

AUDIO
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<V/O:> Get ready to spend more time focusing on your daily activities, because you're about to enjoy the added freedom of checking your glucose with your phone.
With enhanced accuracy and optional glucose alarms for caregivers, the FreeStyle Libre 2 system empowers you to take even more control of managing your diabetes on your terms
Now, using the FreeStyle Libre 2 app, ^[*] you can conveniently check your glucose with a quick scan/view using your phone.
Getting started is easy and set-up is quick.
First, make sure you are using a compatible Apple or Android device and ensure it is connected to the internet.
Then, go to the App Store or Google Play to search and download the FreeStyle Libre 2 app.
Once the download is complete, tap the OPEN button to launch the app.
Next, tap the GET STARTED NOW button at the bottom of your screen to begin setting up your device.
Confirm your country and tap NEXT to continue.
To go on, read and accept the Terms of use and Privacy notice.
Next, enter the name and date of birth of the person who will be wearing the sensor, and tap NEXT.
Then, you will need to create your LibreView account. It's how you'll use the app and its features to conveniently manage your diabetes.
Next you will be asked to confirm your research preference.
Now, confirm the glucose unit of measurement based on your country of residence and hit NEXT to proceed.

<p>More great news! The FreeStyle Libre 2 app makes counting carbs easier than ever, too. Just select how you count carbohydrates – in grams or portions – and hit NEXT to continue.</p>
<p>You're almost done! The app is now set to display the data you'll see when reviewing your glucose readings. To explore details about the four data points the app will provide you, tap NEXT.</p>
<p>Now, explore how your data will be displayed once you start scanning/or viewing, and see how it will help you make timely decisions.</p> <p>The background colour will change to reflect your current range.</p>
<p>An arrow will indicate your recent glucose trend.</p>
<p>If you see the Check Blood Glucose symbol, it means your sensor glucose reading may not be accurate.</p>
<p>If how you feel doesn't match your sensor reading, you'll be advised to do a blood glucose test.</p> <p>Once you finish reviewing how your data will be displayed, tap DONE.</p>
<p>For more control and peace of mind, the FreeStyle Libre 2 has optional glucose alarms. Tap NEXT to explore how to receive them.</p>
<p>Once you've learned about alarms, the FreeStyle Libre 2 app will now ask if it can send you Critical Alerts, like optional alarms, even if your device is muted or Do Not Disturb is on.</p> <p>You'll also be able to have your phone share these alerts with family or caregivers, for added peace of mind.</p>
<p>Congratulations! Your FreeStyle Libre 2 app is set up and ready to go. How easy was that?</p>
<p>Now, it's time to apply the new sensor.</p>
<p>The FreeStyle Libre 2 sensor kit comes in two parts – the Sensor Applicator and the Sensor Pack. It also contains an alcohol wipe and product insert.</p>
<p>Select the application site on the back of your upper arm where the sensor will be applied. Wash the area with non-moisturizing, fragrance-free soap and water, then clean it with the alcohol wipe to remove any oily residue and let it completely dry.</p>

<p>Peel the lid completely off the Sensor Pack and unscrew the cap from the Sensor Applicator. Place the Sensor Applicator into the open Sensor Pack and line up the dark mark on the Applicator with the mark on the Pack.</p> <p>Then press down firmly on the Sensor Applicator until it comes to a stop.</p> <p>Lift the Sensor Applicator out of the Sensor Pack.</p>
<p>Simply place the Sensor Applicator over the site you cleaned with the alcohol wipe.</p> <p>Push down firmly until the Sensor is in place.</p> <p>Gently pull the Sensor Applicator away and make sure the sensor is secure.</p>
<p>All that's left is to start the Sensor!</p>
<p>Open the FreeStyle Libre 2 app on your phone and tap NEXT to get set up for your first scan.</p> <p>Go to Starting Your Sensor.</p>
<p>To scan your sensor, tap the SCAN NEW SENSOR button. You can either tap the blue box on the home screen or the icon on the top right.</p>
<p>A Ready to Scan pop-up will appear on your screen. Now, hold the top of your phone near the sensor – this can be easily done over clothing – and don't move the phone until you hear the tone or feel the vibration.</p> <p>That's it. Your set-up is complete!</p>
<p>Once the sensor has adapted to your body for one hour,^[*] you're all ready to do your first scan or view!</p>
<p>Now you've got everything you need to check your glucose readings for the next 14 days^[*], plus the added security of knowing your caregivers will receive real-time glucose alarms.</p>