FreeStyle
Libre 3

REAL-WORLD CASE STUDY

Helping patients to better manage their diabetes and reduce burden

The FreeStyle Libre 3 system helped Debra better understand her glucose levels to improve medication adherence and time in target range

Meet Debra*

Bus driver, ~45 years old

PATIENT HISTORY

Baseline metrics and medications		
HbA1c: **8.3%**	Body mass index (BMI): **28.74 kg/m²** Weight: **151.8 lb**	Metformin 1,000 mg Glipizide 5 mg both 2x day

- She was diagnosed with T2D 5 years ago

- She feared having hypoglycemia episodes while driving the bus

- She was nervous about others seeing her perform blood glucose monitoring (BGM) on the job

  —Therefore conducted fingerstick monitoring at home only ~5 times a week

Initial assessment revealed high glucose—and the need for improved medication adherence

The Glucose Pattern Insights (GPI) report provides a guided interpretation of the patient's CGM data to highlight important patterns
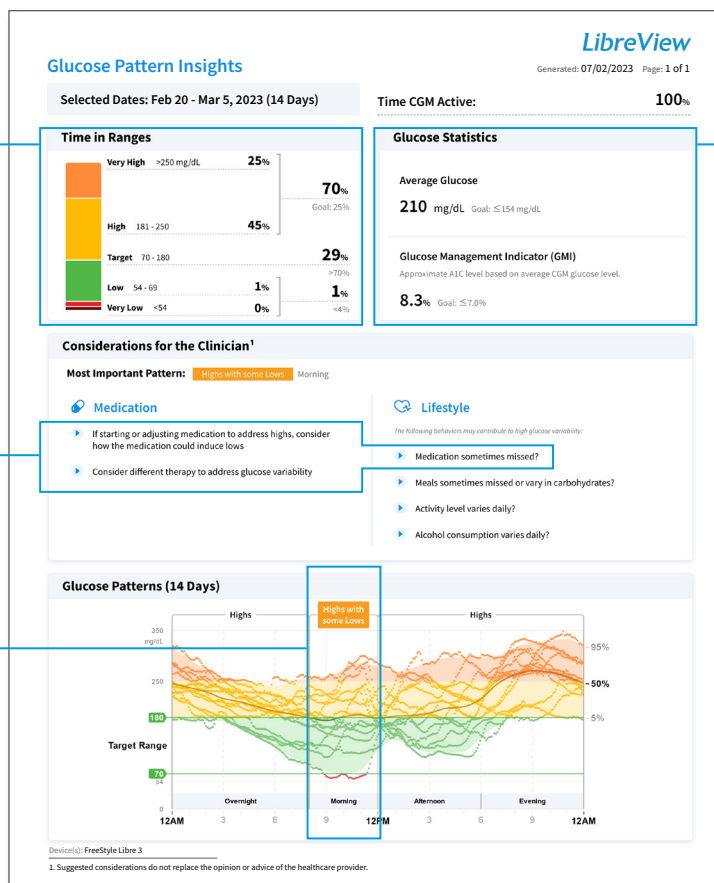
TIME IN RANGES
- 70% of time above target range
- 29% of time in target range

CONSIDERATIONS FOR THE CLINICIAN
Glucose variability may indicate how Debra is not taking her medications during the day

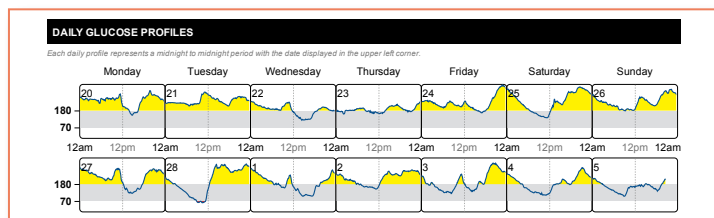### MOST IMPORTANT PATTERN
Highs with some lows (morning)

GLUCOSE STATISTICS
- Average glucose: 210 mg/dL
- Glucose management indicator (GMI): 8.3%

LibreView
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Glucose Pattern Insights

Selected Dates: Feb 20 - Mar 5, 2023 (14 Days)   Time CGM Active: 100%

Time in Ranges
Very High >250 mg/dL	25%	
		70% Goal: 25%
High 181 - 250	45%	
Target 70 - 180	29%	>70%
Low 54 - 69	1%	1%
Very Low <54	0%	<4%

Glucose Statistics

Average Glucose
210 mg/dL   Goal: ≤154 mg/dL

Glucose Management Indicator (GMI)
Approximate A1C level based on average CGM glucose level.
8.3%   Goal: ≤7.0%

Considerations for the Clinician[1]

Most Important Pattern: Highs with some Lows   Morning

🖉 **Medication**
- If starting or adjusting medication to address highs, consider how the medication could induce lows
- Consider different therapy to address glucose variability

Lifestyle
The following behaviors may contribute to high glucose variability:
- Medication sometimes missed?
- Meals sometimes missed or vary in carbohydrates?
- Activity level varies daily?
- Alcohol consumption varies daily?

