
Get Started with the FreeStyle Libre 3 System

The product images are for illustrative purposes only. The FreeStyle Libre 3 system is indicated for use in people with diabetes age 4 and older. The FreeStyle Libre 3 app is 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 3 app requires registration with LibreView. See Important Safety Information on back.
Review these topics to get the most from the FreeStyle Libre 3 system:

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The MyFreeStyle program is a patient education and onboarding program. It’s meant to help you start and continue your FreeStyle Libre 3 journey through a series of tools that provide support and continued education for diabetes management.

People love the MyFreeStyle program: 89% Feel more confident in their diabetes management†

Product Questions? Call Customer Care: 1-855-632-8658
Meet the FreeStyle Libre 3 System

Apply the Sensor

1. Wash, Clean, and Dry
Select a site on the back of your upper arm. Clean skin with non-moisturizing, fragrance-free soap and water. Use an alcohol wipe to remove any oily residue and let air dry.

2. Open Applicator
Unscrew cap from applicator and place sensor over the back of your upper arm.

DO NOT PUT CAP BACK ON AS IT MAY DAMAGE THE SENSOR.

3. Apply
To apply the sensor, press firmly and listen for the click. Pull back slowly after a few seconds.

The Sensor Applicator contains one FreeStyle Libre 3 Sensor. Use the FreeStyle Libre 3 App* to start your sensor, receive glucose readings, get glucose alarms,† and see your glucose history and any notes you have added.

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Get the FreeStyle Libre 3 App*

Download the app on your smartphone before starting.

Start Your New Sensor

1. From the app’s* Main Menu (≡), tap Start New Sensor.

2. Scan the sensor by touching it with the top of your smartphone. You’ll receive a tone and vibration when you’ve successfully started it.

   EACH PHONE MODEL IS DIFFERENT. MOVE YOUR PHONE AROUND IF NEEDED.

3. The sensor can be used to check your glucose after a 1-hour warm-up period.† You will automatically receive a notification when your sensor is ready, if notifications are turned on.

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Tips for Keeping Your Sensor in Place

**Easy Does It**
Try not to catch your sensor on doorways, car doors, and seat belts. Avoid touching it once on.

**Wear It Comfortably**
Careful when dressing—give the sensor room to breathe with lightweight, loose-fitting clothes.

**It’s Water-Resistant!**
Avoid submerging the sensor more than 3 feet or for more than 30 minutes at a time. Gently pat it dry.

**Play It Safe**
Try an over-bandage if playing contact sports. Use skin adhesive if sweating loosens the sensor.

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Remove & Replace Your Sensor

**1 Remove Sensor**
The sensor is designed to stay on for up to 14 days. The app will notify you when it’s time to remove it. Pull up the adhesive edge that keeps it attached and slowly peel from your skin in a single motion.

**2 Replace Sensor**
Apply the new sensor to a different spot on the back of your arm to avoid skin irritation. Switching arms with each new sensor can help.

**3 Sensor Disposal**
Dispose of your sensor following all applicable local regulations related to the disposal of electronic equipment, batteries, sharps, and materials potentially exposed to body fluids.

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*EXPERIMENT WITH TAPE OR AN OVER-BANDAGE (TEGADERM I.V.) AND OTHER PRODUCTS THAT HELP WITH ADHESION (TORBOT SKIN TAC).*

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Understand Your Glucose in One Glance

Glucose readings determine background color at top of phone screen.

- **ORANGE**: High glucose (above 250 mg/dL)
- **YELLOW**: Between the target glucose range and high or low glucose level
- **GREEN**: Within target glucose range (70-180 mg/dL is standard)
- **RED**: Low glucose (below 70 mg/dL)

**Glucose message**

Current glucose reading is updated every minute.

**Glucose Graph**

Shows your 12-hour history.

