

**YOU  
CAN  
DO IT**  
**ANYTIME,\* ANYWHERE†**



## WELCOME TO THE FREESTYLE LIBRE SYSTEM

The freedom to monitor your glucose without routine finger pricks.‡

Visit **MyFreeStyle.ca**  
to access helpful videos and tools



**Abbott**

The FreeStyle Libre flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in adults aged 18 years and older with diabetes mellitus. Always read and follow the label/insert.

The FreeStyle LibreLink app and the FreeStyle Libre reader have similar but not identical features. A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycemia or impending hypoglycemia is reported by the FreeStyle LibreLink app or when symptoms do not match the app readings. The FreeStyle Libre sensor communicates with the FreeStyle Libre reader that started it or the FreeStyle LibreLink app that started it. A sensor started by the FreeStyle Libre reader will also communicate with the FreeStyle LibreLink app. 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.

\* 60-minute warm-up required when applying the sensor.

† 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.

‡ A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycemia or impending hypoglycemia is reported by the system or when symptoms do not match the system readings.



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# Meet the FreeStyle Libre system

**You can use the FreeStyle LibreLink app\* OR the FreeStyle Libre reader to scan your sensor.**



The FreeStyle LibreLink app\* is free and easy to use! To share your glucose data with others using the LibreLinkUp app,\* the FreeStyle Libre sensor must be scanned with the FreeStyle LibreLink 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.  
\* 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.

# Downloading the app

When you download the **FreeStyle LibreLink app**,\* you can use your phone to scan your sensor and monitor your glucose. This free app is available for iPhone and Android devices.

## Download for iPhone:

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



## Download for Android:

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



\* The LibreLinkUp app is only compatible with certain mobile devices and operating systems. Please check [www.librelinkup.com](http://www.librelinkup.com) for more information about device compatibility before using the app.

# Applying your sensor

Follow these four easy steps to apply your sensor:



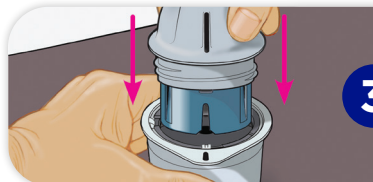
1

Select a site on the back of your upper arm, avoiding any scars, moles, or lumps. **Wash the area** with plain soap (non-moisturizing, fragrance-free) and water, and then dry.



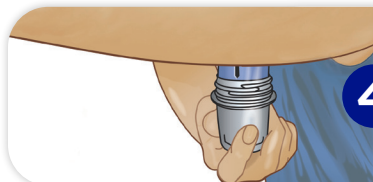
2

Use an alcohol wipe to **disinfect the skin** and allow the area to air-dry before proceeding.\*



3

Peel open the lid on the sensor pack and unscrew the cap from the sensor applicator. **Line up the dark marks** on the sensor applicator and the sensor pack. On a hard, flat surface, **press down firmly** on the sensor applicator until it comes to a stop, and then lift to remove it from the sensor pack.†



4

**Apply the sensor** by placing the applicator over the cleaned site and pressing down firmly until the sensor is in place.‡ Gently pull the sensor applicator away from your arm and check that the sensor is secure.§

For complete application instructions, please see the product insert in the sensor kit.

\* Choose a site that is at least 2.5 cm (1 inch) 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 seems to be damaged or already opened. Do NOT use if past expiration date. The sensor applicator now contains a needle. Do NOT touch inside the sensor applicator or put it back into the sensor pack.

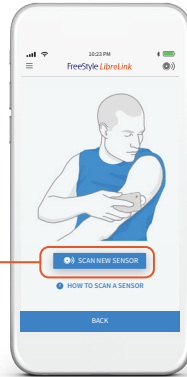
‡ CAUTION: Do NOT push down on the sensor applicator until placed over prepared site to prevent unintended results or injury.

§ 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.

# Starting a new sensor

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

- 1 Open the app or turn on the reader
- 2 Tap **Scan new sensor**
- 3 Scan your sensor
- 4 Your sensor will be ready to scan in 1 hour



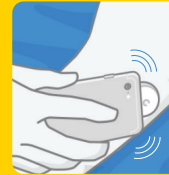
You'll see a countdown on your screen to let you know when you can start scanning

# Scanning your sensor

The more you scan, the more you know about your glucose levels.

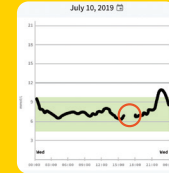


Did you know that people who scan more frequently have improved control?<sup>1</sup>



## How to scan

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



## Scan frequency

Scan at least once every 8 hours to avoid gaps in your daily graph.

## Key times to scan:



**Before and after meals or snacks**



**Before and after exercise or other physical activity**



**Before sleep and after waking up**



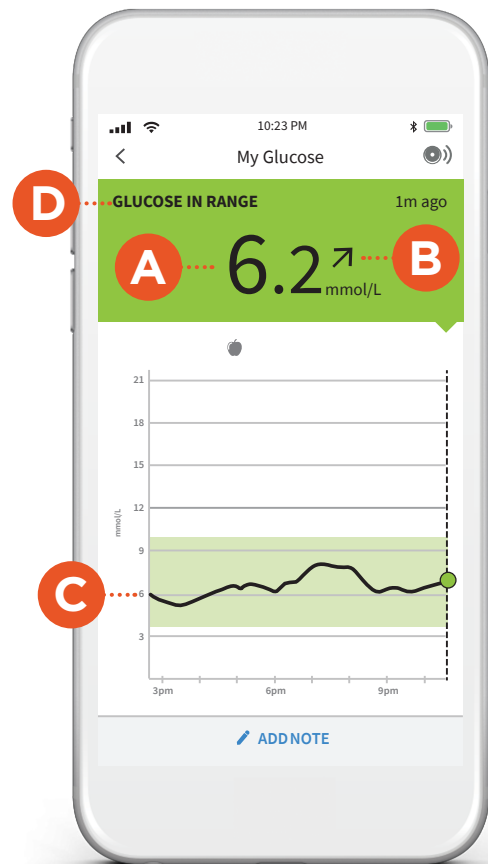
**When you feel symptoms of low glucose**

\* The reader can capture data from the sensor when it is within 1 cm to 4 cm of the sensor.

