



# FreeStyle Libre 2

## WELCOME TO THE FREESTYLE LIBRE 2 SYSTEM

Now You **Know**

6.2  mmol/L



 **Abbott**  
*life. to the fullest.®*

The FreeStyle Libre 2 flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in people aged 4 years and older with diabetes mellitus. Always read and follow the label/insert. The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app.

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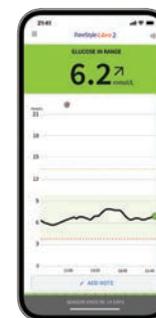
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# Meet the FreeStyle Libre 2 system

FreeStyle Libre 2 gives you unsurpassed 14-day accuracy with real-time, minute-to-minute glucose readings and the knowledge to manage your diabetes with more confidence.<sup>1</sup>



The FreeStyle Libre 2 app is free and easy to use!

The FreeStyle Libre 2 app and the FreeStyle Libre 2 reader have similar but not identical features. Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. The FreeStyle Libre 2 sensor communicates with the FreeStyle Libre 2 reader that started it or the FreeStyle Libre 2 app that started it. The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check MyFreeStyle.ca for more information about device compatibility before using the app. Use of FreeStyle Libre 2 requires registration with LibreView.

1. Fokkert et al. Improved well-being and decreased disease burden after 1-year use of flash glucose monitoring (FLARE-NL4). *BMJ Open Diabetes Res Care* 2019;7:e000809.

# You could be covered!

Public coverage for FreeStyle Libre 2 sensors is now available in many provinces across Canada.

The FreeStyle Libre 2 system is also covered by the majority of private insurance plans.

Talk to your provider or pharmacist to find out if you are covered.



Learn more at  
[MyFreeStyle.ca](https://MyFreeStyle.ca)

## We're with you every step of the way

To get the most out of your FreeStyle Libre 2 system, sign up for MyFreeStyle onboarding support.



# Downloading the app

When you download and set up the **FreeStyle Libre 2 app**,\* you will receive **real-time, minute-to-minute** readings sent directly to your smartphone that can help you monitor your glucose. This free app is available for iPhone and Android devices.

## Download for iPhone:



- 1 Open the **App Store** on your iPhone device.
- 2 Search for **FreeStyle Libre 2** and select the app.
- 3 Tap **Get**.
- 4 Install by entering your **Apple ID**.
- 5 Once downloaded, open the app and follow the onscreen instructions to get set up.



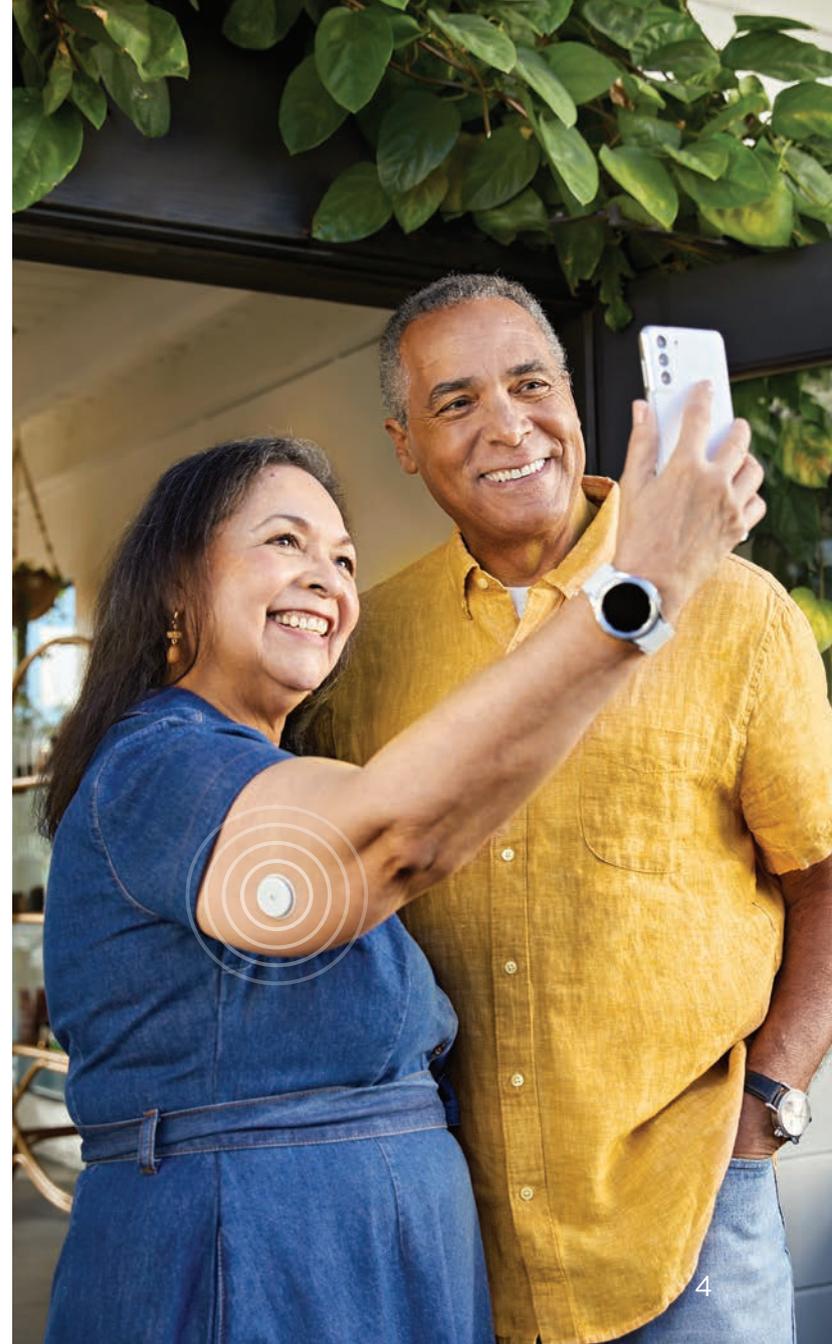
## Download for Android:



