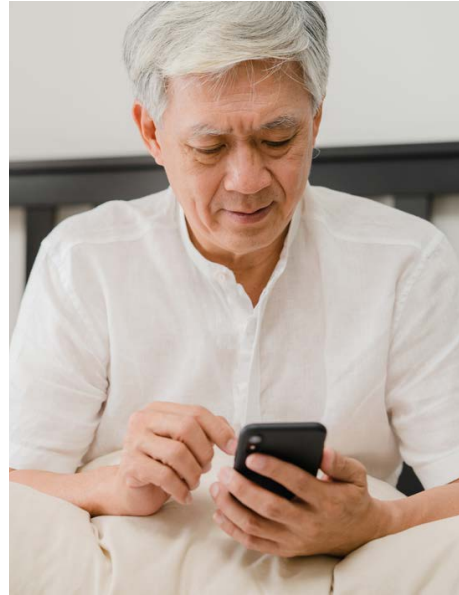
SCAN

Scan the sensor with the FreeStyle LibreLink^{1,2,3} app to check your glucose level.



ACT

Using the **data** you receive and the trend indicators, act according to your healthcare professional's recommendations.



When will the alarm go off?

WHEN YOUR GLUCOSE LEVEL IS LOW

Depending on the limit you have set:

< 3.3 - 5.6 mmol/L

WHEN YOUR GLUCOSE LEVEL IS HIGH

Depending on the limit you have set:

> 6.7 - 22.2 mmol/L

WHEN THE CONNECTION IS LOST

If your smartphone is more than **six metres** away from you for more than **20 minutes**.

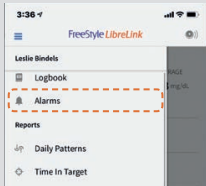


For easy and efficient scanning, ensure your phone's Near Field Communication (NFC) antenna is positioned directly over your sensor when you scan. The NFC antenna on an iPhone is at the top. The NFC antenna on an Android phone is usually on the back. Remove bulky or metallic phone cases as they can interfere with the NFC signal.

TURNING THE FREESTYLE LIBRE 2 OPTIONAL ALARMS ON

On your FreeStyle LibreLink app^{1,2}

1
Select **Alarms** in the main menu.³

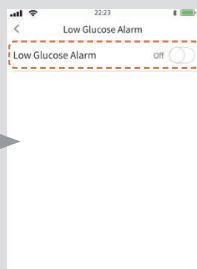
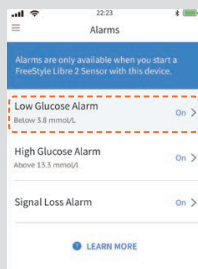


To watch the instruction video showing how to set up the FreeStyle Libre 2 alarms on the FreeStyle LibreLink app¹ visit:



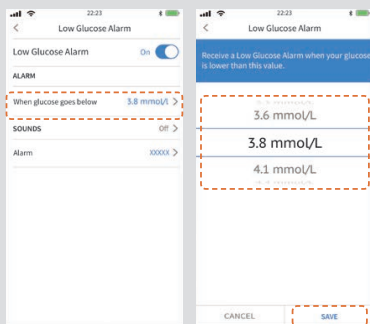
[FreeStyleLibre.com.au](https://www.FreeStyleLibre.com.au)

2
Select **Low Glucose Alarm** and turn on the alarm.



The Signal Loss alarm turns on automatically when one or more glucose alarms are turned on

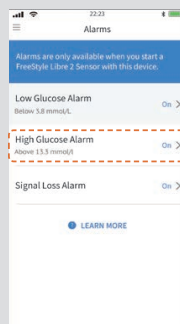
3
Scroll through the readings to select a **minimum glucose** reading. Readings below this will trigger an **alarm**.⁴



4
In the **Sounds** section, click **Alarm** and choose your alarm sound.



5
Turn on your high glucose alarm by selecting **High Glucose Alarm** and repeating the previous steps.⁵



1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please visit [FreeStyleLibre.com.au](https://www.FreeStyleLibre.com.au) for more information about device compatibility before using the app. 2. To use the FreeStyle LibreLink app, you have to register with

REMOVING THE FREESTYLE LIBRE 2 SENSOR

Your FreeStyle LibreLink app will tell you when it is time to replace your sensor.