Glucose Patterns (14 Days)
350 mg/dL — 250 — 180 — 70 — 0
Highs   Highs with some Lows   Highs
95% — 50% — 5%
Target Range
Overnight   Morning   Afternoon   Evening
12AM   3   6   9   12PM   3   6   9   12AM

Device(s): FreeStyle Libre 3
1. Suggested considerations do not replace the opinion or advice of the healthcare provider.

DAILY GLUCOSE PROFILES
Each daily profile represents a midnight to midnight period with the date displayed in the upper left corner.

Monday   Tuesday   Wednesday   Thursday   Friday   Saturday   Sunday
20   21   22   23   24   25   26
180 — 70
12am 12pm 12am 12pm 12am 12pm 12am 12pm 12am 12pm 12am 12pm 12am 12pm 12am
27   28   1   2   3   4   5
180 — 70

Actual patient information.

From the AGP report portion of the LibreView* report: Baseline Daily Glucose Profile
- Yellow-peaked areas illustrate significant hyperglycemia throughout each day
- When her clinician asked what might be causing these glucose spikes, **Debra disclosed that she didn't take her morning medications** on days she went to work (due to fears of having hypoglycemia while driving)

AGP=Ambulatory Glucose Profile.

TREATMENT PLAN
Based on her first LibreView* report, Debra and her clinician agreed to:
- **Continue** checking regularly with the FreeStyle Libre 3 system
- **Discontinue** glipizide (which carries significant hypoglycemia risk)
- **Avoid** injectable therapies, as patient is not open to it
- **Begin** empagliflozin 10 mg daily (an SGLT2 inhibitor)
- **Improve** adherence in taking prescribed metformin 1,000 mg twice daily

Data on file. Abbott Diabetes Care.

*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 back cover for Important Safety Information.

Debra's 3-month LibreView* report demonstrated significant improvements

Data from the FreeStyle Libre 3 system enabled Debra to make informed treatment decisions—and improve her glucose levels
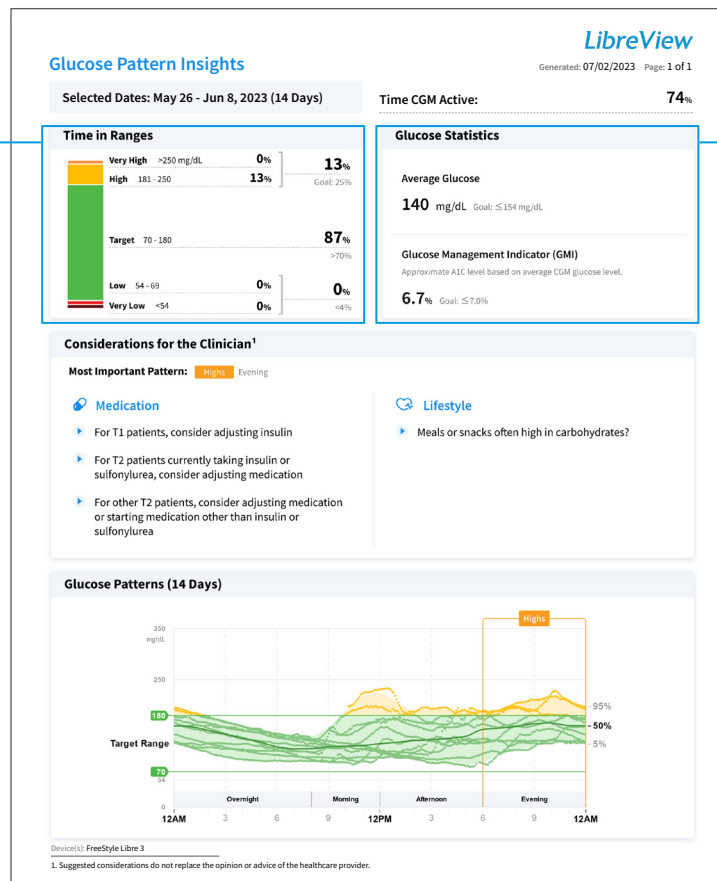
TIME IN RANGES

- 87% of time in target range
- 13% of time above target range

ADDITIONAL BENEFITS

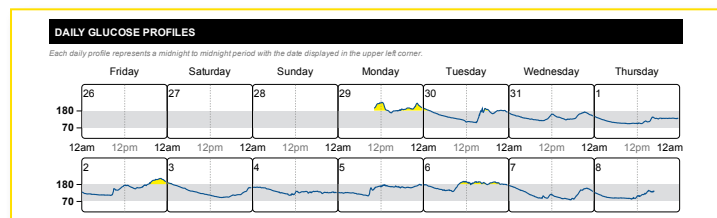- Reduced A1c of 6.8%[†]
- Reduced glucose variability

