



Your Complete Guide to FreeStyle Libre 2

Now with no scanning required!#



 **Abbott**
life. to the fullest.

*Data based on the number of users worldwide for FreeStyle Libre family of personal CGMs compared to the number of users for other leading personal CGM brands and based on CGM sales dollars compared to other leading personal CGM brands. #Glucose readings are automatically displayed in the FreeStyle LibreLink app when the sensor has been started with the app, and the smartphone and sensor are connected and in range. Optional scan to backfill up to 8 hours of data following a period of lost sensor connection.



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Meet the FreeStyle Libre 2 system



FreeStyle Libre 2 sensor


-  Painless and easy to apply.
-  Small, discreet and comfortable to wear.
-  Worn on the back of the upper arm for up to 14 days.
-  Can be worn while bathing, swimming,* and exercising.
-  No calibration. No code entry. No transmitter. **Easy as.**
-  Continuously measures your glucose levels and automatically displays them on your phone.‡ You get more information than from a finger prick# test.



FreeStyle LibreLink app†

-  Glucose readings automatically updated on your phone every minute.‡
-  Easily see patterns and trends and learn how insulin, food, and activity impact your glucose levels.
-  App notifications can be mirrored on compatible^ smartwatches.

FreeStyle Libre 2 reader

-  For more information about using the sensor with the reader, turn to page 30 or visit FreeStyleLibre.co.nz

*Sensor is water-resistant in up to 1 metre of water. Do not immerse longer than 30 minutes. ‡Glucose readings are automatically displayed in the FreeStyle LibreLink app when the sensor has been started with the app, and the smartphone and sensor are connected and in range. Optional scan to backfill up to 8 hours of data following a period of lost sensor connection. #Finger pricks are required if your glucose readings and alarms do not match symptoms or expectations.

†The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView. ^Compatible smartwatches are smartwatches that support notification mirroring. To receive alarms from the FreeStyle LibreLink app on your smartwatch, alarms must be turned ON, your phone and smartwatch must be connected, and your devices configured to deliver notifications.



Make glucose management effortless with FreeStyle Libre 2



Zero finger pricks[#]

Always know your glucose levels without the need for routine finger pricks.[#]



Continuous glucose readings

Automatically sent to your phone every minute... no scanning required![†]



Outstanding 14-day accuracy¹

Especially in the low glucose range,¹ where it matters the most.



Optional glucose alarms[^]

Know the minute your glucose is too low or too high, so you can act quickly to reduce glucose fluctuations.



Scan the QR code to watch a short introductory video on the FreeStyle Libre 2 system.

[#]Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. [†]Glucose readings are automatically displayed in the FreeStyle LibreLink app when the sensor has been started with the app, and the smartphone and sensor are connected and in range. Optional

scan to backfill up to 8 hours of data following a period of lost sensor connection. [^]To get glucose alarms on your phone, you must start the sensor with the FreeStyle LibreLink app. Notifications will only be received when alarms are turned on and the sensor is within 6 metres of the reading device. You must have override do not disturb settings

How the FreeStyle Libre system improves glucose management



Lower HbA1c²

Clinically proven to lower your HbA1c.²



Reduced hypoglycaemia³⁻⁶

Spend less time in the low glucose range, both during the day and night.³⁻⁶



Increased Time In Range⁶⁻⁸

Clinically proven to increase time spent in your target glucose range.⁶⁻⁸ More time spent in range is linked with a lower HbA1c.⁹



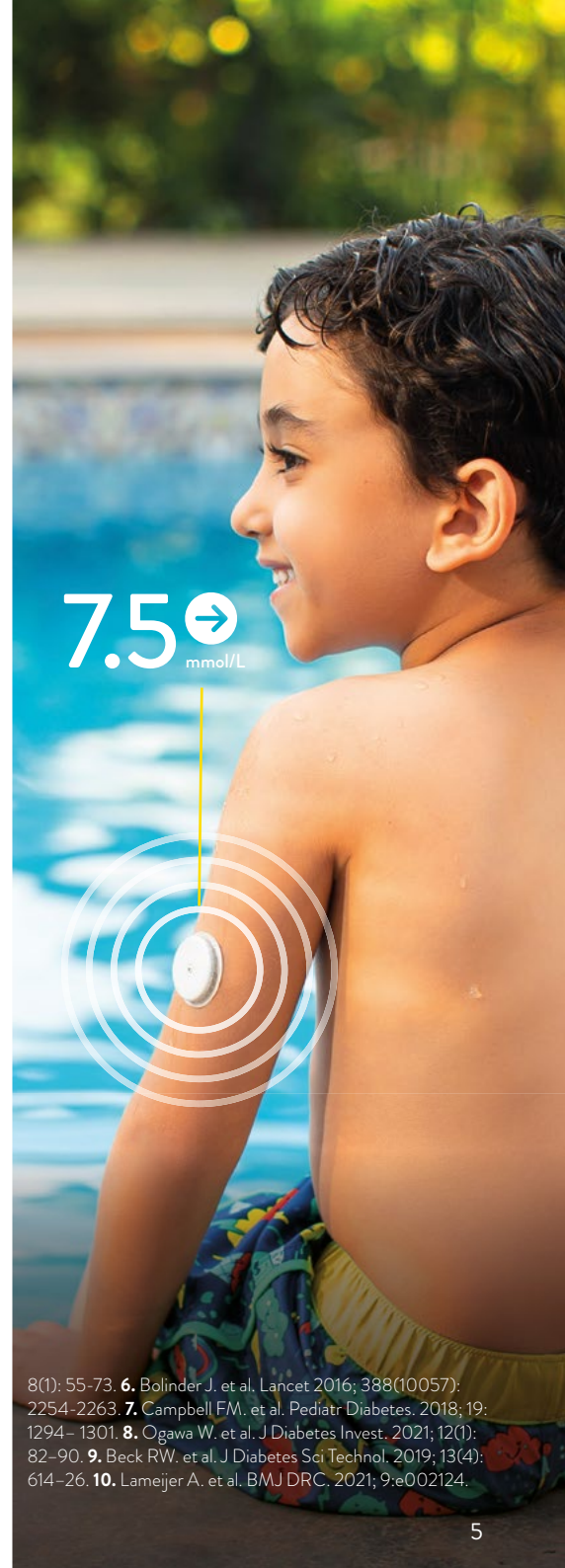
Improved quality of life^{7,10}

Clinically proven to contribute to improved quality of life with sustained use.¹⁰