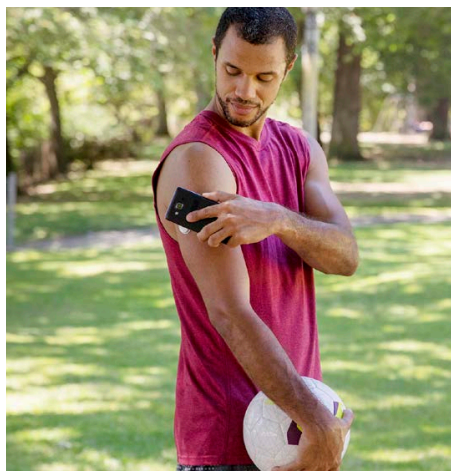


Pull the adhesive edge that fixes the sensor to your skin. Slowly remove in one single movement.

- Use cotton wool soaked in baby oil around the sensor to make it easier to remove. Any adhesive residue on the skin can be removed with warm soapy water or isopropyl alcohol (such as nail polish remover).
- When applying a new sensor, select a site other than the one most recently used.



All system components used, including the sensor, can be disposed of in accordance with the current local waste treatment practices.



To watch videos on how to apply and remove the FreeStyle Libre 2 sensor, visit [FreeStyleLibre.com.au](https://www.FreeStyleLibre.com.au)

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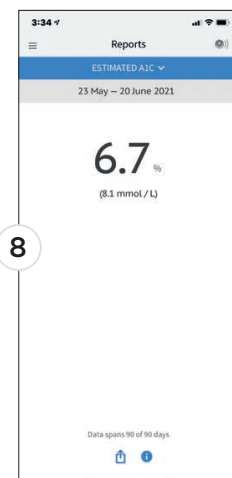
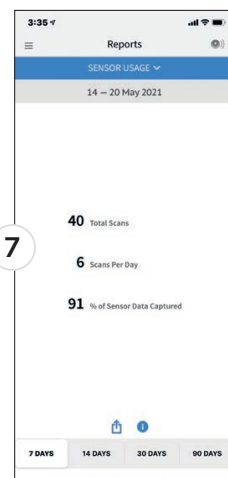
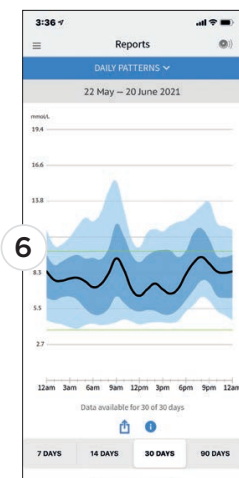
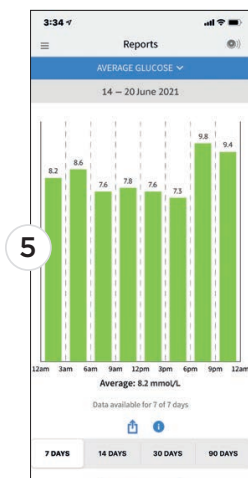
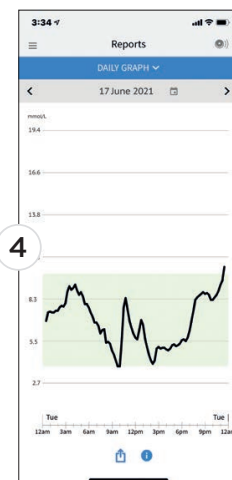
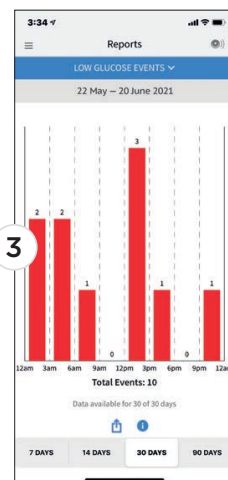
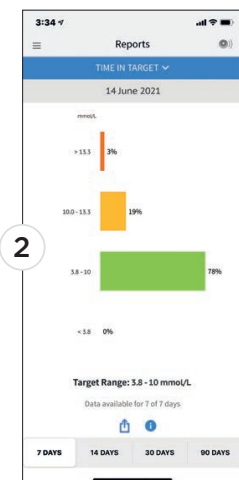
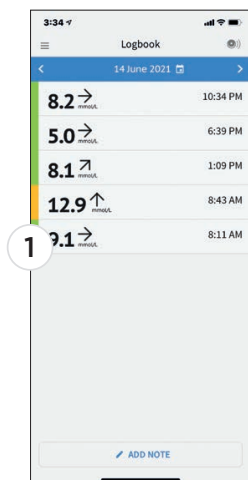
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LibreView, a service provided by Abbott and Newyu, Inc. **3.** Consult your user manual for instructions and information about the system. **4.** 3.9 mmol/L is the low glucose level set by default, but you can set it anywhere between 3.3 mmol/L and 5.55 mmol/L. **5.** 13.3 mmol/L is the high glucose level set by default, but you can set it anywhere between 6.7 mmol /L and 22.2 mmol/L.