- 1 Open the **Google Play Store** on your Android device.
- 2 Search for **FreeStyle Libre 2** and select the app.
- 3 Tap **Install**.
- 4 Once downloaded, open the app and follow the onscreen instructions to get set up.



\* The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle Libre 2 requires registration with LibreView.



# Applying your sensor<sup>1\*</sup>

Follow these four easy steps to apply your sensor:



1. Choose an area on the **back of your upper arm**, wash area with plain soap that is free from added moisturizers, oils, exfoliants, etc., and then dry.



2. Now clean the area with an alcohol wipe. Allow your skin to **air dry before** applying the sensor.<sup>†</sup>



3. Peel open the sensor pack and unscrew the sensor applicator. Line up dark marks on the sensor applicator and sensor pack. On a hard, flat surface, press down firmly on the sensor applicator until it comes to a stop.<sup>‡§</sup>



4. Place the sensor on the cleaned area and push down firmly to apply it. Gently pull the sensor applicator away from the arm.<sup>¶\*\*\*</sup> The sensor can be used to check your glucose after 1 hour.

Sensor is water-resistant in up to 1 m (3 ft) of water. Do not immerse longer than 30 minutes. Not to be used above 10,000 feet.

\* Consult the Adhesion Guide for more information. Abbott. (2022). The FreeStyle Libre 2 Sensor: Adhesion Guide ADC-34254 v.3.0. Available at: <https://provider.freestyle.abbott/ca-en/freestyle-libre-2.html#digital-tools>.

† Choose a site that is at least 2.5 cm (1 in) away from an insulin injection site. To prevent discomfort or skin irritation, you should select a different site other than the one most recently used.

‡ CAUTION: Do NOT use if the sensor pack or the sensor applicator seem to be damaged or already opened. Do NOT use if past expiration date.

§ CAUTION: The sensor applicator now contains a needle. Do NOT touch inside the sensor applicator or put it back into the sensor pack.

¶ CAUTION: Do NOT push down on the sensor applicator until placed over prepared site to prevent unintended results or injury.

\*\*\* Applying the sensor may cause bruising or bleeding. If there is bleeding that does not stop, remove the sensor and apply a new one at a different site. Make sure the sensor is secure after application.

1. FreeStyle Libre 2 Flash Glucose Monitoring System User's Manual.

Watch a video tutorial here:



## Good to know



Only apply the sensor to the back of your upper arm. You may shave the area where the sensor is applied. Proper application of the sensor will ensure your glucose is properly measured.

# Starting a new sensor

Follow these steps to activate your sensor and connect it to your FreeStyle Libre 2 app.\* You'll be able to start getting glucose readings **after 1 hour**.

1. Open the app.



The sensor can be paired with only one device.

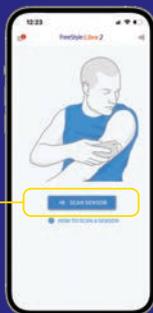
2. Tap **Scan new sensor**.

3. Scan your sensor.

4. Your sensor will be ready to share your minute-to-minute reports in one hour.



You'll see a countdown on your screen to let you know when your sensor is activated.



