English

YOU CAN DO IT

WITHOUT LANCETS[1]

ALARM. SCAN. ACT.

Discover the FreeStyle Libre 2 system

The FreeStyle Libre 2 system – glucose monitoring with no finger pricks[2] and optional alarms.

FreeStyle Libre 2
FLASH GLUCOSE MONITORING SYSTEM

life. to the fullest.®

Abbott

Images are for illustrative purposes only. Not actual patient or data.
1. Scanning the sensor does not require lancets. **2.** Finger pricks are required if glucose readings and alarms do not match symptoms or expectations.
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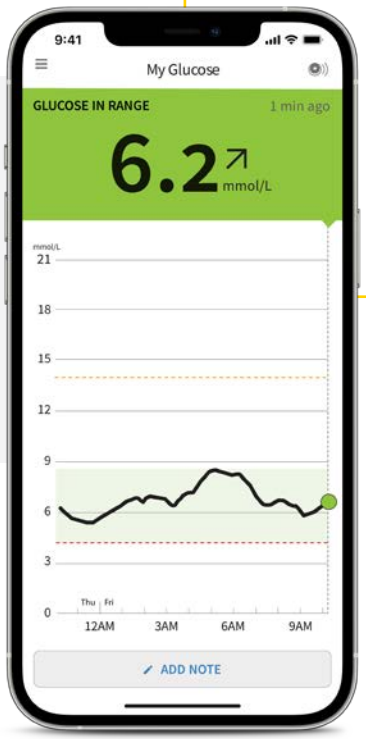
Meet the FreeStyle Libre 2 system

A revolutionary way to monitor and present your glucose information.

The FreeStyle Libre 2 flash glucose monitoring system comprises of a sensor and a smartphone app, or reader. It measures glucose levels without the need for finger pricks[1] and has optional alarms to alert you when your glucose is too high or too low. The FreeStyle Libre 2 system is clinically accurate for up to 14 days, with excellent accuracy in the low glucose range where it matters most.[2,3]

No finger pricks[1]
See your glucose reading, trend arrow, and 8-hour history with a painless[4] 1-second scan

Optional Glucose Alarms
Know the minute your glucose is too low or too high



You are not able to receive alarms on multiple devices. You need to choose which device you want to receive alarms, either the FreeStyle Libre 2 reader or a compatible phone with FreeStyle LibreLink. You must start your FreeStyle Libre 2 sensor with the device you want to receive alarms.

Starting your sensor with the FreeStyle LibreLink app means you will not be able to use the reader to scan. When you start a new FreeStyle Libre 2 sensor you're able to choose again.

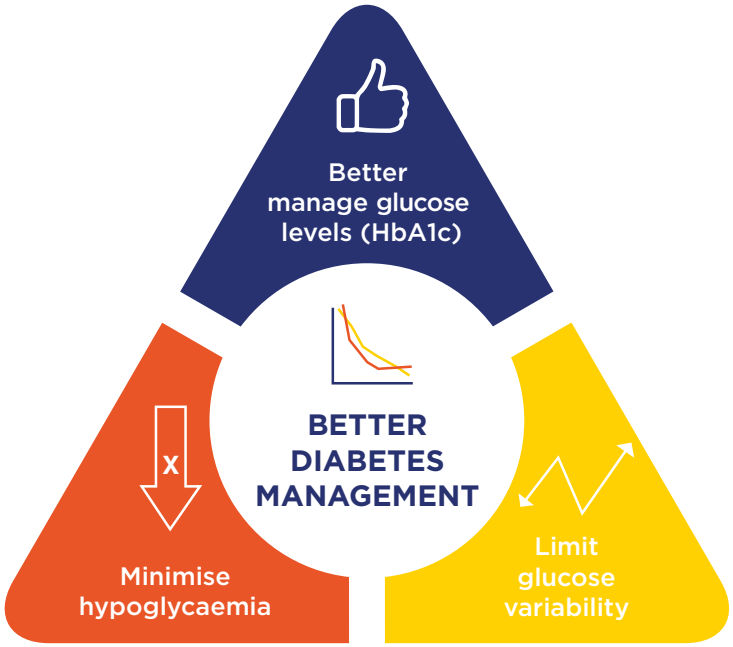
Images are for illustrative purposes only. Not actual patient data.

1. Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. **2.** Data on File, Abbott Diabetes Care, Inc. **3.** Alva S, 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. September 2020. doi:10.1177/1932296820958754. **4.** Haak, Thomas., et al. Flash glucose-sensing technology as a replacement for blood glucose monitoring for the management of insulin treated type 2 diabetes: a multicenter, open-label randomized controlled trial. Diabetes Therapy 8.1 (2017): 55-73.

The Triangle of Diabetes Care

The Triangle of Diabetes Care shows three goals for optimum diabetes management.

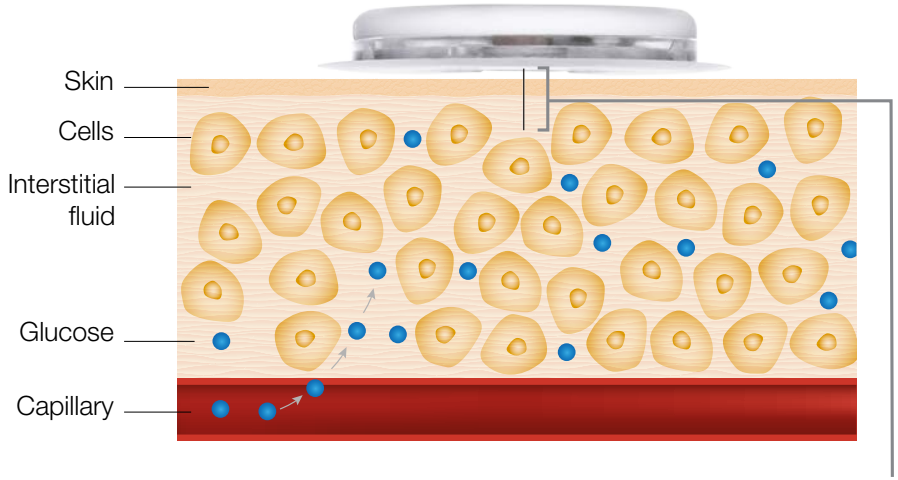
The Triangle of Diabetes Care developed by Dr. Ramzi Ajjan Associate Professor and Consultant in Diabetes and Endocrinology at the University of Leeds.



Understanding the system

How does the FreeStyle Libre 2 system work?

When you apply the FreeStyle Libre 2 sensor to the back of your upper arm, a thin filament is inserted under the skin. It does not reach the blood stream but, instead, it measures changes in the glucose just below the surface of the skin in the area around the cells, called the interstitial fluid. This is a special fluid that surrounds your cells, feeding them.