REPORTS AVAILABLE ON THE FREESTYLE LIBRELINK APP^{1,2}

- » On your smartphone, in the main menu, or
- » On your reader, from the home screen, go to the “view history” section.

- | | | |
|-----------------------|--------------------|------------------|
| 1. Logbook | 4. Daily Graph | 7. Sensor Usage |
| 2. Time In Target | 5. Average Glucose | 8. Estimated A1c |
| 3. Low Glucose Events | 6. Daily Patterns | |



1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please visit [FreeStyleLibre.com.au](https://www.FreeStyleLibre.com.au)

You can use the reports to:



→ **Identify** your glucose trends.



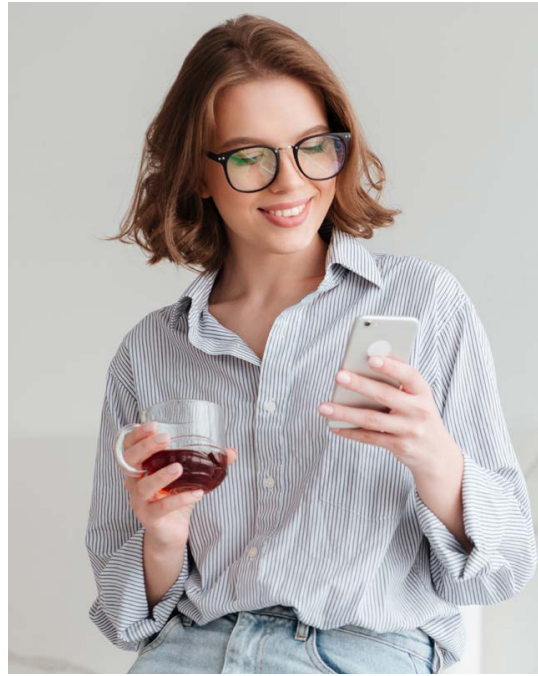
→ **Identify** the points to discuss with your healthcare professional.



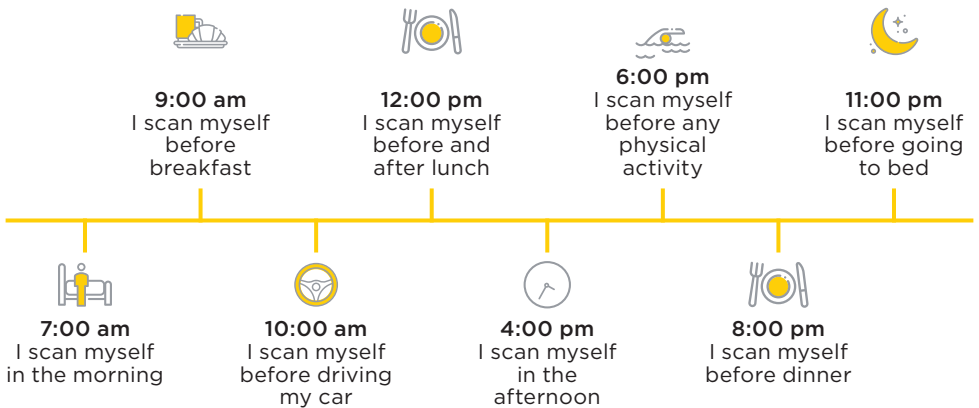
→ **Check** your glucose patterns regularly.