**Reference:** 1. Berard L, Virdi N, Dunn TC. Canadian real-world analysis of flash glucose monitoring and impact on glycemic control. Poster presented at: Diabetes Canada Conference; October 2-5, 2019; Winnipeg, MB.

# Understanding your scan

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



# How do I share my readings with others?

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

Visit **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 family or caregivers to remotely monitor your glucose readings, day and night.\*



**LibreLinkUp**

## 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.

**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 website is only compatible with certain operating systems and browsers. Please check [www.LibreView.com](http://www.LibreView.com) for additional information.

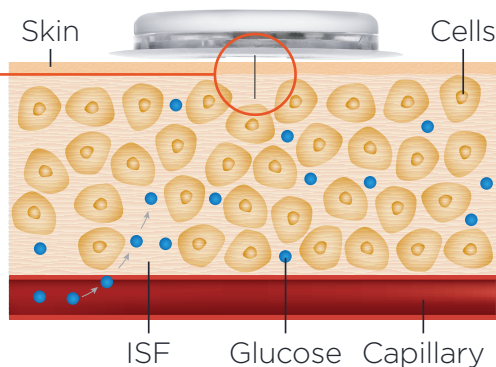
# How does the sensor work?

## How does the sensor measure glucose?

When you apply the FreeStyle Libre 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 the interstitial fluid (ISF)—a fluid that surrounds the cells beneath your skin—instead of blood glucose.



## TIPS TO REMEMBER



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



Blood glucose readings tend to be about 5 minutes ahead of sensor readings<sup>†</sup>



Your trend arrow tells you what direction your glucose is heading



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

For illustrative purposes only. Image not drawn to scale.

\* A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycemia or impending hypoglycemia is reported by the system or when symptoms do not match the system readings.

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

**Reference:** 1. Bailey T, Bode BW, Christiansen MP, Klaff LJ, Alva S. The performance and usability of a factory-calibrated flash glucose monitoring system.


Diabetes Technol Ther. 2015;17(11):787-794.



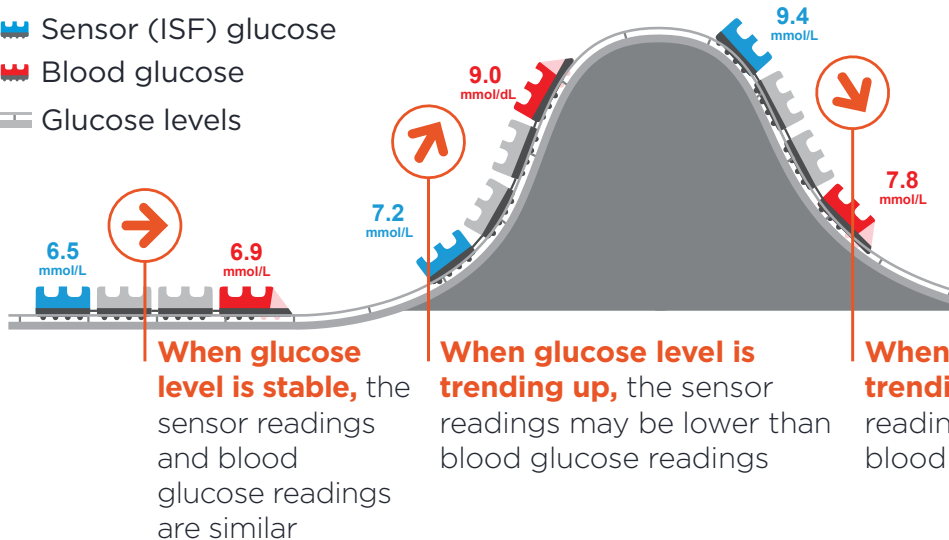
# If I did a finger-prick test, would the results match my sensor reading?

It's important to remember that **FreeStyle Libre 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 illustrates why:

 Sensor (ISF) glucose

 Blood glucose

 Glucose levels



## TIPS TO REMEMBER



It's normal if your sensor readings are different from your blood glucose readings in certain situations (such as after meals, insulin, or exercise)<sup>2,†</sup>



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

\* A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycemia or impending hypoglycemia is reported by the system or when symptoms do not match the system readings.

† The delay between sensor and blood glucose is about 5-10 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.

**References:** 1. Haak T, Hanaire H, Aijan R, Hermanns N, Riveline JP, Rayman G. 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 Ther.* 2017;8(1):55-73. 2. Bailey T, Bode BW, Christiansen MP, Klaff LJ, Alva S. The performance and usability of a factory-calibrated flash glucose monitoring system. *Diabetes Technol Ther.* 2015;17(11):787-794.

# Customer service



## Questions?

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



**Customer Care:**  
**1-888-205-8296**

We're available every day (excluding holidays):  
Monday to Friday, 8 AM to 9 PM  
Saturday, 9 AM to 5 PM | Sunday, 9 AM to 2 PM  
(All times Eastern Time)



For more helpful tips, videos, and product information,  
visit **MyFreeStyle.ca**