# Checking your glucose levels

Did you know that people who check in more frequently have better control?¹



Minute-to-minute glucose readings are delivered directly to your smartphone!



## Real-time, minute-to-minute readings

Using Bluetooth technology, you get automatic glucose readings to your phone.²



## Scan frequency

If Bluetooth® is interrupted or unavailable, or if scanning has become part of your diabetes management routine, you can scan your sensor at least once every 8 hours to avoid gaps in your daily graph.



## How to do an optional scan

Hold your device within 4 cm of your sensor to scan right through your clothes.\*

## Key times to check in:



Before and after meals or snacks



Before sleep and after waking up



Before and after physical activity



When you feel symptoms of low glucose

\* FreeStyle Libre 2: The FreeStyle Libre 2 app and the FreeStyle Libre 2 reader have similar but not identical features. Finger pricks are required if readings do not match symptoms or expectations. The FreeStyle Libre 2 sensor communicates with the FreeStyle Libre 2 reader that started it or the FreeStyle Libre 2 app that started it. The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle Libre 2 requires registration with LibreView.

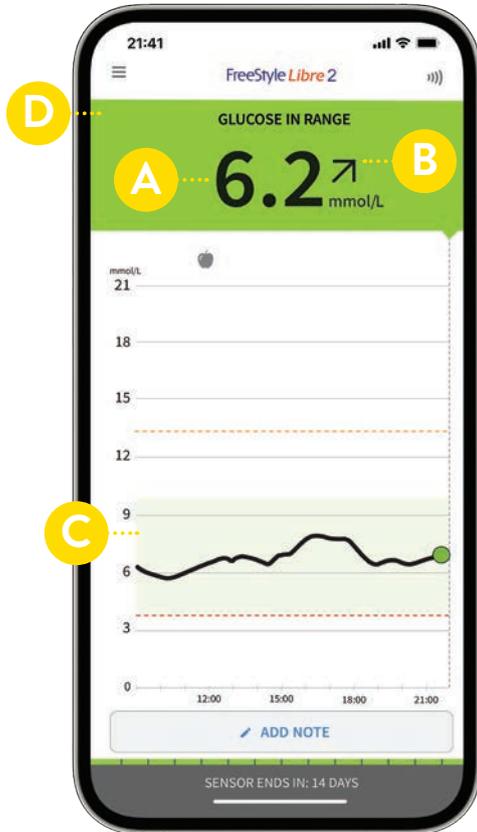
Data collected with the FreeStyle Libre system. The FreeStyle Libre 2 system has the same features as the FreeStyle Libre system but with optional real-time glucose alarms. Therefore, study data are applicable to both products.

\* The reader can capture data from the sensor when it is within 4 cm of the sensor.

1. Berard L, Virdi N, Dunn TC. Canadian real-world analysis of flash glucose monitoring and impact on glycaemic control. Poster presented at: Diabetes Canada Conference; October 2-5, 2019; Winnipeg, MB. doi: 10.2337/db19-919-P.2. Alva S. FreeStyle Libre 2 - A New iCGM device. Published 2020. Available at: [https://www.diabeteseducator.org/docs/default-source/dana-files/adc-23842/3-revised-august-3-2020/cd070ee4-83cd-472c-a990-892684a26df3.pdf?sfvrsn=26ee6959\\_5](https://www.diabeteseducator.org/docs/default-source/dana-files/adc-23842/3-revised-august-3-2020/cd070ee4-83cd-472c-a990-892684a26df3.pdf?sfvrsn=26ee6959_5). Accessed March 28, 2023.

# Understanding your results<sup>1</sup>

Use all four pieces of information to make treatment decisions:



- A** **Current glucose** gives you an accurate glucose reading
- B** **Glucose trend arrow** shows you where your glucose is heading

- Glucose is rising rapidly
- Glucose is rising
- Glucose is changing slowly
- Glucose is falling
- Glucose is falling rapidly

- C** **Glucose graph** shows you an 8-hour history of your glucose
- D** **Glucose message** tells you if you're in or out of range

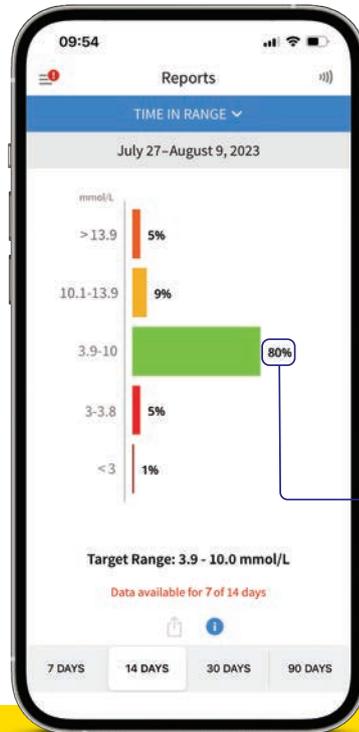
The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check [MyFreeStyle.ca](http://MyFreeStyle.ca) for more information about device compatibility before using the app.  
1. FreeStyle Libre 2 Flash Glucose Monitoring System User's Manual.