→ **Track** your progress continuously.



A typical day with FreeStyle Libre 2



Scan your sensor every 8 hours to obtain a full profile of your day.

for more information about device compatibility before using the app. 2. To use the FreeStyle LibreLink app, you have to register with LibreView, a service provided by Abbott and Newyu, Inc.

LIVING WITH THE FREESTYLE LIBRE 2 SYSTEM



Outstanding accuracy

Accurate, stable, and consistent over 14 days.¹



Receive warnings about your hypers and hypos with optional glucose alarms.

The FreeStyle Libre 2 system includes optional glucose alarms. These alarms need to be turned on as they are switched off by default.



Water resistant

For 30 minutes and up to a depth of one metre². The sensor may be worn during regular activities such as showering and exercise.



Practical

You can scan through clothing with a thickness of 4 cm.



X-ray, MRI or CT scan

Remove the sensor from your arm and apply a new one after any medical appointment with strong magnetic or electromagnetic radiation.



Travel

When travelling by air, put your FreeStyle Libre 2 sensors in your carry-on bag. Check with your airline, and follow their policy on NFC devices, and plan accordingly.



Security

We recommend you notify security personnel when going through airport security screening.

1. Alva et al. Accuracy of a 14-Day Factory-Calibrated Continuous Glucose Monitoring System With Advanced Algorithm in Pediatric and Adult Population With Diabetes. *Journal of Diabetes Science and Technology* 1–8 DOI: 10.1177/1932296820958754 2. The sensor is watertight for up to 30 minutes at a depth of up to one metre of water. Do not immerse longer than 30 minutes.

Keeping your sensor secure

Beware of anything that can catch or pull off your sensor:



Door frames, car doors and all kinds of straps (seat belts, handbag straps, clothing).



Be careful when changing clothes.



Gently pat the sensor dry after a shower.

Precautions for use



The sensor must be used at a temperature between 10 °C and 45 °C.



If the system is unable to provide a glucose result, scan the sensor again after 10 minutes.



Make sure the seams and accessories of your clothes don't rub against the sensor.

To watch videos from patients and their friends and family visit [FreeStyleLibre.com.au](https://www.freestylelibre.com.au)



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THE FREESTYLE LIBRE 2

Digital Health Ecosystem



FREESTYLE LIBRELINK: SCAN WITH THE APP

You can easily check your glucose levels using your smartphone.^{1,2}



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1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please visit FreeStyleLibre.com.au for more information about device compatibility before using the app. **2.** To use the FreeStyle LibreLink app, you have to register with LibreView, a service provided by Abbott and Newyu, Inc. **3.** The LibreLinkUp app is only compatible with certain mobile devices and operating systems. Please check <http://www.librelinkup.com> for more information about device compatibility before using the app. Use of LibreLinkUp requires registration with LibreView. **4.** LibreView is not intended to be a primary glucose monitor: home users must consult



LIBRELINKUP: SHARE YOUR GLUCOSE READINGS WITH YOUR LOVED ONES

Friends and family can monitor your glucose levels remotely.³



LIBREVIEW: SHARE YOUR GLUCOSE DATA WITH YOUR HEALTHCARE PROFESSIONAL

With every scan, your glucose data is automatically uploaded to LibreView.^{4,5}

their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information in the software, and healthcare professionals should use information in the software in conjunction with other clinical information available to them. **5.** LibreView data can be viewed in the Safari Browser on Mac OS X Mountain Lion or higher computers and on iOS 6 or higher mobile devices. Currently, uploading of glucose data is only supported on Windows based computers. Minimum system requirements are Windows Vista with IE10 or the latest versions of Google Chrome and Mozilla Firefox, running on a 550MHz Pentium III, 512MB DRAM, 2G Hard Drive, USB 2.0, LCD Screen with resolution of 1024X768.

