

**Know Sooner.
Act Faster.
Be Ready to
Avoid Hypos.
Now You Know**


**FreeStyle
Libre 3**
FLASH GLUCOSE MONITORING SYSTEM



Get Started with the FreeStyle Libre 3 System

 **Abbott**
life. to the fullest.®

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.



Let's Get Started!

Sign Up for Your Guided Experience

When you use the FreeStyle Libre 3 system, real-time glucose readings are sent every minute to your smartphone* and can be viewed with a quick glance.† All in the world's smallest, thinnest,‡ and most discreet! sensor.

Review these topics to get the most from the FreeStyle Libre 3 system:

- Sensor Usage **4–9**
- Glucose Readings..... **10–11**
- Alarms **12–13**
- Sharing Data..... **14–15**
- Time in Range..... **16–17**
- How CGM Is Different **18–19**



Product Questions? Call Customer Care: 1-855-632-8658

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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!

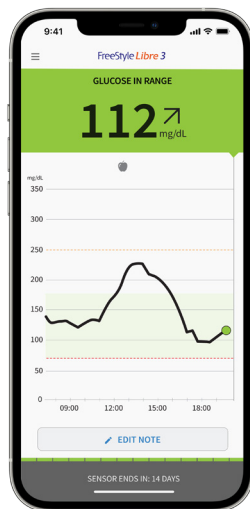


Open Camera
Scan Code
Join Now

compatibility before using the app. Use of the FreeStyle Libre 3 app requires registration with LibreView. †60-minute warm-up required when starting the sensor. ‡Among patient-applied sensors. **Reference:** 1. Data on File. Abbott Diabetes Care.

Meet the FreeStyle Libre 3 System

Apply the Sensor



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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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.



compatibility before using the app. Use of the FreeStyle Libre 3 app requires registration with LibreView. †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.

Get the FreeStyle Libre 3 App*

Start Your New Sensor



Download the app on your smartphone before starting.



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

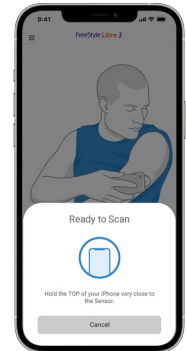
2 **Scan the sensor** by touching it with the **top** of your smartphone. You'll receive a tone and vibration when you've successfully started it.



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.



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

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Remove & Replace Your Sensor

1

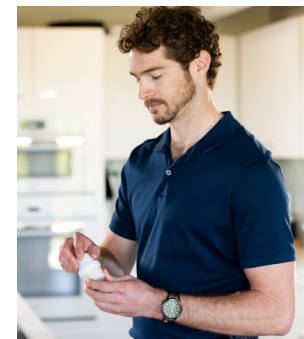
Remove Sensor

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.

completeness or accuracy of product information. Product availability may vary by country and region. The manufacturer's instructions for use of each product should be followed. †Over-bandage must be applied at the time of sensor application. The opening/hole in the center of the sensor must not be covered. Additional medical-grade bandages/tape can be applied, but do not remove bandages/tape once applied until sensor is ready for removal.

Understand Your Glucose in One Glance



Glucose readings determine background color at top of phone screen.

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

Trend arrows show where your glucose levels are headed.

Current reading	What trend arrows mean
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

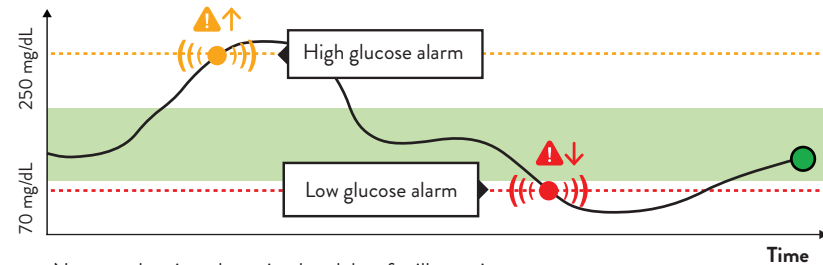
The product images are for illustrative purposes only. Not actual patient data. The FreeStyle Libre 3 system is indicated for use in people with diabetes age 4 and older. The FreeStyle Libre 3 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app. Use of the FreeStyle Libre 3 app requires registration with LibreView. *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.

