



# 5 Steps to Better Follow-Up Appointments

Use this guide to support:

- Data interpretation
- Managing highs and lows
- Creating a joint action plan through collaborative decision-making



The FreeStyle Libre 2 app and FreeStyle Libre 3 app are only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Use of the FreeStyle Libre 2 app or the FreeStyle Libre 3 app may require registration with LibreView.

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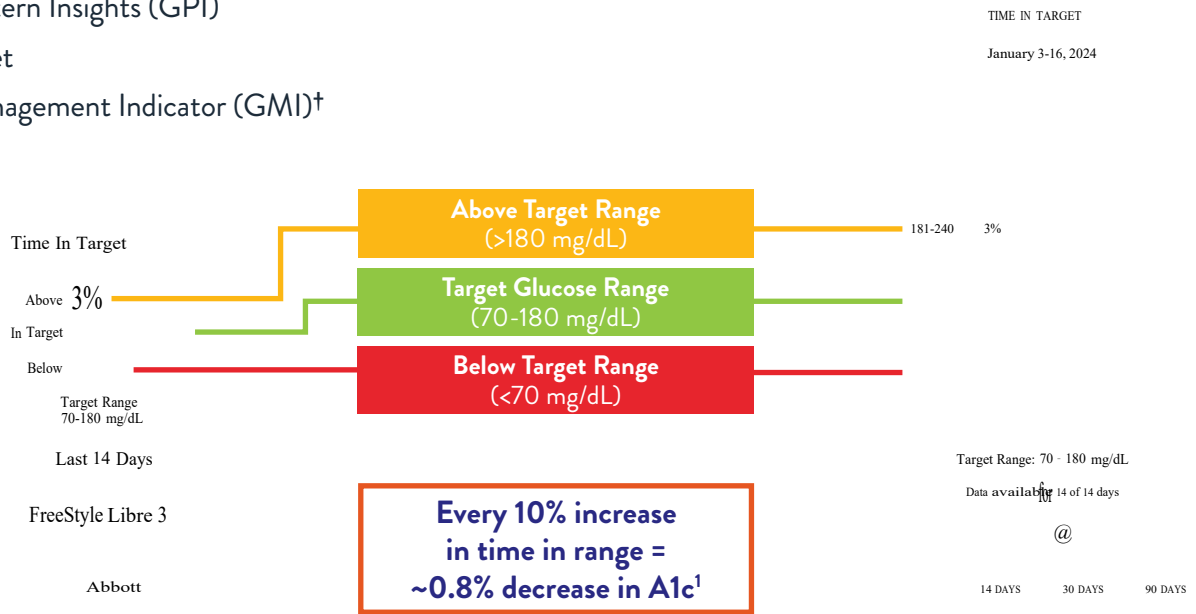
The LibreView data management software is intended for use by both patients and healthcare professionals to assist people with diabetes and their healthcare professionals in the review, analysis and evaluation of historical glucose meter data to support effective diabetes management. The LibreView software is not intended to provide treatment decisions or to be used as a substitute for professional healthcare advice.

See Important Safety Information on last page.

## 1 Learn from data on the reader or app\*

There are valuable reports within the reader and app\* including:

- Ambulatory Glucose Profile (AGP)
- Glucose Pattern Insights (GPI)
- Time in Target
- Glucose Management Indicator (GMI)†



Not actual patient data; for illustrative purposes only.

The Time in Target report can help you:

- Understand how long you spend in each glucose range at a glance
- See how food, medication, and activities cause your blood glucose levels to rise and fall

## 2 Share data with a healthcare professional using LibreView‡§

LibreView‡ makes it easy to share§ a full glycemc picture for more informed treatment decisions.