THE FREESTYLE LIBRELINK APP^{1,2,3,4}



- Quickly identify your glucose levels using **colour coding**.
- Easily add **notes** to your glucose results.
- Check your predicted **glucose** level.
- **Easily send your data** to your family and friends via the LibreLinkUp² app.
- Your healthcare **professional** can instantly **see** your data.⁵



FAQ

Do I need a Wi-Fi connection to be able to use the FreeStyle LibreLink app?

You only need Wi-Fi or a mobile data connection for the initial configuration of the app. However in order to share information about your glucose levels with your healthcare team or other connected apps (for example with LibreView and the LibreLinkUp app), Wi-Fi or mobile data connection is required.

1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please visit FreeStyleLibre.com.au for more information about device compatibility before using the app. 2. Transfer of glucose data between FreeStyle LibreLink and LibreLinkUp depends on mobile connectivity. 3. The FreeStyle LibreLink app and FreeStyle Libre reader have similar features, but are not identical. 4. The FreeStyle Libre sensor communicates with the FreeStyle Libre reader or FreeStyle LibreLink app that launched it. A sensor started by a FreeStyle Libre reader can also communicate with the FreeStyle LibreLink app. Patients chose

Colour coding for a faster response

Your glucose is high (above 13.3 mmol/L) Refer to your action plan for hyperglycaemia

You're outside your target range (between your upper target and 13.3 mmol/L)

You're within your target range! (This is a range set by you)

You're outside your target range (between your lower target and 3.9 mmol/L)

Your glucose is low (below 3.9 mmol/L) Refer to your action plan for hypoglycaemia



For easy and efficient scanning, ensure your phone's Near Field Communication (NFC) antenna is positioned directly over your sensor when you scan. The NFC antenna on an iPhone is at the top. The NFC antenna on an Android phone is usually on the back. Remove bulky or metallic phone cases as they can interfere with the NFC signal.



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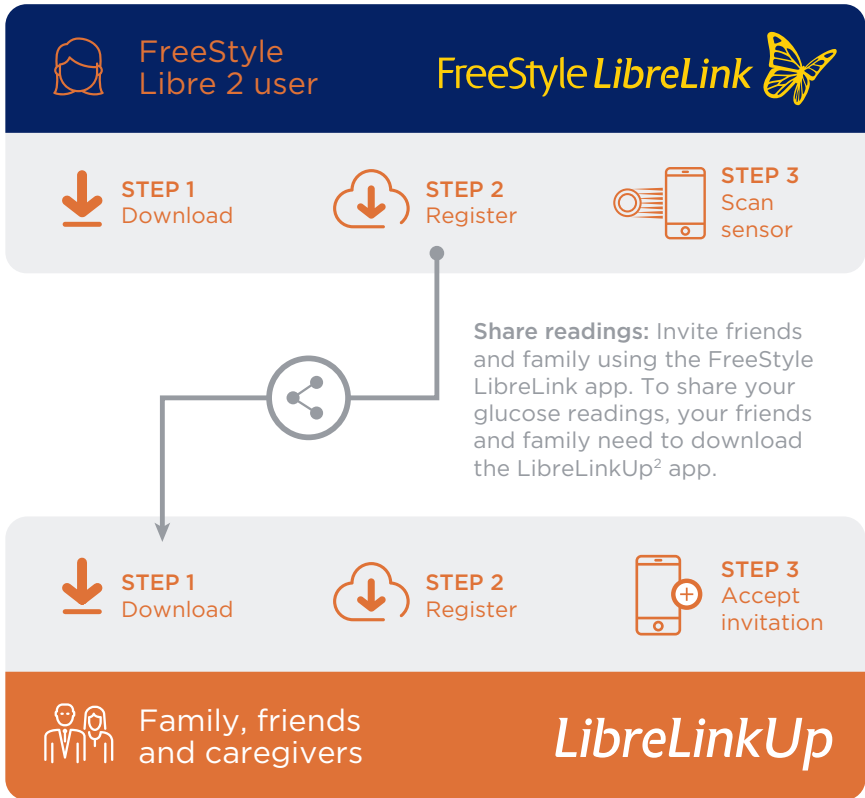
which device they would like to receive alarms on; either the FreeStyle Libre 2 reader or the FreeStyle LibreLink application. They need to launch their FreeStyle Libre 2 sensor with their chosen device. Once a patient has scanned their FreeStyle Libre 2 sensor with their chosen device, they can only receive alarms on that device. 5. Data captured by FreeStyle LibreLink will automatically be uploaded to LibreView when the patient's phone is connected to the internet.