A NEW WAY TO MANAGE  
YOUR DIABETES

# Understanding your reports

Your FreeStyle Libre 2 app converts data into easy-to-understand insights such as estimated A1C and a Time In Range Report.<sup>1</sup>



The Time In Range Report calculates the percentage of time you spend in, above or below your target range. Remember – spending more time **outside** your target range is associated with an **increase in long-term diabetes complications** (independent of your A1C).<sup>2,3,4</sup>

*This example shows a person who spent 80% of their time within target range over a 1-week period. Data available for 7 of 14 days.*



## Understanding A1C

A1C is a measurement of your average glucose levels over the past 3 months. It is given as a percentage<sup>5</sup> and can give you a sense of how well your diabetes is being managed over an extended period of time.<sup>5,6</sup> Speak to your healthcare professional about using your estimated A1C Report to set long-term goals for your diabetes management.

## How these measurements work together

Your glucose levels vary throughout the day. That's why your healthcare professional will look at both your A1C (a longer-term measurement) and your average time in range (which may be measured in days, weeks or months). These two measurements work together to provide a more complete picture of how your diabetes is being managed.

As you move forward with FreeStyle Libre 2, your reports will help you develop your understanding of how daily activities impact your glucose levels. **You can use these insights to make more informed decisions regarding your diabetes management.**

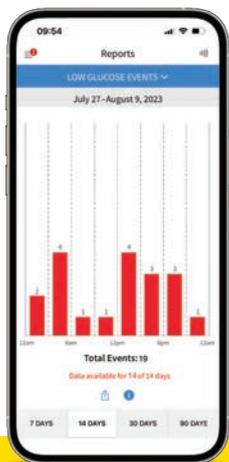
## Other reports help complete the picture

Use these FreeStyle Libre 2 insights to make more informed decisions.

### Low glucose events

A low glucose event is recorded when your sensor glucose reading is lower than 3.9 mmol/L for longer than 15 minutes.

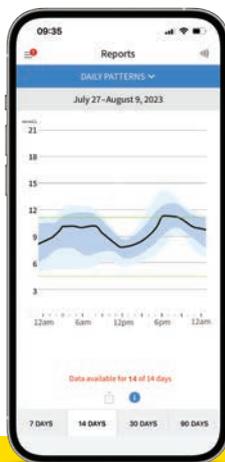
**Learning more about your lows and when they occur can help you better manage your diabetes.**



### Daily patterns

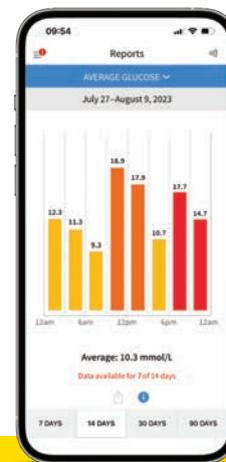
Shows the pattern and variability of your sensor glucose readings over a typical day, including hypo- or hyperglycemic trends.

**Understand your patterns of highs and lows and when they occur.**



### Average glucose

Information about the average of your sensor glucose readings. The overall average for the selected time period is displayed below the graph. The average is also shown for different periods of the day. **Help identify when your glucose levels change throughout the day.**



You can't plan for every situation you might encounter, but every day with FreeStyle Libre 2 adds to your knowledge and empowers you to meet challenges in the future. With a stronger understanding of both

your short- and long-term glucose trends, you can feel more confident about the way you manage your health.

1. FreeStyle Libre 2 Flash Glucose Monitoring System User's Manual. 2. Beck RW et al. Validation of time in range as an outcome measure for diabetes clinical trials. *Diabetes Care* 2019;42(3):400-05. 3. Lu J et al. Association of time in range, as assessed by continuous glucose monitoring, with diabetic retinopathy in type 2 diabetes. *Diabetes Care* 2018;41(11):2370-76. 4. American Diabetes Association. Glycemic targets: Standards of medical care in diabetes - 2021. *Diabetes Care* 2021;44(Supplement\_1):S73-S84. 5. Diabetes Canada. Monitoring glycemic control. Available at: <https://www.diabetes.ca/en-CA/health-care-providers/clinical-practice-guidelines/chapter-9>. Accessed June 13, 2023. 6. American Diabetes Association. Understanding A1C. Available at: <https://www.diabetes.org/a1c>. Accessed December 7, 2021.