Customize* Alarms† for Your Needs

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

Glucose value



Not actual patient data; simulated data for illustration purposes.



High glucose alarm can be set between 120-400 mg/dL.



Low glucose alarm can be set between 60-100 mg/dL.

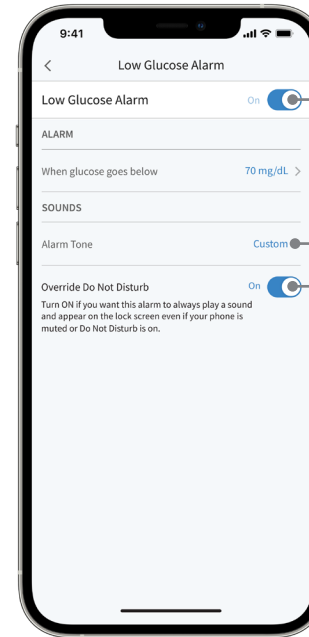


Sensor signal loss alerts if your phone has not communicated with your sensor in over 20 minutes.



GLUCOSE ALARM AND TARGET GLUCOSE RANGE LEVELS‡ ARE DIFFERENT. TALK TO YOUR HEALTHCARE PROVIDER ABOUT BOTH.

The product images are for illustrative purposes only. Not actual patient data. *Alarm notifications depend on the threshold set by the user. †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.



Go to the **Main Menu** (☰) in the app and tap **Alarms**.

Select the optional alarm you want to change and turn on: **Low, High, Signal Loss**.

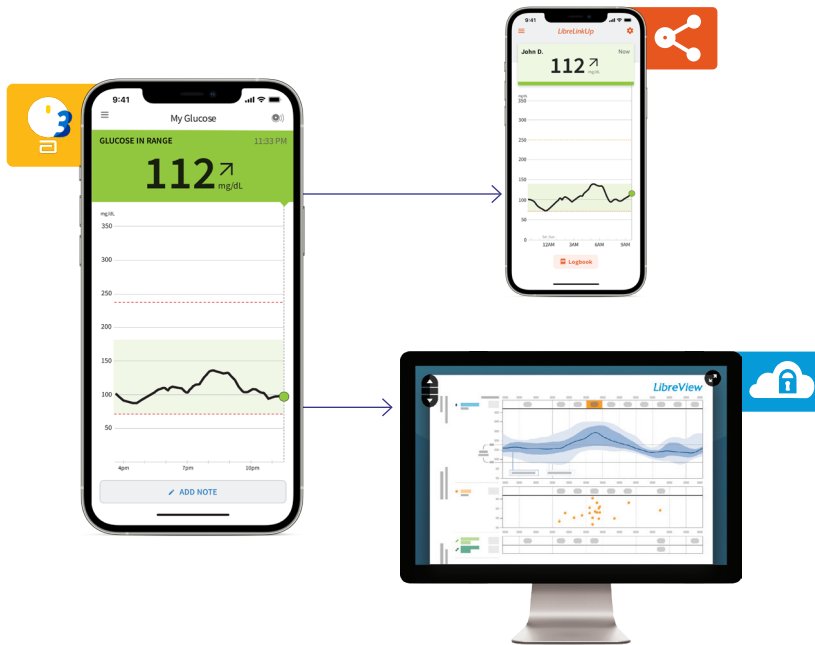
Select **Override Do Not Disturb** if you want an alarm to display even when your smartphone‡ is muted or Do Not Disturb is enabled.