MANAGE GLUCOSE TOGETHER WITH THE LIBRELINKUP APP

LibreLinkUp^{1,2} is a mobile app that allows family, friends and caregivers to remotely monitor your glucose readings.³

3 easy steps to remotely share your glucose readings with friends and family using the LibreLinkUp app.

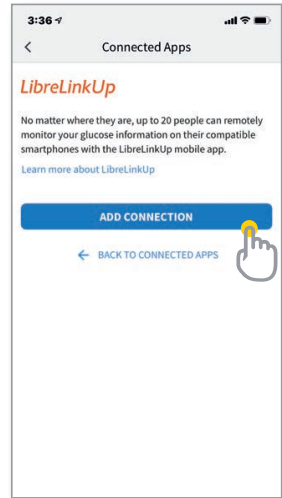
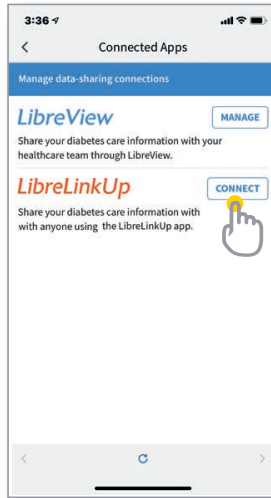
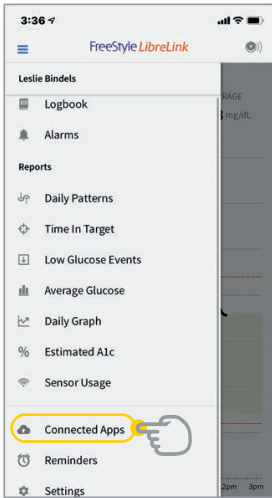
To share your glucose readings, first download the FreeStyle LibreLink app onto your smartphone.⁴



The LibreLinkUp app allows others to stay in touch and help support you with your glucose readings, day and night.^{1,2,3}

1. For a patient's loved one to receive glucose alarms, alarms need to be turned on in the LibreLinkUp app and the FreeStyle LibreLink app. Both the patient and their loved one also need to be connected to the internet. 2. LibreLinkUp is a mobile application, developed and provided by Newyu, Inc. Use of LibreLinkUp requires registration with LibreView, a service provided by Abbott and Newyu, Inc. LibreView data can be viewed in the Safari Browser on Mac OS X Mountain Lion or higher computers and on iOS 6 or higher mobile devices. Currently, uploading of glucose data is only supported on Windows-based computers. Minimum system requirements are Windows Vista

Using the FreeStyle LibreLink app, invite family, friends and caregivers who have downloaded the LibreLinkUp app (max. 20 invitations).



To receive glucose alarms, the alarms need to be turned on in both the FreeStyle LibreLink app and the LibreLinkUp app.