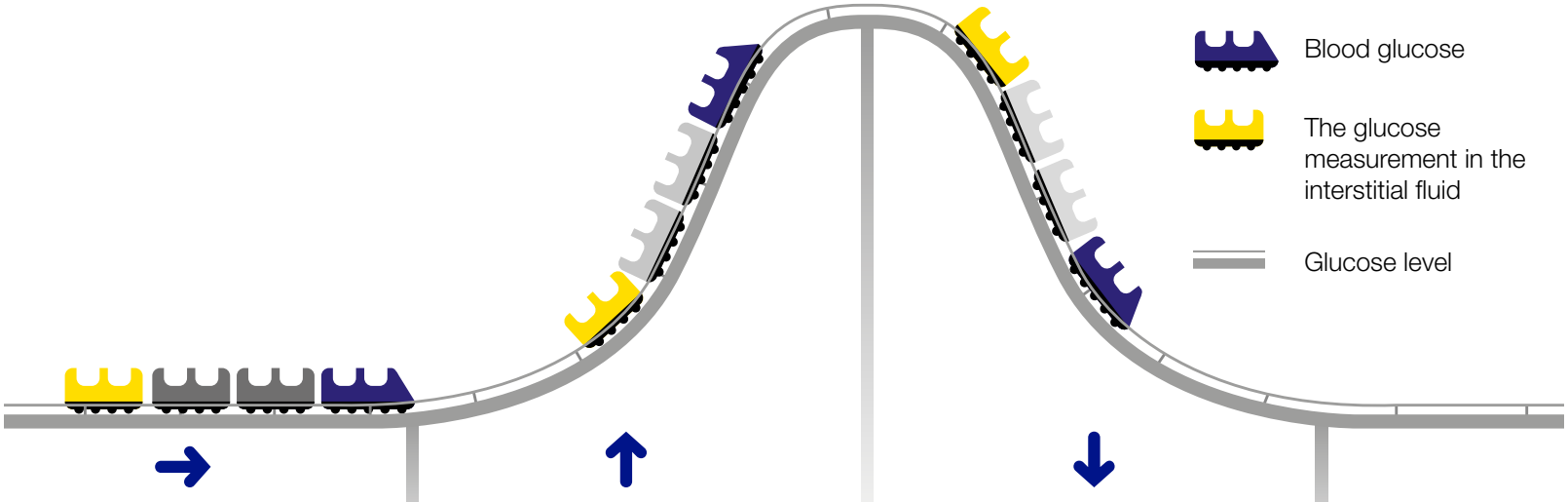


The sensor filament is less than 0.4 millimetres thick and is inserted 5 millimetres under the skin surface

Interstitial Glucose vs Blood Glucose

Blood Glucose and Sensor Glucose are closely related but not identical.

The glucose measured by the FreeStyle Libre 2 sensor has made its way from the blood into the interstitial fluid under the skin of the upper arm. This takes a little time and so the Sensor Glucose reading always lag behind a finger prick blood glucose reading by about 2.1 minutes for children and about 2.4 minutes for adults[1]. When your glucose levels are stable then the two readings may be very similar. If glucose levels are rising or falling, then the two readings may be different. This is completely normal and to be expected, particularly after meals, after taking insulin or when you've been exercising. Although the readings may differ slightly, the FreeStyle Libre 2 system is accurate[1] and safe to dose insulin from your scanned glucose result.



When blood glucose levels are **stable**, the glucose measurement displayed by the FreeStyle Libre 2 system in the interstitial fluid, is **similar** to blood glucose.

When blood glucose levels **increase**, the glucose measurement displayed by the FreeStyle Libre 2 system in the interstitial fluid may be **below** the blood glucose reading.

When blood glucose levels **decrease**,the glucose measurement displayed by FreeStyle Libre 2 system in the interstitial fluid may be **higher** than the blood glucose reading.

1. Alva S, 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. September 2020. doi:10.1177/1932296820958754.

3 steps to apply sensor

Sensors stick better when you wash, clean, and dry your arm before application.

1

Wash, clean, and dry

Select a site on the back of your upper arm that stays flat during normal activity. Clean skin with **non-moisturising, fragrance free soap** and water. Use an alcohol wipe to clean the skin and **let air dry** before proceeding.

2

Prep applicator

Open sensor by peeling back the lid. Unscrew cap from the sensor applicator. **Line up marks** on the sensor applicator. **Press down firmly** and then lift.

3

Apply

Apply the sensor to the back of your upper arm by pressing firmly. **Listen for the click**. Wait for a few seconds and pullback slowly, leaving the sensor on the skin.

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Tips to help keep your sensor in place

Easy does it

Be careful not to catch your sensor on a doorway, car door, seat belt, or furniture edges.

Pat dry

After a shower or swim, take extra care when towelling off to avoid catching or pulling off your sensor.

Dress for success

Try to give your sensor room to breathe by wearing loose-fitting clothing and lightweight material.

Contact sports and heavy exercise

Be sure to select a site on the back of your upper arm that will minimise the risk of knock-off.

Slow down

When dressing or undressing, be careful that you don't catch your undergarments on the sensor.

Hands off

Try not to play, pull, or touch the sensor while wearing it.