Scan the QR code to watch a short video on the benefits of the FreeStyle Libre 2 system.

enabled to receive alarms and alerts on your smartphone. **1.** Alva S. et al. J Diabetes Sci Technol. 2022;16(1): 70-77. (ePub 2020). **2.** Evans M. et al. Diabetes Ther. 2022; 13(6): 1175-85. **3.** Leelarathna L. et al. N Engl J Med. 2022; 387:1477-1487. **4.** Franceschi R. et al. Front. Endocrinol. 2022; 13:907517. **5.** Haak T. et al. Diabetes Ther. 2017;



8(1): 55-73. **6.** Bolinder J. et al. Lancet 2016; 388(10057): 2254-2263. **7.** Campbell FM. et al. Pediatr Diabetes. 2018; 19: 1294-1301. **8.** Ogawa W. et al. J Diabetes Invest. 2021; 12(1): 82-90. **9.** Beck RW. et al. J Diabetes Sci Technol. 2019; 13(4): 614-26. **10.** Lameijer A. et al. BMJ DRC. 2021; 9:e002124.

How does the sensor reading compare with a blood glucose reading?

Traditional Blood Glucose Monitoring

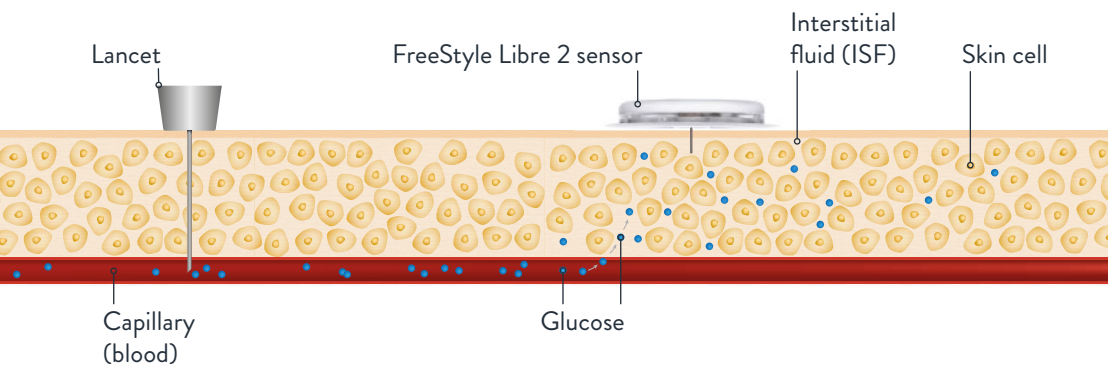
Measures the glucose levels in the blood (capillary).

- A lancet is inserted to reach the blood in the capillary.
- A finger prick only provides one measurement at one point in time.
- Requires a whole kit: lancets (finger pricker), blood glucose strips, and blood glucose reader.

The FreeStyle Libre 2 system

Continuously measures the glucose levels in the interstitial fluid (ISF): the fluid between the cells under the skin.

- Glucose readings based on interstitial fluid have been shown to reliably reflect glucose levels.
- The sensor is painless to apply and wear, with zero finger pricks.[#]
- The sensor takes a glucose reading every minute and automatically displays it on your phone.*



Why does this matter?

Glucose first enters the bloodstream before being absorbed by the interstitial fluid.¹

This means there may be a few minutes delay in sensor (interstitial fluid) glucose readings compared with blood glucose readings. This is called “the lag”¹

[#]Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. ^{*}Glucose readings are automatically displayed in the FreeStyle LibreLink app when the sensor has been started with the app, and the smartphone and sensor are connected and in range. Optional scan to backfill up to 8 hours of data following a period of lost sensor connection.

1. Basu A. et al. J Diabetes Sci Technol 2015; 9(1): 63-68.

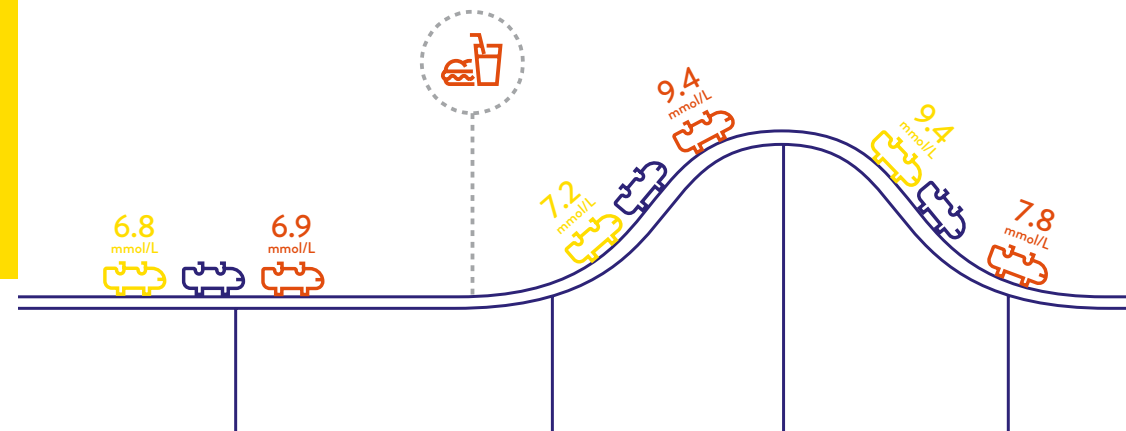
Let's use a train to demonstrate “the lag”

Imagine glucose levels as the train tracks

Imagine FreeStyle Libre 2 sensor glucose as the back of the train

Imagine blood glucose as the engine on the train

Sensor glucose follows behind blood glucose. Let's see what happens when glucose levels change.