**Target Glucose Range** is set at 70-180 mg/dL and can be customized.

**Trend arrows** show where your glucose levels are headed.

- **Current reading**
  - 112 mg/dL (Glucose is rising quickly, more than 2 mg/dL per minute)
  - 112 mg/dL (Glucose is rising, between 1 and 2 mg/dL per minute)
  - 112 mg/dL (Glucose is changing slowly, less than 1 mg/dL per minute)
  - 112 mg/dL (Glucose is falling, between 1 and 2 mg/dL per minute)
  - 112 mg/dL (Glucose is falling quickly, more than 2 mg/dL per minute)

**Add or edit notes**

- **Sensor life**

Optional high and low glucose alarm levels.

- **Current glucose reading** is updated every minute.

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Optional, real-time glucose alarms let you know the minute your glucose is too low or too high.

**Glucose value**

- **High glucose alarm**: can be set between 120-400 mg/dL.
- **Low glucose alarm**: can be set between 60-100 mg/dL.
- **Sensor signal loss**: alerts if your phone has not communicated with your sensor in over 20 minutes.

**GLUCOSE ALARM AND TARGET GLUCOSE RANGE LEVELS**

- **Low glucose alarm**: set between 60-100 mg/dL.
- **High glucose alarm**: set between 120-400 mg/dL.

**ALARM SETTINGS FOLLOW YOUR PHONE’S SOUND AND VIBRATION SETTINGS. ADJUST THEM SO YOU CAN HEAR THEM.**

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Share Glucose Data with Loved Ones*† and Healthcare Providers*

LibreLinkUp†
Parents and other caregivers can have peace of mind always having access to their loved ones’ information.*† First they download the LibreLinkUp app, then they accept your invitation.

To share, open the FreeStyle Libre 3 app menu, tap on “Connected Apps,” select “LibreLinkUp,” and add the caregiver.

LibreView‡
Healthcare providers can use the secure,*§ cloud-based‡ system to see your glucose data to make better treatment decisions.

To share, open the app menu, tap on “Connected Apps,” select “LibreView,” and enter your healthcare provider’s “Practice ID.” Your healthcare provider* also can send an invitation to the email you used to create your LibreView account, which you accept within the app.

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A1c Results Miss Daily Highs and Lows

Your A1c value indicates your average glucose level* over the past three months. It’s helpful to see how you’ve been managing your diabetes. But even if you hit your A1c goal, you might miss your daily highs and lows.

More Time in Range

- **Time in Range** (TIR) is the percentage of time you spend within the target glucose range set by your healthcare provider.
- The standard target range falls between **70 mg/dL and 180 mg/dL**.*

> Every 10% increase in Time in Range can lower A1c by ~0.8%*

The product images are for illustrative purposes only. *Default range is 70-180 mg/dL. Consult with a healthcare professional on individual target glucose range. †The FreeStyle Libre 3 app is 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 3 app requires registration with LibreView. References: 1. Battelino, T. Diabetes Care (2019): https://doi.org/10.2337/dc19-0028. 2. Vigersky, R. Diabetes Technology & Therapeutics. (2019): https://doi.org/10.1089/dia.2018.0310
Understand the Lag

Think of glucose readings as the cars of a train where the engine is blood glucose and the caboose is sensor glucose. When the train is on a flat track, blood glucose and sensor glucose are similar.

Because glucose enters the bloodstream first, blood glucose readings lead sensor glucose readings. Eventually, sensor glucose readings catch up to blood glucose readings just like the back of a train following the front of a train.

Sensor Glucose Readings Can Be Influenced by Other Factors:

- You took more than 500 mg per day of vitamin C (ascorbic acid)
- You are in the first 12 hours wearing a new sensor
- Your sensor is not securely applied
- Your sensor kit was stored somewhere outside of temperature range (36°F to 82°F)

*Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first 12 hours. Reference: 1. FreeStyle Libre 3 User’s Manual.

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IMPORTANT SAFETY INFORMATION
Failure to use FreeStyle Libre 3 system 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 alarms and readings 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.

The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. Other trademarks are the property of their respective owners.

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