Before you apply the sensor:

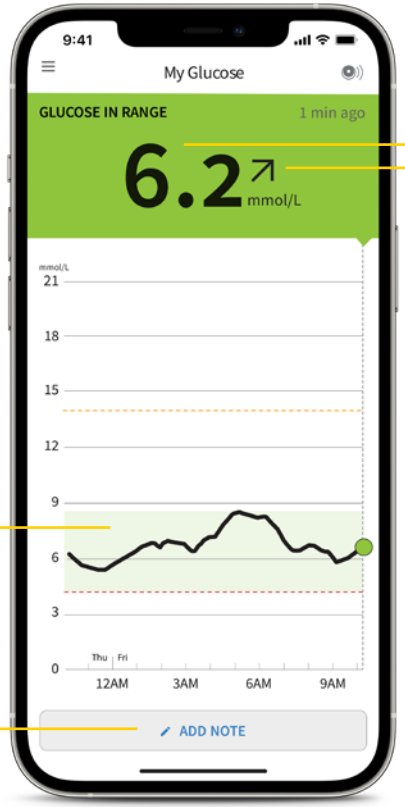
- Be sure to choose an approved application site—the back of your upper arm.
- Do not use body lotion or cream where you'll apply the sensor as they may leave an oily residue on your skin.
- Do shave any excess arm hair as it can get caught between the sensor adhesive and skin.

Scanning and collecting data

Making sense of the results.

Data typically generated following the 1-second scan of the reader or smartphone over the sensor.

Remember that the FreeStyle LibreLink app and the FreeStyle Libre 2 reader do not share data with each other. It is important to continue scanning your sensor with either the app or the reader or both at least once every eight hours so you and your healthcare professional can get a complete picture of your glucose trends and patterns.



Current glucose reading

Text-to-speech when enabled

Trend arrow

Indicates how glucose is changing

Up to 8 hours of glucose history

Easily add notes to record relevant events

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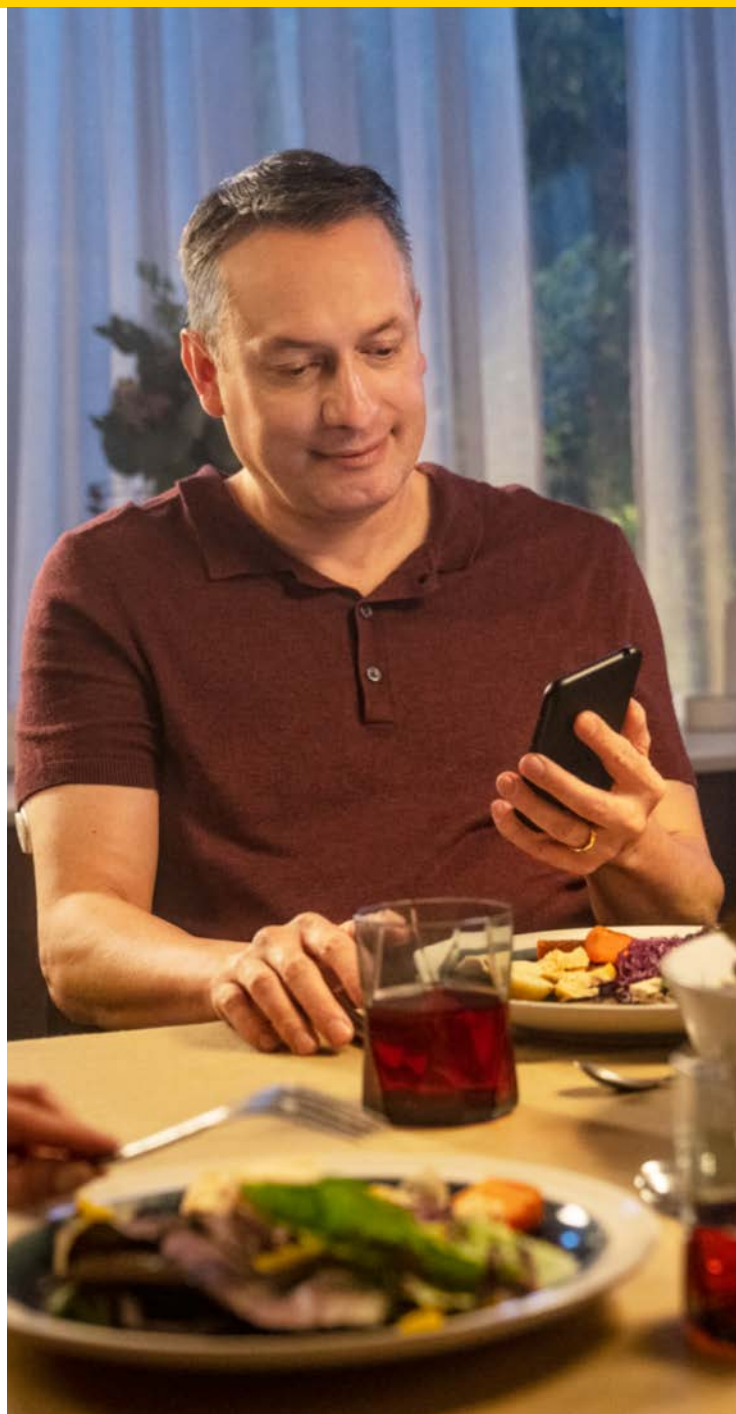

