

AUDIO

Hi, and welcome to part three of the...

"GLUCOSE READINGS WITH MEANING

" video series...

featuring the FreeStyle Libre 2 system, the world's #1 flash glucose monitoring system.

My name is Lori Berard.

I'm a nurse and Diabetes Educator.

In this video, we're going to talk about your first Glucose reading

and every time you scan or view for the next 14 days.

Once you've applied the sensor on the back of your upper arm, you can start your sensor by scanning it with the FreeStyle Libre 2 app on your phone or your FreeStyle Libre 2 reader.

You have to wait 60 minutes before your sensor is ready for scanning or viewing.

There will be a countdown on your screen.

Once the countdown is complete, you can scan or view to see your first glucose reading.

Let's talk about what to expect with your **first glucose reading**

Bring the phone or reader to your sensor to scan or view directly on your smart phone.

On your first scan or view you'll see your current glucose number and a trend arrow.

Your trend arrow shows you what direction your glucose levels are heading in.

Changing slowly, rising, falling, falling quickly and rising quickly ... allowing you to act instead of react.

8 hours later, you'll see your first complete glucose graph.

It plots your readings and shows you the last 8 hours of readings.

It also tells you how much time you were in or out of your target range.

It helps you understand where your glucose levels have been.
The final piece of information on the screen is... ...your glucose message.
A message may appear when glucose readings are high, low or in range.
A glucose message may also appear if your glucose level is projected to be higher than 13.3 mmol/L or lower than 3.9 mmol/L within the next 15 minutes.
You'll also notice there are different background colours when using the app on your phone. Your current glucose value determines the background colour. Orange means your glucose is high. Yellow means you're above or below your target range. Green, you're within your target range. And red means your glucose is low. You can work with your healthcare professional to set your personalized target range.
The FreeStyle Libre 2 system has optional glucose alarms that can let you know the minute your glucose is too high or too low, so you can take action. The Signal Loss Alarm occurs when the sensor loses its signal to the app or reader.
You can easily turn the glucose alarms on and off, customize your high and low glucose alarms and adjust the sound and vibration.
The FreeStyle Libre 2 app can automatically alert you with a notification, along with a sound or vibration, when your glucose has gone above or below the level you set.
After you receive an alarm, simply scan or view to see your glucose reading and take appropriate action, as needed.
To summarize, here's what you need to know.
A 60-minute countdown will begin once you start your sensor...
you can scan or view as often as you like...
Be sure to scan or view to capture all of your glucose readings
And remember, it's important to consider all 4 pieces of information that you get in a quick 1-second scan or view.

Your current glucose,
trend arrow,
8-hour graph,
and glucose message.

And don't forget to turn on glucose alarms to get notified the minute your glucose is too high or too low, so you can take action.

In our next video, I'm going to take you through a few examples to help you learn how to interpret your Glucose reading.

Until next time!