When glucose levels remain stable, the glucose levels recorded by the FreeStyle Libre 2 sensor and blood glucose are similar, though not always exactly the same.



With rapidly rising glucose levels, the FreeStyle Libre 2 sensor reading may be lower than the blood glucose levels.



For rapidly falling glucose, the FreeStyle Libre 2 sensor reading may be higher than the blood glucose levels.



The difference between blood glucose and sensor glucose readings is greater following a rapid change in glucose levels after eating, after insulin and after exercise.



Scan the QR code to watch a short video on how FreeStyle Libre 2 works, and why blood glucose and sensor glucose readings won't always match.

Applying the FreeStyle Libre 2 sensor

1. Prepare your skin

Sensors stick better when you wash, clean and dry your skin before application.



Wash

Only use non-moisturising, fragrance-free soaps to wash the area where you will apply the sensor.



Clean

Use an alcohol wipe to clean the site and then allow skin to air dry (do not blow on it).



Dry

Allow your skin to fully dry before applying the sensor. This is especially important if you plan to apply the sensor after you shower or swim.

Before you apply the sensor:

- The back of the upper arm is the recommended and approved application site.
- Do not use body lotion or cream where you'll apply the sensor, as they may leave an oily residue on your skin.
- Body hair can interfere with sensor adhesion. Choose an area with the least hair or consider shaving the site.

2. Prepare the sensor



Peel back and remove the lid from the **sensor pack**.



Unscrew the cap of the **sensor applicator**.
You will hear a click.



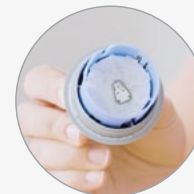
Align the line on the sensor applicator with the line on the sensor pack.



On a flat surface, firmly push the sensor applicator onto the sensor pack.



IMPORTANT: this must be performed on a flat surface for proper sensor connection.



Remove the sensor applicator from the sensor pack.
The sensor is now attached and ready for application.

3. Apply the sensor



Place the sensor applicator on the cleaned area. Keep your fingers clear of the blue panel.

Push up firmly until you hear a loud click.



Gently remove the applicator from your arm.



Cup the sensor with your hand to help it stick properly.



Make sure that the sensor is attached firmly.

Gently smooth the tape around the sensor to increase adhesion.



Scan the QR code to watch a short, step-by-step video guide on how to apply the FreeStyle Libre 2 sensor.

Removing the FreeStyle Libre 2 sensor

Your FreeStyle LibreLink app[†] will tell you when it is time to replace your sensor.



Rub an adhesive remover wipe or cotton ball soaked in baby oil around the outside of the sensor.



Pull the adhesive edge that fixes the sensor to your skin. Slowly remove in a single movement.



When applying a new sensor, select a different site.

Don't get caught short without a sensor when you need one!
Head to [FreeStyleLibre.co.nz](https://www.freesstylelibre.co.nz) to order more sensors.

All system components used, including the sensor, can be disposed of in accordance with the current local waste treatment practices.



See how easy it is to remove your FreeStyle Libre 2 sensor in our **Frequently Asked Questions** video. Scan the QR code to watch.

[†]The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freesstylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView.

Living with the FreeStyle Libre 2 System

Keeping your sensor secure



Pat dry

After a shower or swim, take extra care when towelling off to avoid catching or pulling off your sensor.



Slow down

When dressing or undressing, take care to avoid catching your undergarments on the sensor.



Dress for success

Give your sensor room to breathe by wearing loose-fitting clothing. Or go sleeveless and #WearItProud!



Easy does it

Be careful not to catch your sensor on a doorway, car door, seat belt or furniture edges.



Contact sports and heavy exercise

Select a site on the back of your upper arm that will minimise the risk of knock off.



Hands off

Try not to play with, pull, or touch the sensor while wearing it.

If you need additional support to help your sensor stick, you can over-bandage the sensor with a medical-grade adhesive or tape. The hole in the centre of the sensor must not be covered, so you may need to cut a hole in your over-bandage material. Only remove the over-bandage when removing the sensor too.



For more tips on helping your sensor stick, keep our Sensor Adhesion Guide on hand.

Everyday tips



Sensors must be used at a temperature between 10 °C and 45 °C.



Remove the sensor before any medical appointment with strong magnetic or electromagnetic radiation, such as an X-ray, MRI or CT scan. If unsure, check with your healthcare professional.



Sensors are water resistant for 30 minutes and up to depth of one metre.



Catching a flight? Put your extra sensors in your carry-on bag.



You can go through airport metal detectors, but some full-body scanners may damage the sensor or cause inaccurate results. Consider requesting another type of security screening.*



If travelling overseas, your FreeStyle Libre 2 reader or FreeStyle LibreLink app† may not be compatible with sensors purchased in other countries, so make sure you pack enough sensors to last the duration of your trip.