Download today

FreeStyle LibreLink

View data anytime,[1] anywhere[2] with the FreeStyle LibreLink app[3]

Data captured with the FreeStyle LibreLink app is uploaded wirelessly and automatically to LibreView.[4]

GET IT ON Google Play

Download on the App Store

LibreView

An easy way to view your glucose data online

See the complete glycaemic picture using a secure, cloud based diabetes management system[4].

Clear, easy-to read reports

Discover glucose patterns and trends so you can make informed decisions about your health.

Easy remote access

Access your complete glucose picture online anytime, anywhere from your internet-connected device, no need to download anything.

Connected care

Quickly share your reports with your healthcare professionals, even between appointments, to have more informed conversations about your diabetes.

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1. 60-minute warm-up period required when applying the sensor. **2.** Sensor is water resistant in up to 1 metre (3 feet) of water. Do not immerse longer than 30 minutes. Not to be used above 10,000 feet. **3.** The FreeStyle LibreLink 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 LibreLink requires registration with LibreView. Automatic upload requires a wireless internet connection or mobile data connection. **4.** The LibreView website is only compatible with certain operating systems and browsers. Please check www.libreview.com for additional information.

More Time in Range, better glucose control

Time in Range is the percentage of time that a person spends with their blood glucose levels in a target glucose range.

HbA1c

Every 10% increase in Time in Range can lower HbA1c by 0.8%[1]

1 HR

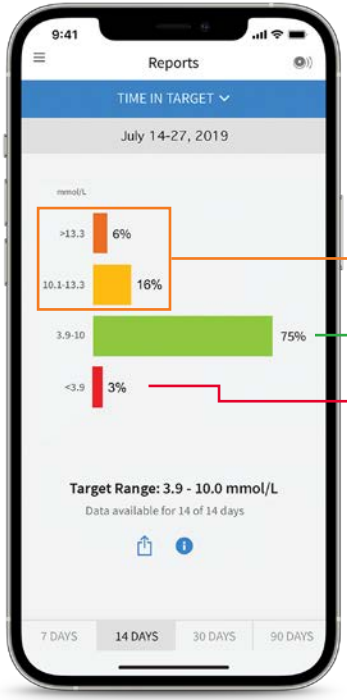
Every extra hour in range has a positive impact on your glucose control[2]

Spending more Time in Range can reduce long-term health complications[3]

70%

Guidelines recommend spending at least 70% of your Time in Range (3.9-10 mmol/L)[2,4]

HbA1c is your average glucose over the last 2-3 months.



Above target range
(>10.0 mmol/L)

Target glucose range
(3.9-10.0 mmol/L)

Below target range
(<3.9 mmol/L)

The FreeStyle Libre 2 system automatically calculates the percentage of time you spend in, above, or below target range.

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FLASH GLUCOSE MONITORING SYSTEM

For more tips and product information:
www.FreeStyleDiabetes.co.uk

life. to the fullest.®
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1. Vigersky RA, McMahon C. The relationship of hemoglobin A1c to time-in-range in patients with diabetes. Diabetes Technol Ther. 2019;21(2):81-85. **2.** Battelino T, Danne T, Bergenstal RM, et al. Clinical targets for continuous glucose monitoring data interpretation: recommendations from the international consensus on time in range. Diabetes Care. 2019;42(8):1593-1603. **3.** Beck RW, Bergenstal RM, Riddlesworth TD, et al. Validation of time in range as an outcome measure for diabetes clinical trials. Diabetes Care. 2019;42(3):400-405. **4.** For adults with type 1 and type 2 diabetes who are not pregnant, not older, or at risk.

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