

“ The MyFreeStyle program has allowed me to take back some of that control. With the emails, I receive positive encouragement and tips on how to make good choices.

—MyFreeStyle program participant

### See Why People Love the MyFreeStyle Program

90%

have a better understanding of how food impacts glucose levels<sup>1</sup>

89%

feel more confident in their diabetes management<sup>1</sup>

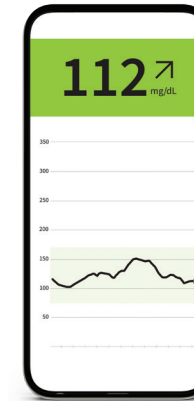
86%

expressed satisfaction with the MyFreeStyle program<sup>1</sup>

Reference: 1. Data on File. Abbott Diabetes Care.



Open Camera  
Scan Code  
Join Now



[StartMyFreeStyle.com](https://startmyfreesstyle.com)



The product images are for illustrative purposes only.

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.

#### Important Safety Information

**FreeStyle Libre 2 and FreeStyle Libre 3 systems:** Failure to use FreeStyle Libre 2 or FreeStyle Libre 3 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 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.

©2022 Abbott. All rights reserved. ADC-44487 v2.0 08/22



## Get Diabetes Education & Support with the MyFreeStyle Program



See Important Safety Information on back.



# PERSONALIZED DIABETES EDUCATION & SUPPORT



## What is the MyFreeStyle Program?

It's an education and support program guiding you for more than six months on your diabetes management journey using the FreeStyle Libre systems. The program includes emails, video tutorials, downloadable guides, and activity sheets.

## How Can It Help?

The program is designed to help you feel more confident in managing your diabetes with the FreeStyle Libre systems. It can show how things like food and physical activity affect your glucose. You can use these insights to make more informed decisions about your diabetes care.

## Who Can Join?

It's for all people living with diabetes and their loved ones.

## What Can I Expect on My Journey?

### 6+ MONTHS OF ONGOING SUPPORT

The MyFreeStyle journey leads to “aha moments” that could help you better manage your diabetes and lower your A1c\*1.



Helpful emails



Topics to help guide your diabetes journey



Interactive check-ins

\*Data from this study was collected with the outside US version of the FreeStyle Libre 14 day system. FreeStyle Libre 3 has the same features as FreeStyle Libre 14 day system with real-time glucose alarms. Therefore the study data is applicable to both products.

Reference: 1. Evans, M. Diabetes Therapy. (2020): <https://doi.org/10.1007/s13300-019-00720-0>.

### TOPICS FOR THE FIRST 14 DAYS



Sensor application and use



Trend arrows



Optional, real-time glucose alarms\*



Reports & sharing data



Food choices



Physical activity



Overnight lows



Target range

### INSIGHTS GOING FORWARD



We'll show you how to access reports and use them to help answer questions about your diabetes like:

- How do food and physical activity affect my glucose?
- What patterns and trends do I notice overnight?
- When and how often am I in my target range?

[StartMyFreeStyle.com](https://startmyfreesstyle.com)

Open Camera  
Scan Code  
Join Now



\*Notifications will only be received when alarms are turned on and the sensor is within 33 feet unobstructed of the reading device. You must enable the appropriate settings on your smartphone to receive alarms and alerts, see the FreeStyle Libre 3 User's Manual for more information.