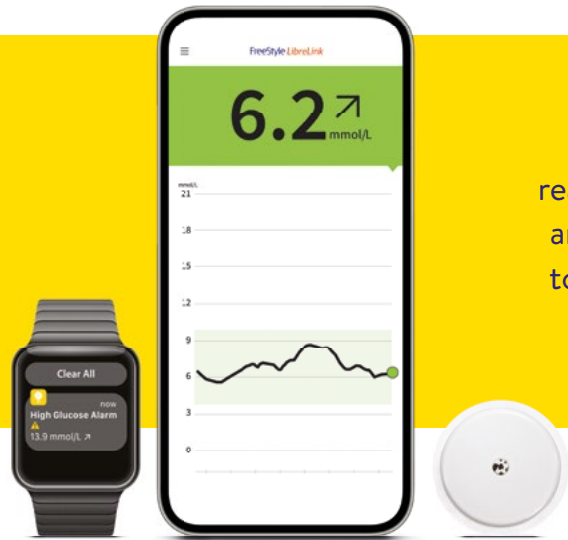
Scan the QR code to watch a short video that covers Frequently Asked Questions about FreeStyle Libre 2.

†The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView.

*The sensor should not be exposed to airport full-body scanners that include x-ray or millimetre radio-wave. Exposure to these scanners may damage the sensor or cause inaccurate results. To avoid removing your sensor, you may request another type of screening. You can keep your sensor on whilst going through airport metal detectors.



The FreeStyle LibreLink app[†]



Your FreeStyle Libre 2 sensor takes a glucose reading **every single minute** and **automatically** sends it to the FreeStyle LibreLink app[†] on your phone... **no scanning required!***



View, track and share real-time glucose readings on the go.



Get instant feedback on how food, activity and insulin impact your glucose levels, so you can make informed treatment decisions.



Easily see patterns and trends. Personalised reports help you to track your continuous progress and identify key points to discuss with your healthcare professional.



Optional glucose alarms alert you the minute your glucose is too low or too high.[‡] Turn to page 20 for more info.



App notifications can be mirrored on compatible smartwatches.[^]

The FreeStyle LibreLink app[†] is free to download

FreeStyle *LibreLink* 



Scan the QR code to watch a step-by-step video guide on how to download and set up the FreeStyle LibreLink app[†] on your phone.

For the best FreeStyle Libre 2 experience including automatic glucose readings,* always start your sensor with the FreeStyle LibreLink app.[†]

- Automatic glucose readings are not available on the FreeStyle LibreLink app[†] when you start your sensor with the FreeStyle Libre 2 reader.
- If you start your sensor with the FreeStyle LibreLink app,[†] the FreeStyle Libre 2 reader will not be able to read that sensor.

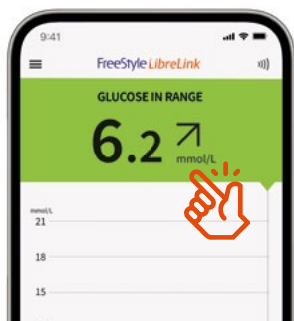
Keeping your phone and sensor connected and in range

- The sensor and the app communicate via Bluetooth, so always keep your phone's Bluetooth switched on.
- Your phone and sensor need to be within 6 metres (unobstructed) of each other.
- If the connection is lost, your phone and sensor will automatically reconnect when back in range, and automatic glucose readings will resume. This may take a couple of minutes. There may be a gap in the graph for the lost connection period. If you wish to, you can scan the sensor to backfill up to 8 hours of data.

[†]The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google LLC. *Glucose readings are automatically displayed in the FreeStyle LibreLink app when the sensor has been started with the app, and the smartphone and sensor are connected and in range. Optional scan to backfill up to 8 hours of data following a period of lost sensor connection. [‡]To get glucose alarms on your phone, you must start the sensor with the FreeStyle LibreLink app. Notifications will only be received when alarms are turned on and the sensor is within 6 metres of the reading device. You must have override do not disturb settings enabled to receive alarms and alerts on your smartphone. [^]Compatible smartwatches are smartwatches that support notification mirroring. To receive alarms from the FreeStyle LibreLink app on your smartwatch, alarms must be turned ON, your phone and smartwatch must be connected, and your devices configured to deliver notifications.



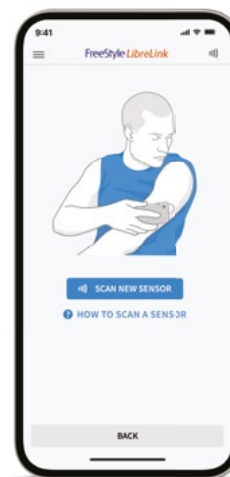
To turn on **text-to-speech**, go to Settings in the app. Once enabled, simply tap the coloured banner on the home screen, and the app will read out:



- Your current glucose reading
- Direction of the trend arrow
- Your glucose message
- Any error messages

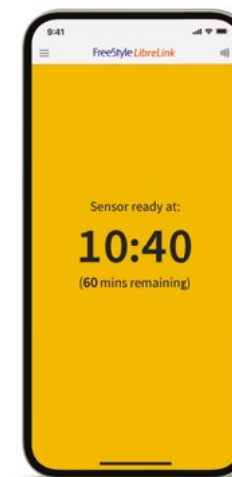
Note: the app will read out the values displayed at the exact moment the banner was tapped. The on-screen glucose reading may update before the readout is complete.

How to start a new sensor with the FreeStyle LibreLink app†



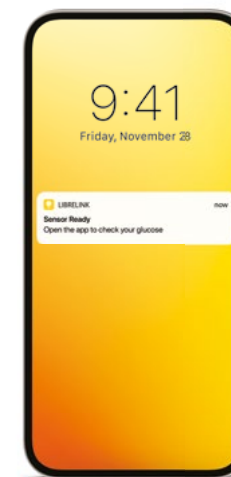
1

Open the FreeStyle LibreLink app† and tap the **Scan New Sensor** button. Scan the sensor to activate it.



2

The activation phase takes 60 minutes. Your phone will provide a countdown.



3

The app will notify you when the sensor is ready, and your glucose readings will then automatically update in the app every minute.*



For easy and efficient scanning, ensure your phone's Near Field Communication (NFC) antenna is positioned directly over your sensor. Bulky or metallic phone cases may interfere with the NFC signal.

iPhone: The NFC antenna is at the top. Wait for one tone or vibration before moving it away from the sensor.