# Get to know your glucose responses over the next 6 months

We're by your side every step of the way. Sign up with us for ongoing support, product updates and tips to help you get the most out of your FreeStyle Libre 2 journey.

## Day 1

### Day 1: Get your first readings after the 1 hour sensor warmup!

Over the next few days, your sensor will help you to understand how your everyday life impacts your glucose.

- What foods affect your glucose levels the most?
- How does physical activity influence your Time In Range?
- How does your medication affect your glucose?

## Day 7

### Day 7: Congratulations! Your first trend reports are ready.

- Have a look at your **Daily Patterns Report**. Are you surprised by when your glucose tends to be high or low?
- Have a look at your **Time in Range Report**. How much time did you spend in your target range?
- Any issues getting started? We're here to help!



Take a screenshot for your future self. Come back to it later and see if your numbers have changed!

## Day 14

### Day 14: You've finished using your first sensor! Great job!

- How have your glucose patterns changed since starting on the sensor?
- What do you plan to do differently with regard to your diet and/or activity over the next 2 weeks?
- Time to change your sensor! You need a new one every 14 days. See pages 5-6 for tips and tricks on replacing the old one!



Did you know you can get alerts when your glucose is too high or too low? These alerts can help you learn and take action if needed.



## Month 1

### Month 1: A whole month with FreeStyle Libre 2!

- Check out your first monthly trend reports.
- What have you learned about your glucose levels so far?
- What changes have you made to your lifestyle that have positively impacted your glucose?

## Month 2

### Month 2: 60 days with FreeStyle Libre 2!

- What changes in your glucose patterns have you experienced in the last 60 days?
- Have you shared your data with your healthcare professional yet?
- Keep going!

## Month 6

### Month 6: You're a FreeStyle Libre 2 pro!

Time to revisit your Day 7 screenshot!

- How do your numbers today compare to your numbers at Day 7?
- Where do you want to go from here?

The longer you use the FreeStyle Libre 2 System, the more you can learn about your diabetes and how your food, activity and other lifestyle factors impact your glucose.



# Diet, physical activity, medication and FreeStyle Libre 2

Your glucose levels fluctuate throughout the day and are affected by what you eat, your physical activity and the medication you take. With continuous reporting from the updated FreeStyle Libre 2 sensor, it's easier than ever to check in with your glucose levels at any time of the day or night.

The real-time, minute-to-minute reports provided by FreeStyle Libre 2 can help you develop a more complete picture of your diabetes and empower you to make informed decisions about your diabetes management.





## GOOD MORNING



Check in when you wake up. How were your glucose levels overnight? How are they trending?

## BALANCED DIET



Check in again after breakfast to see how your meal affected your glucose levels and how they're trending. Checking the FreeStyle Libre 2 app around mealtimes will help you see how food affects your levels, which can help you make more informed dietary choices.

## REGULAR EXERCISE



Headed out for a walk? See how physical activity affects the direction of your trending arrow. Use your FreeStyle Libre 2 insights around physical activity to help increase your Time In Range!

## APPROPRIATE MEDICATION



Check in before and after taking your prescribed diabetes medication to get a better understanding of how it affects your glucose levels.



## How do I share my readings with others?

Our apps work together for seamless management and keep healthcare professionals, caregivers and your loved ones up to date on your glucose activity.



Visit [MyFreeStyle.ca](https://www.MyFreeStyle.ca) to learn more and see step-by-step instructions and videos.

## LibreLinkUp\*

### For caregivers or loved ones

With the free LibreLinkUp mobile app, you can invite caregivers or your family to remotely monitor your glucose readings and receive alarm notifications.