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 mind¹ 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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should follow instructions on the continuous glucose monitoring system. LibreLinkUp is not intended to replace self-monitoring practices as advised by a physician. ‡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.

§LibreView is ISO27001/27018/27701 certified and HITRUST CSF Certified.

Reference: 1. Campbell, Fiona M., et al. (2018): <https://doi.org/10.1111/pedi.12735>

See the Whole Picture with A1c + Time in Range

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**.^{*1}

↑ Every 10% increase in Time in Range can lower A1c by ~0.8%² ↓

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



Review Your Time in Ranges Report

To find reports, go to the app's[†] **Main Menu** (☰) icon.

Above Target Glucose Range
>180 mg/dL

Target Glucose Range
70-180 mg/dL

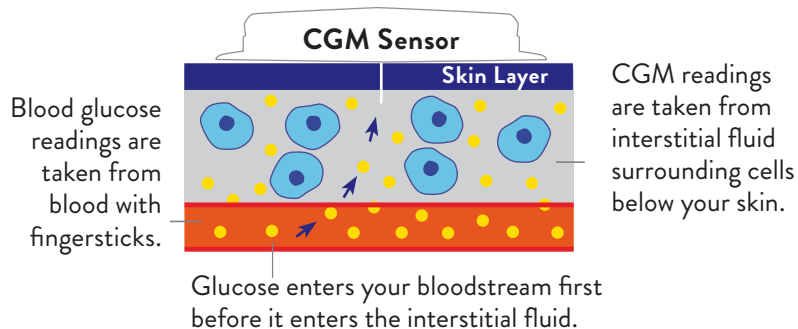
Below Target Glucose Range
<70 mg/dL

registration with LibreView. **References:** 1. Battelino, T. Diabetes Care (2019): <https://doi.org/10.2337/dci19-0028>. 2. Vigersky, R. Diabetes Technology & Therapeutics. (2019): <https://doi.org/10.1089/dia.2018.0310>

CGM Is Different & Accurate

CGMs are proven to be accurate¹ and can be used for treatment decisions.* It's expected that sensor glucose and blood glucose readings won't always match, especially when glucose is rapidly changing.¹

CGM measures interstitial fluid glucose, not blood glucose.



Sensor Glucose Readings Can Be Influenced by Other Factors:

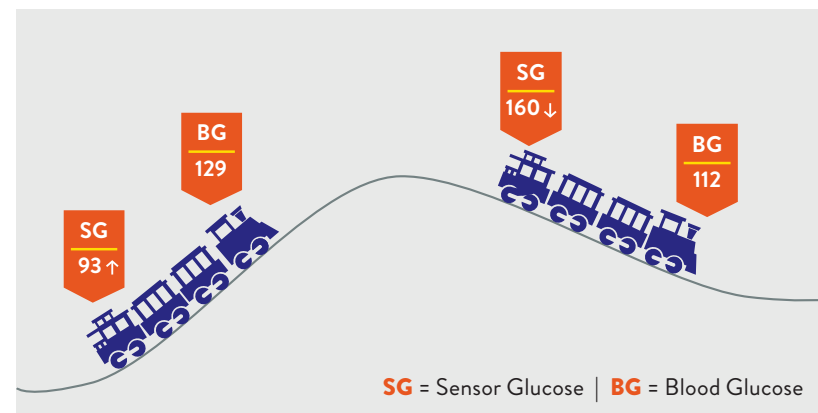
- You took more than 500 mg per day of vitamin C (ascorbic acid)
- You are in the first 12 hours wearing a new sensor
- Your sensor is not securely applied
- Your sensor kit was stored somewhere outside of temperature range (36°F to 82°F)

*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.

Understand the Lag¹

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.



Reference: 1. Tarini, C. The Technology of Glucose Sensors. In: Glucose Sensor Use in Children and Adolescents. (2020): https://doi.org/10.1007/978-3-030-42806-8_2



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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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