Android: The NFC antenna is usually on the back. Wait for two tones or vibrations before moving it away from the sensor.

Your phone settings may impact FreeStyle LibreLink app† connectivity and notifications:

iPhone: Focus mode

To receive app notifications in **Focus** mode, you must allow **Time Sensitive Notifications**:

1. In your **device settings**, go to **Focus**, and select the **Focus** mode you wish to edit
2. Tap **Apps**, then tap **Add**. Scroll to select **LibreLink**
3. Ensure that both **Allow Notifications** and **Time Sensitive Notifications** are enabled
4. Repeat for each **Focus** mode you have turned on

Android 12 or higher: Nearby Devices Permission

To allow your Android phone to connect with your sensor, you may need to enable the **Nearby Device Permission**:

1. In your **device settings**, go to **LibreLink**
2. Under **App info**, tap **Permissions** > **Nearby devices** > **Allow**

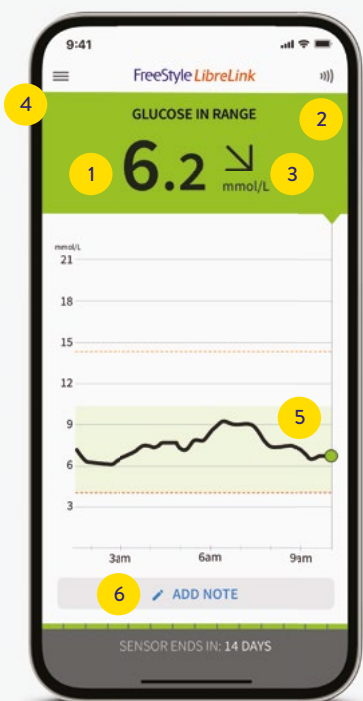
Android 13 or higher: Notifications

To receive app notifications, you may need to enable them in your **device settings**:

1. In your device settings, go to **LibreLink**
2. Under **App info**, tap **Notifications**
3. Turn on **Allow Notifications**

†The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView. *Glucose readings are automatically displayed in the FreeStyle LibreLink app when the sensor has been started with the app, and the smartphone and sensor are connected and in range. Optional scan to backfill up to 8 hours of data following a period of lost sensor connection.

Interpreting your FreeStyle Libre 2 reading



1 Current Glucose Reading
Automatically updates every minute.*

2 Background Colours
Easy colour-coding tells you where your glucose is, to help you make informed treatment decisions.

- Your glucose is high (above 13.3 mmol/L)**
Refer to your action plan for hyperglycaemia
- You're outside your target range**
(between your upper target and 13.3 mmol/L)
- You're within your target range**
(This is a customisable range set by you)
- You're outside your target range**
(between your lower target and 3.9 mmol/L)
- Your glucose is low (below 3.9 mmol/L)**
Refer to your action plan for hypoglycaemia

3 Trend Arrow
Shows you the direction your glucose is heading and how quickly it is changing.

- ↑ **Glucose is rising rapidly**
(more than 0.1 mmol/L per minute)
- ↗ **Glucose is rising**
(between 0.06 and 0.1 mmol/L per minute)
- **Glucose is changing slowly**
(less than 0.06 mmol/L per minute)
- ↘ **Glucose is falling**
(between 0.06 and 0.1 mmol/L per minute)
- ↓ **Glucose is falling rapidly**
(more than 0.1 mmol/L per minute)

4 Glucose Message
May appear to give a simple indicator of where your glucose currently is:

GLUCOSE IN RANGE

LOW GLUCOSE: glucose is below target range

HIGH GLUCOSE: glucose is above target range

... or where your glucose is projected to be:

GLUCOSE GOING HIGH: shown if glucose projected to go higher than 13.3 mmol/L in the next 15 minutes

GLUCOSE GOING LOW: shown if glucose projected to lower than 3.9 mmol/L in the next 15 minutes

5 Glucose History
The graph shows your glucose data from the past 8 hours.
The shaded green ribbon is your customisable target range, so you can see how much time you have spent in range.

6 Add Note
Track food, insulin use, exercise, and other events. An icon is then added to the top of your glucose graph to represent the type and time of the noted event.

- 🍏 Food
- 🏃 Exercise
- 📝 Insulin



All elements of your reading combined give you a full picture of your glucose levels, helping you to make treatment decisions.



Scan the QR code to watch a short video guide on interpreting each FreeStyle Libre 2 reading.

*Glucose readings are automatically displayed in the FreeStyle LibreLink app when the sensor has been started with the app, and the smartphone and sensor are connected and in range. Optional scan to backfill up to 8 hours of data following a period of lost sensor connection.

Optional glucose alarms*

Be notified the minute your glucose goes below or above the level you have set, or when there is a signal loss.

Glucose alarm notifications include your current glucose reading and a trend arrow.

App notifications can also be mirrored on compatible smartwatches. ^



Low Glucose Alarm

Alerts you when your glucose level goes below the level you have set (your chosen value between 3.3 - 5.6 mmol/L).

High Glucose Alarm

Alerts you when your glucose level goes above the level you have set (your chosen value between 6.7 - 22.2 mmol/L).

Signal Loss Alarm

Alerts you if your phone and sensor have not communicated for 20 minutes.

To dismiss the alarm, swipe the notification to open the app and view your glucose data. Then, make informed treatment decisions to bring your glucose back into your set range.

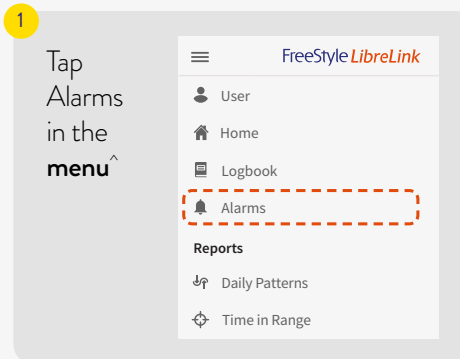
Ensure Bluetooth is turned on and your phone and sensor are in range (6 metres unobstructed). Your phone and sensor will automatically reconnect, and automatic glucose readings will resume. This may take a couple of minutes.