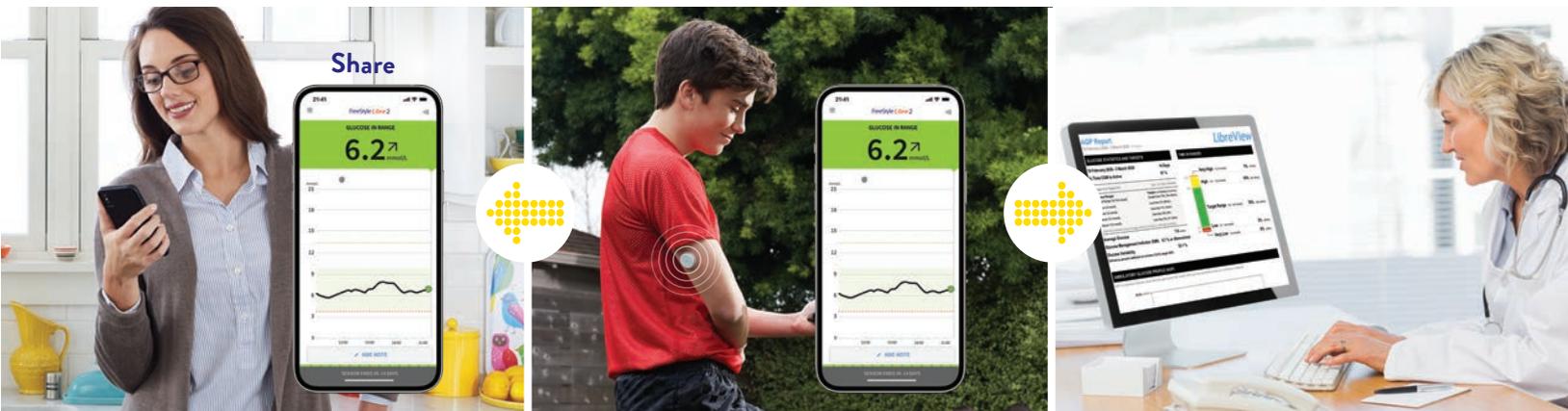
To share glucose data and alarm notifications using the LibreLinkUp app,\* the FreeStyle Libre 2 sensor must be paired with the FreeStyle Libre 2 app.



## LibreView†

### For healthcare professionals

LibreView is a secure‡, cloud-based system that allows you to share your glucose readings with healthcare providers. They can access and review all of your information within LibreView, making it easier for them to provide treatment support and offer virtual consultations to you at home.



Please check MyFreeStyle.ca for more information about device compatibility before using the app.

\* The LibreLinkUp app is only compatible with certain mobile device and operating systems. Please check [www.librelinkup.com](http://www.librelinkup.com) for more information about device compatibility before using the app. Use of LibreLinkUp and the FreeStyle LibreLink or FreeStyle Libre 2 app requires registration with LibreView. The LibreLinkUp mobile app is not intended to be a primary glucose monitor; home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the app.

† 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.

‡ LibreView is ISO27001/27018/27701 certified and HITRUST CSF Certified.

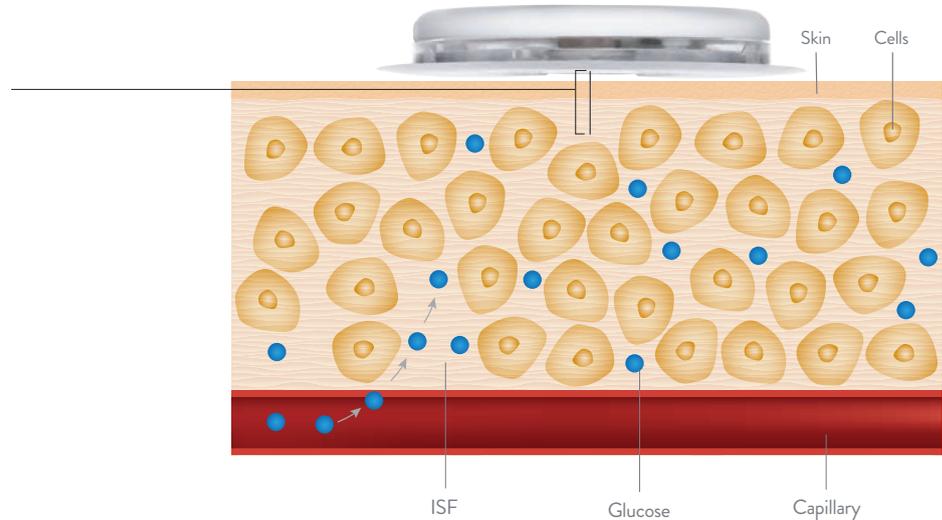
# How does the sensor work?

## How does the sensor measure glucose?

When you apply the FreeStyle Libre 2 sensor, a thin filament is inserted under your skin and measures glucose levels.

## What does the sensor measure?

The sensor measures the glucose levels in your interstitial fluid (ISF) – a fluid that surrounds the cells beneath your skin<sup>1</sup> – instead of blood glucose.



## Good to know



It can take a few moments for glucose to move from blood to the ISF.



Blood glucose readings tend to be about 2.4 minutes ahead of sensor readings.<sup>2</sup>



Your trend arrow tells you what direction your glucose is heading.