Getting started is easy:

- For Healthcare Professional: Add the patient's email to the office's LibreView patient list
- OR
- For Patient: Connect the Practice ID in the Linked Practices on the patient's LibreView account

Add Practice ID here

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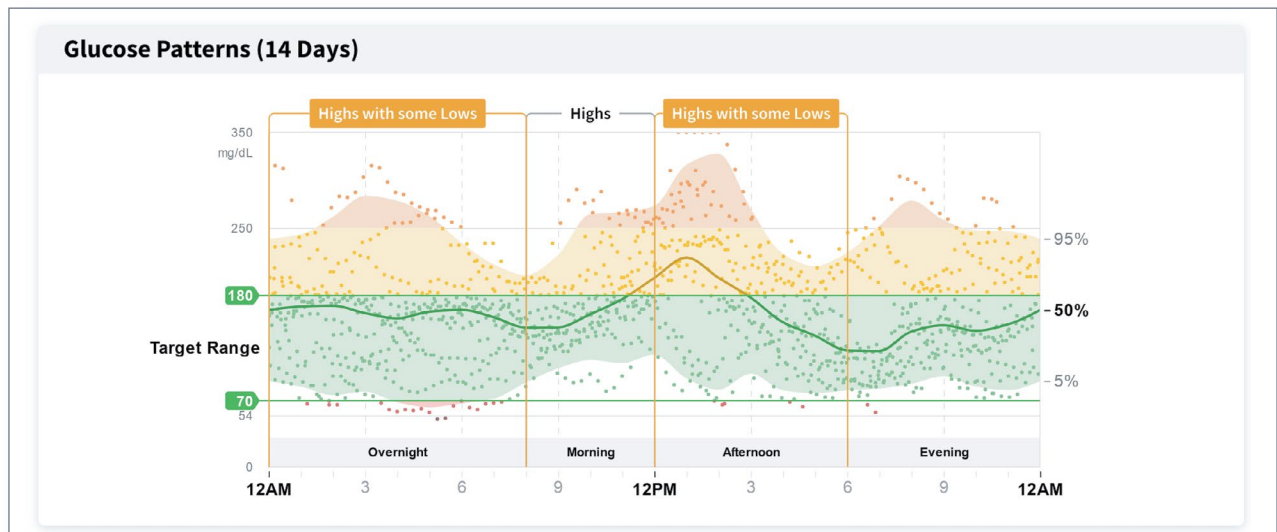
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1. Vigersky, R. *Diabetes Technology and Therapeutics* (2019): <https://doi.org/10.1089/dia.2018.0310>.

See Important Safety Information on last page.

### 3 Identify glucose trends and patterns with reports

The LibreView\* GPI Report can help you identify what may be causing the highs and lows in your glucose levels by trending your data over a 14-day window.



*Not actual patient data; for illustrative purposes only.*

#### Factors to consider:



##### Medications:

- Avoid skipping, delaying, or missing doses



##### Meals:

- Note when meals are typically eaten, the size of meals, alcohol consumption, and skipped meals



##### Exercise:

- Engage in both anaerobic and aerobic activities, record the timing and duration of workouts, and notice any specific patterns



##### Shift work:

- Watch when you usually sleep, and if sleep schedules change based on work shifts



##### Sleep quality:

- Observe sleep schedule and patterns and note if experiencing any changes in glucose levels



##### Additional areas needing help:

- Identify the areas with the most variability that could be crucial for improvement

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## 4 Harness these insights for collaborative decision-making

Try an EASY framework to help control your glucose levels using actionable insights. You can customize each of these for your visit.

### Create an EASY framework

- Engage with the data
- Adjust plan to improve patterns and time in range
- Set achievable goals and celebrate milestones
- You can be at the center of personalized healthcare



Not actual patient data; for illustrative purposes only.

## 5 Stay on track



**Monitor** your time in range and remember to complete A1c testing at least semiannually, or quarterly if not meeting glycemic targets<sup>1</sup>.



**Share data** with your caregivers through the LibreLinkUp\*† app. It can be invaluable in helping to achieve goals.



**Take notes** in the app‡, and schedule your next appointment. Keep the momentum going to ensure you stay on track.

We're in this together to make diabetes management better for you.

FreeStyle Libre 

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1. American Diabetes Association. "Glycemic Goals and Hypoglycemia: Standards of Medical Care in Diabetes—2024." *Diabetes Care* 47(suppl 1)(December 2024): S111-S125. <https://doi.org/10.2337/dc24-S006>.

### IMPORTANT SAFETY INFORMATION

**FreeStyle Libre 14 day, FreeStyle Libre 2 and FreeStyle Libre 3 systems:** Failure to use FreeStyle Libre systems as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If glucose reading and alarms (if enabled) do not match symptoms or expectations, use a fingerstick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or <https://www.freestyle.abbott/us-en/safety-information.html> for safety info.

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