Scan the QR code to watch a step-by-step video on setting alarms on the FreeStyle LibreLink app. †

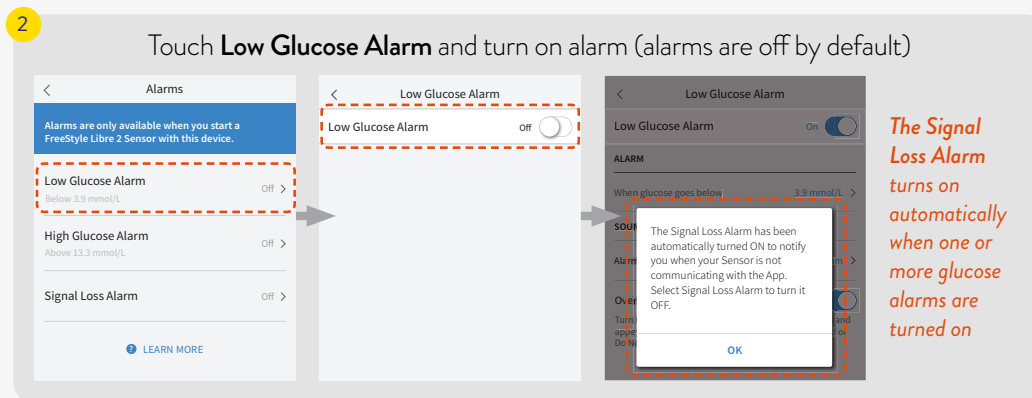
*To get glucose alarms on your phone, you must start the sensor with the FreeStyle LibreLink app. Notifications will only be received when alarms are turned on and the sensor is within 6 metres of the reading device. You must have override do not disturb settings enabled to receive alarms and alerts on your smartphone. ^Compatible smartwatches are smartwatches that support notification mirroring. To receive alarms from the FreeStyle LibreLink app on your smartwatch, alarms must be turned ON, your phone and smartwatch must be connected, and your devices configured to deliver notifications.

How to set alarms on the FreeStyle LibreLink app†

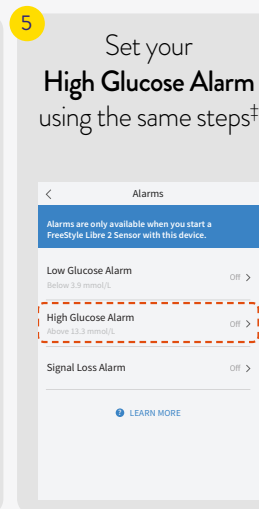
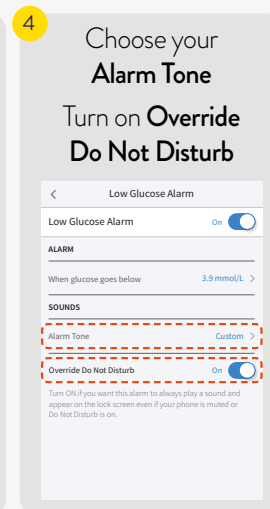
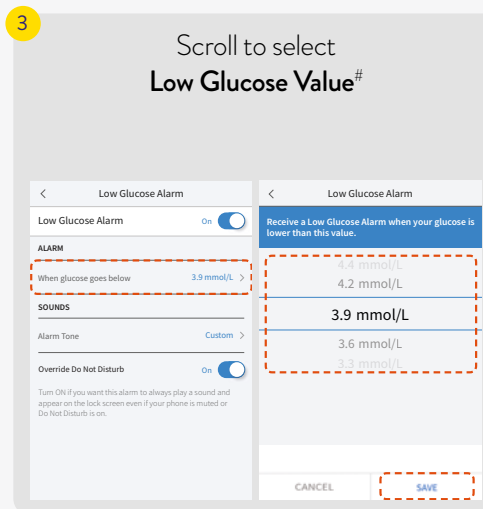


Important:

- Ensure the FreeStyle LibreLink app† is running in the background on your phone and Bluetooth is switched on, or you will not receive glucose alarms.
- If you are using both the app and reader, alarms can only be used on the device you use to start the sensor.



The Signal Loss Alarm turns on automatically when one or more glucose alarms are turned on



†The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView. ^Please see the FreeStyle Libre 2 User's Manual for complete instructions. #3.9 mmol/L is the default Low Glucose Alarm level and can be set between 3.3-5.6 mmol/L. †13.3 mmol/L is the default High Glucose Alarm level and can be set between 6.7-22.2 mmol/L.

Reports

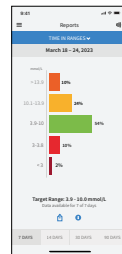
Your personalised FreeStyle Libre 2 reports

- On your FreeStyle LibreLink app,[†] available from the main menu.
- On your FreeStyle Libre 2 reader, available under “View History”.



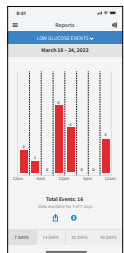
Logbook

View a history of your glucose readings. You can also add notes to track food, insulin use, exercise and other events.



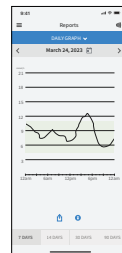
Time in Range

See the percentage of time your glucose readings were above, below, or within your target range.



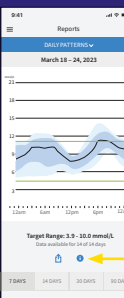
Low Glucose Events

Low glucose events are recorded when glucose readings are lower than 3.9 mmol/L for longer than 15 minutes.