For most treatment decisions, sensor readings from the FreeStyle Libre 2 system can replace routine finger-prick tests.<sup>\*†</sup>



The sensor stores the last 8 hours of glucose data. If you experience interruption in your Bluetooth® connection that prevents streaming, you can scan your sensor to capture the data. This helps you maintain a complete picture of your glucose levels. (See page 6 for more information about scanning.)

For illustrative purposes only. Image not drawn to scale.

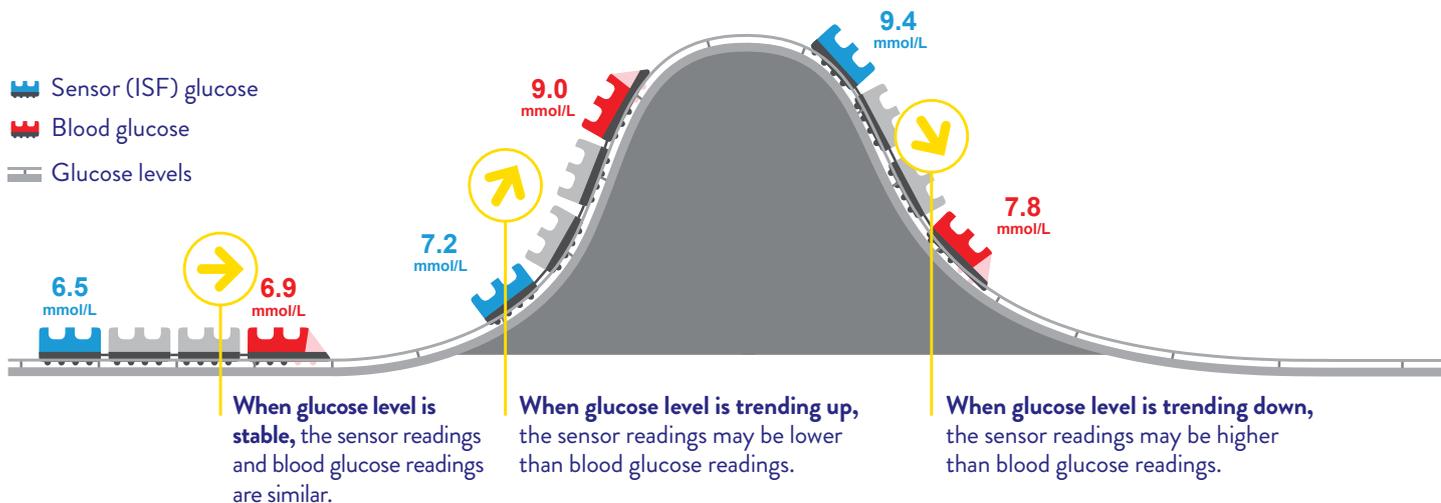
\* Finger pricks are required if glucose readings and alarms do not match symptoms or expectations.

† Treatment decisions should not be based on real-time sensor glucose readings alone but instead should consider all the information on the results screen.

1. National Cancer Institute. Interstitial Fluid. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/interstitial-fluid>. Accessed December 15, 2022. 2. Alva S, Bailey T, Brazg R, et al. Accuracy of a 14-day factory-calibrated continuous glucose monitoring system with advanced algorithm in pediatric and adult population with diabetes. *J Diabetes Sci Technol* 2022;16(1):70-77.

# If I did a finger-prick test, would the results match my sensor reading?

It's important to remember that **FreeStyle Libre 2 replaces blood glucose monitoring**,<sup>1\*</sup> and the two methods measure glucose differently. Because of the lag between blood glucose and sensor glucose, your sensor reading may not always match a finger-prick reading at a given moment. This example shows you why:



## Good to know



It's normal if your sensor readings are different from your blood glucose readings in certain situations (such as after meals, insulin or physical activity)<sup>††</sup>



For most treatment decisions, sensor readings from the FreeStyle Libre 2 system can replace routine finger-prick tests<sup>\*‡</sup>

Data collected with the FreeStyle Libre system. The FreeStyle Libre 2 system has the same features as the FreeStyle Libre system but with optional real-time glucose alarms. Therefore, study data are applicable to both products.

\* Finger pricks are required if glucose readings and alarms do not match symptoms or expectations.

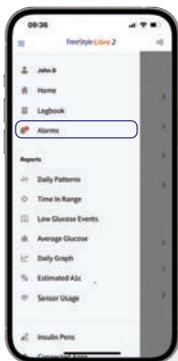
† The delay between sensor and blood glucose is about 2.4 minutes.