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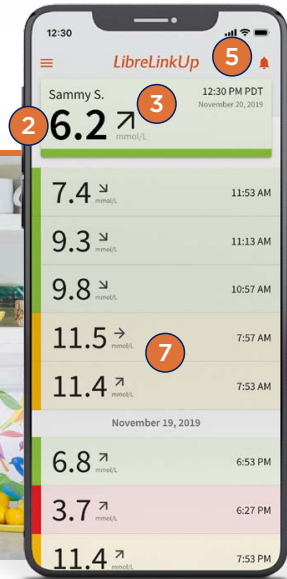
with IE10 or the latest versions of Google Chrome and Mozilla Firefox, running on a 550MHz Pentium III, 512MB DRAM, 2G Hard Drive, USB 2.0, LCD Screen with resolution of 1024X768. **3.** Transfer of glucose data between applications depends on cellular connectivity. **4.** The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. For more information about device compatibility for the FreeStyle LibreLink app visit [FreeStyleLibre.com.au](https://www.FreeStyleLibre.com.au). Use of FreeStyle LibreLink requires registration with LibreView.

KEY SCREEN GUIDES FOR APPS

FreeStyle LibreLink



LibreLinkUp



1 Arrow [←] =

Back to the home screen.

2 Current glucose level value

The coloured ribbon indicates if your glucose level is high or low, and within or outside the target range.

3 A trend indicator

Indicates the direction and rate at which glucose is changing.

4 Graph of the glucose data from the past 8 hours

See how food, physical activity and insulin affect glucose, day and night.

5 Turning on notifications

You can turn on notifications for glucose level readings and for low and high glucose level alarms.

6 Adding notes

Track food, insulin use, exercise, and other events.

7 History

Shows the last 100 scans.



For alarm notifications to be sent, the alarms need to be turned on in the FreeStyle LibreLink app.



1800 801 478

If you have any questions, please contact FreeStyle Libre Customer Care (toll free from Australia).

THIS PRODUCT MAY NOT BE RIGHT FOR YOU. READ THE WARNINGS BEFORE PURCHASE AND FOLLOW THE INSTRUCTIONS. Find out more at [FreeStyleLibre.com.au](https://www.FreeStyleLibre.com.au)

LIBREVIEW

Easy to understand reports for you and your healthcare professional

Each time you scan your FreeStyle Libre 2 sensor with the FreeStyle LibreLink app, your glucose data is automatically uploaded to LibreView, a secure, cloud-based platform.

Sharing your data with your healthcare professional?

If you share your data with your healthcare professional, they can remotely view your glucose profile.



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SHARING YOUR GLUCOSE DATA WITH YOUR HEALTHCARE PROFESSIONAL

SCENARIO A

Your healthcare professional provides you with the LibreView ID for their practice.

- 1 Go to **LibreView.com** and follow the instructions to set up an account (If you have already set up your FreeStyle LibreLink app, your log in details are the same).
- 2 Once logged into LibreView, go to **"Menu"** and then **"Account Settings"** (at the top right).
- 3 Click on the tab **"My Practices"** and enter the ID of your healthcare professional's practice.

If you use the FreeStyle LibreLink app, you can invite your healthcare professional within the app. Go to the main menu and select **"Connected Applications"**. Follow the instructions.

OR

SCENARIO B

Your healthcare professional invites you to join LibreView.

- 1 You receive an email invitation from your healthcare professional.
- 2 Click on the link and create a LibreView account.

ID of the LibreView practice



If you use the FreeStyle LibreLink app, you already have a LibreView account. Please enter the same email address and password as used with your app.

For more instructional videos and instructional materials,
visit FreeStyleLibre.com.au



Make life easier with FreeStyle Libre 2

The FreeStyle Libre system is the #1 sensor-based glucose monitoring system used worldwide¹



life. to the fullest.

Abbott



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VISIT
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This product is indicated for measuring interstitial fluid glucose levels in people (age 4 and older) with insulin-requiring diabetes.

A finger prick test using BGM is required if glucose readings and alarms do not match symptoms or expectations.

1. Data based on the number of users worldwide for FreeStyle Libre family of personal CGMs compared to the number of users for other leading personal CGM brands and based on CGM sales dollars compared to other leading personal CGM brands.

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