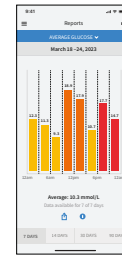


Daily Graph

Shows your daily sensor glucose readings. Easily see how much time you have spent in your target range, which is the green band on the graph.

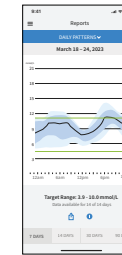


For more information about how to interpret each report, open the report in the FreeStyle LibreLink app,[†] and tap on the information icon.



Average Glucose

Provides information about the average of your glucose readings, based on the time period you select.



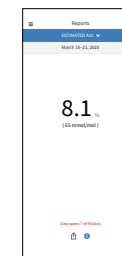
Daily Patterns

Shows the pattern and variability of your sensor glucose over a typical day.



Sensor Usage

Provides information about how often you have scanned or viewed your sensor glucose readings in the app, and how much information has been captured from your sensor.



Estimated A1c

See an estimate of your HbA1c based on your available glucose data from the last 90 days.

You can use the reports to:



→ Identify your glucose trends and patterns.



→ Understand the impact of food, activity and insulin use on your glucose levels.



→ Identify key points to discuss with your healthcare professional.



→ Track and celebrate your continuous progress.



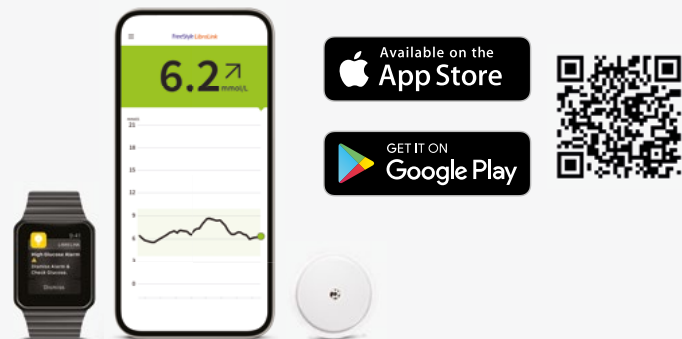
Scan the QR code to watch a short video on viewing and interpreting key reports.

[†]The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView.

Keep your loved ones and healthcare team in the loop with our secure integrated apps.

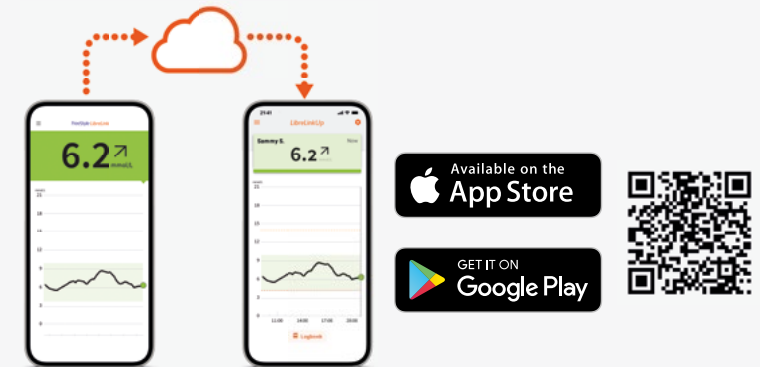
FreeStyle LibreLink

One app* that allows **you** to easily monitor and share your glucose readings. Get instant feedback on how food, activity and insulin use impact your glucose levels, with zero finger pricks.†



LibreLinkUp

An app‡ that allows **your loved ones** to receive your real-time glucose readings and alarms. Invite up to 20 people to receive your glucose levels, for peace of mind.



LibreView

A cloud-based system# that allows **your healthcare team** to view your glucose data and generate insightful reports, helping them to personalise your treatment plan and optimise your consultations.



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*The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView. †Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. ‡The LibreLinkUp app is only compatible with certain mobile device and operating systems. Please check

www.librelinkup.com for more information about device compatibility before using the app. Use of LibreLinkUp and FreeStyle LibreLink requires registration with LibreView. The LibreLinkUp mobile app is not intended to be a primary glucose monitor: home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the app. #The LibreView website is only compatible with certain operating systems and browsers. Please check www.libreview.com for additional information.

For your loved ones:



Staying connected with your loved ones is easy. Your loved ones can receive your real-time glucose readings and alarms securely and remotely when they download the LibreLinkUp app,[‡] providing peace of mind whether you're sleeping or out and about.



How to connect with your loved ones:



1

FreeStyle Libre 2 user

Download and log into your FreeStyle LibreLink app.[†]



2

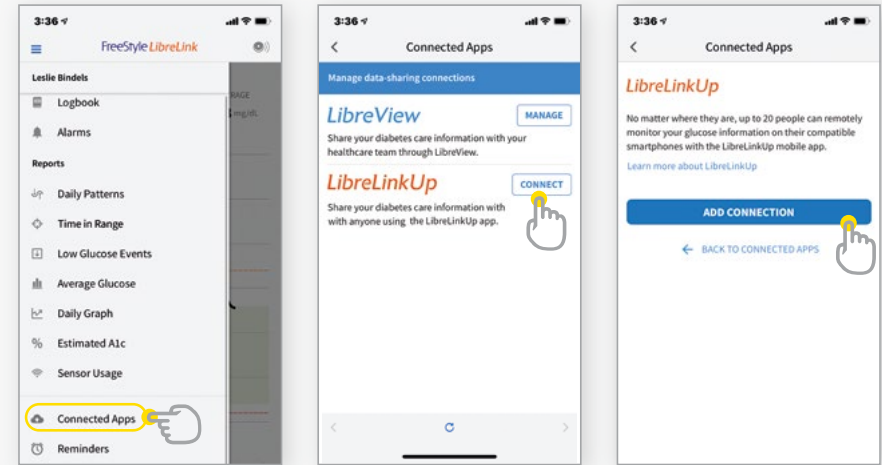
Loved one

Your loved one downloads and logs into the LibreLinkUp app.[‡]

3

FreeStyle Libre 2 user

In your FreeStyle LibreLink app,[†] invite your loved one to connect. You can connect with up to 20 people.