WEIGHT LOSS

- BMI: 27.91 kg/m^2
- Weight: 147.4 lb

GLUCOSE STATISTICS

- Lower average glucose: 140 mg/dL
- Reduced GMI: 6.7%

LibreView report

Glucose Pattern Insights
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Selected Dates: May 26 - Jun 8, 2023 (14 Days)

Time CGM Active: **74**%

Time in Ranges

Very High	>250 mg/dL	**0**%	**13**% Goal: 25%
High	181 - 250	**13**%	
Target	70 - 180	**87**% >70%	
Low	54 - 69	**0**%	**0**% <4%
Very Low	<54	**0**%	

Glucose Statistics

Average Glucose
140 mg/dL   Goal: ≤154 mg/dL

Glucose Management Indicator (GMI)
Approximate A1C level based on average CGM glucose level.
6.7%   Goal: ≤7.0%

Considerations for the Clinician[1]

Most Important Pattern: Highs Evening

🔗 **Medication**
- For T1 patients, consider adjusting insulin
- For T2 patients currently taking insulin or sulfonylurea, consider adjusting medication
- For other T2 patients, consider adjusting medication or starting medication other than insulin or sulfonylurea

🥗 **Lifestyle**
- Meals or snacks often high in carbohydrates?

Glucose Patterns (14 Days)

Device(s): FreeStyle Libre 3
1. Suggested considerations do not replace the opinion or advice of the healthcare provider.

DAILY GLUCOSE PROFILES
Each daily profile represents a midnight to midnight period with the date displayed in the upper left corner.

Actual patient information.

From the AGP report portion of the LibreView* report: Improved glucose throughout the day

- Daily consistency of glucose levels within acceptable ranges
- Previously seen hyperglycemia episodes resolved

AGP=Ambulatory Glucose Profile.

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See back cover for Important Safety Information.

The FreeStyle Libre 3 system helped to make a real difference for Debra

Enhanced glucose numbers were accompanied by a brighter outlook

CLINICAL HIGHLIGHTS

Increased time **in target range by 58%**[1] to meet American Diabetes Association guidelines[2]

HbA1c

Reduced HbA1c by 1.5 percentage points[1] from 8.3% to 6.8%, with no time in hypoglycemia

Increased quality of life and **reduced fear of hypoglycemia**

REAL-LIFE IMPROVEMENTS

Thanks to the FreeStyle Libre 3 system and the guidance of her clinical team, Debra:

- **Found comfort** in knowing her glucose levels at all times
- **Developed an understanding** of how different foods interact with her glucose and how her medications work to manage her glucose

- **Felt more at ease about taking medications** and **became interested in weight loss, so began injections of semaglutide**
- **Felt safe starting exercise**
- **Was able to decrease** her metformin to 500 mg twice daily

Actual patient information.

Patient case provided by

Christie Schumacher, PharmD, BCPS, BCACP, BCCP, BC-ADM, CDCES, FCCP

Dr. Schumacher is a Professor of Pharmacy Practice and Director of the PGY2 Ambulatory Care Residency Program at Midwestern University College of Pharmacy in Downers Grove, IL, and a Clinical Pharmacist at Advocate Medical Group in Chicago, IL. She provides comprehensive medication management for diabetes, hypertension, hyperlipidemia, asthma, and other chronic diseases.

1. Data on file. Abbott Diabetes Care. **2.** ADA. *Diabetes Care* (2023): https://doi.org/10.2337/dc23-S006.
See back cover for Important Safety Information.

FreeStyle Libre 3

FreeStyle Libre 3 Plus sensor
Prescribe the latest sensor in the FreeStyle Libre 3 system

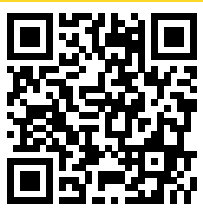### New prescriptions include:

Prescribe two FreeStyle Libre 3 Plus sensors (30-day supply, filled monthly; sensor refills: PRN or 11 additional refills [1-year supply]).

FreeStyle Libre 3 sensors: NRC# 57599-0844-00
FreeStyle Libre 3 reader: NRC# 57599-0820-00

(Prescribe a reader if needed.)

Medicare patients/beneficiaries are eligible for the FreeStyle Libre 3 system[*1].

Scan to learn more about the FreeStyle Libre 3 system

Medicare and other payor criteria may apply.

*Patients must meet Medicare eligibility coverage criteria.

1. CMS (2022). Accessed October 2024. https://www.cms.gov/medicare-coverage-database/view/lcd.aspx?lcdid=33822.

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.freestyleprovider.abbott/us-en/safety-information.html for safety info.

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