‡ Treatment decisions should not be based on real-time sensor glucose readings alone but instead should consider all the information on the results screen.

1. FreeStyle Libre 2 Flash Glucose Monitoring System User's Manual.

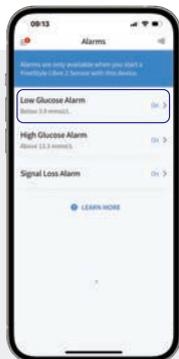
# How do I change or turn off my alarms?<sup>1</sup>

On the FreeStyle Libre 2 app:



1

Select **Alarms** from the menu.



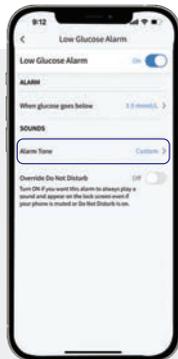
2

Select **Low Glucose Alarm** and then tap to turn the alarm on or off (optional alarms are on by default.)



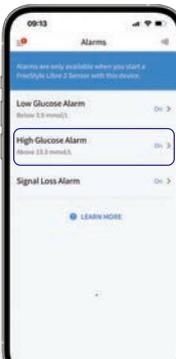
3

When the alarm is on, tap the setting below and scroll to select a low glucose value, then tap **Save**.



4

You can select **Alarm Tone** to make changes to the sound of this alarm.



5

Follow the same steps to make changes to the **High Glucose Alarm**.



## Good to know

The **Signal Loss Alarm** will be automatically turned on when a glucose alarm is turned on.

1. FreeStyle Libre 2 Flash Glucose Monitoring System User's Manual.

# Add extra stickiness with these products<sup>1\*</sup>



**DID YOU KNOW?**  
Washing your skin with a non-moisturizing, fragrance-free soap makes the sensor stick better.



**TORBOT SKIN TAC**  
[torbot.com](http://torbot.com)  
A hypoallergenic and latex-free “tacky” skin wipe



**SKIN-PREP PROTECTIVE WIPES**  
[smith-nephew.com](http://smith-nephew.com)  
Helps tape and films adhere to the skin



**MASTISOL LIQUID ADHESIVE**  
A clear, non-irritating liquid adhesive that secures dressings



**CAVILON NO STING BARRIER FILM**  
[3m.com](http://3m.com)  
An alcohol-free barrier film intended to protect skin from body fluids, adhesives and friction



**TEGADERM I.V.**  
[3m.com](http://3m.com)  
A transparent film that provides adhesive strength



**OVER-BANDAGE**  
A medical-grade adhesive; bandage or tape. If using one of these options, it must be applied at the time of your sensor application. It is important that you only remove it when your sensor wear is over as the sensor may come loose when peeling it off. Be sure to leave the opening/hole in the centre of the sensor uncovered so it can breathe.

\* This list is not comprehensive, and the information presented does not constitute an endorsement of the manufacturer or the product quality. Consult the Adhesion Guide for more information. Abbott Diabetes Care is not responsible for the completeness or accuracy of product information. Product availability may vary by country and region. The manufacturer's instructions for use of each product should be followed. Product images are for illustrative purposes only.  
1. Abbott. (2022). The FreeStyle Libre 2 Sensor: Adhesion Guide ADC-34254 v3.0. Available at: <https://provider.freestyle.abbott/ca-en/freestyle-libre-2.html#digital-tools>.

# Manage your diabetes more confidently<sup>1</sup> with FreeStyle Libre 2

## Now You Know

  
FreeStyle  
Libre 2

### Questions?

We're here to help. If you would like more information or have additional questions about the FreeStyle Libre 2 system, please contact one of our Customer Care representatives or visit our website for more information and useful resources.



Contact our new dedicated support hotline for personalized technical support on all things FreeStyle Libre 2.

Call us at: 1-800-485-3996  
We're available Monday to  
Friday, 9 AM to 5 PM  
(Eastern Time)

OR

Email us to book an  
appointment at:  
FreeStyleLibreSupportHotline  
@abbott.com

For more helpful tips, videos and product information, visit [MyFreeStyle.ca](https://MyFreeStyle.ca)



1. Fokkert et al. Improved well-being and decreased disease burden after 1-year use of flash glucose monitoring (FLARE-NL4). *BMJ Open Diabetes Res Care* 2019;7:e000809.  
The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. Product images are for illustrative purposes only. Other trademarks are the property of their respective owners.  
The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Abbott is under licence.  
Data collected with the FreeStyle Libre system. The FreeStyle Libre 2 system has the same features as the FreeStyle Libre system but with optional real-time glucose alarms. Therefore, study data are applicable to both products.  
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life. to the fullest.®