4

Loved one

Your loved one accepts your invitation in the LibreLinkUp app.[‡] If you are receiving automatic glucose readings every minute* in your FreeStyle LibreLink app,[†] your loved one will also receive automatic updates every minute and be able to customise alarms in their LibreLinkUp app.[‡]

The LibreLinkUp app[‡] is free to download:



Scan the QR code to watch an instructional video on getting your loved ones set up with the LibreLinkUp app.[‡]



[‡]The LibreLinkUp app is only compatible with certain mobile device and operating systems. Please check www.librelinkup.com for more information about device compatibility before using the app. Use of LibreLinkUp and FreeStyle LibreLink requires registration with LibreView. The LibreLinkUp mobile app is not intended to be a primary glucose monitor: home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the app. [†]The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google LLC.

Simple, insightful reports for you and your healthcare professional

When you use the FreeStyle LibreLink app,[†] your glucose data is automatically uploaded to LibreView,[‡] a secure, cloud-based platform.



LibreView for you: Gain even deeper insights with LibreView reports

LibreView uses your glucose data to generate in-depth reports. LibreView reports complement the reports in the FreeStyle LibreLink app,[†] and provide a more in-depth analysis of your glucose data.



Our LibreView video series shows you how to get started. Scan the QR code to watch.

If you use the FreeStyle LibreLink app, you already have a LibreView account. You can use the same email address and password to log into both LibreView.com and the FreeStyle LibreLink app.



[†]The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView. [‡]The LibreView website is only compatible with certain operating systems and browsers. Please check www.libreview.com for additional information.

LibreView for your healthcare team: How to connect to your healthcare professional's practice

Following an easy, one-off set up, your healthcare professional will be able to view your glucose data on LibreView. Plus, they can access insightful reports to help prepare for your in-person or telehealth appointments, helping you to get the most out of every consultation.

To start securely sharing your FreeStyle LibreLink[†] glucose data with your healthcare professional, follow the steps below. You can also scan the QR code to watch an easy step-by-step tutorial:



OPTION A: Connect to your healthcare professional

Ask your healthcare professional or clinic staff to provide the LibreView Practice ID, which is the code specific to your healthcare professional's practice.

Enter the ID into the FreeStyle LibreLink app.[†]

Go to: **Menu > Connected Apps > Libre View > Connect to a Practice > Enter Practice ID.**

Tap **Next** and then **Connect** after viewing your healthcare professional's practice contact information.



OPTION B: Accept practice invitation

Ask your healthcare professional to invite you to share your glucose data via LibreView. You can then accept their invitation one of two ways:

Click **Accept Invitation** in the email.

OR

Accept the invitation directly in your FreeStyle LibreLink app.[†]

Go to: **Menu > Connected Apps > Libre View > Pending Invitations > Accept.**

FreeStyle Libre 2 reader resources

Alarms

Scan the QR code to watch an instructional video on setting alarms on your reader.

Note: if you are using both the FreeStyle LibreLink app[†] and the FreeStyle Libre 2 reader, alarms can only be used on the device that you use to start the sensor.



LibreView

Your glucose data is **not** automatically uploaded from your reader to LibreView.[‡] Head to www.LibreView.com to create an account. To allow your healthcare team to see your glucose data in LibreView, connect your reader to your computer every 2 weeks (or each time you finish a sensor). Scan the QR code to learn how:



The FreeStyle Libre Link app[†] has it all.

For the best FreeStyle Libre 2 experience including automatic glucose readings, always start your sensor with the app.

If you start your sensor with the app, the FreeStyle Libre 2 reader will not be able to read that sensor.

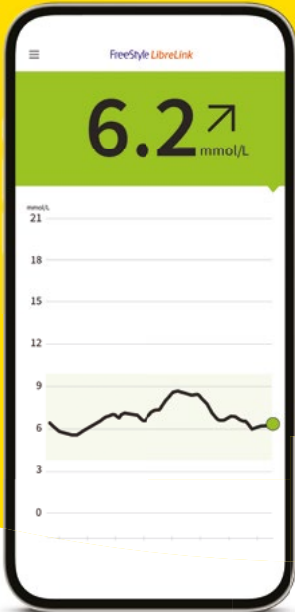
Real world evidence has shown that FreeStyle LibreLink app[†] users spend more time in range than reader users.¹

More time in range is linked with a lower HbA1c.²

[†]The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check www.freestylelibre.co.nz for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView.
[‡]LibreView website is only compatible with certain operating systems and browsers. Please check www.libreview.com for additional information.

1. Kao K. et al. J Diabetes Sci Technol. 2022; 16(1):259-260. 2. Beck, RW. et al. J Diabetes Sci Technol. 2019; 13(4): 614-26.

Notes



0800 106 100

FreeStyle Libre Customer Care

FreeStyleLibre.co.nz

FreeStyle *Libre* 2 

 **Abbott**
life. to the fullest.

The FreeStyle Libre Flash Glucose Monitoring System and the FreeStyle Libre 2 Flash Glucose Monitoring system is indicated for measuring interstitial fluid glucose levels in people (aged 4 and older) with insulin-dependent diabetes. The indication for children (age 4 – 17) is limited to those who are supervised by a caregiver who is at least 18 years of age. Always read the instructions for use. The system must not be used with automated insulin dosing (AID) systems, including closed-loop and insulin suspend systems. The sensor must be removed prior to Magnetic Resonance Imaging (MRI).

The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. Information contained herein is for distribution outside of the USA only. Mediray New Zealand, 53-55 Paul Matthews Road, Albany, Auckland 0632. www.mediray.co.nz. NZBN 9429041039915. ADC-78559 V2.0