

**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 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.

Medicare coverage is available for the FreeStyle Libre 3 system if the FreeStyle Libre 3 reader is used to review glucose data on some days every month. Medicare and other third party payor criteria apply. Abbott provides this information as a courtesy, it is subject to change and interpretation. The customer is ultimately responsible for determining the appropriate codes, coverage, and payment policies for individual patients. Abbott does not guarantee third party coverage or payment for our products or reimburse customers for claims that are denied by third party payors.

You cannot use both the FreeStyle Libre 3 reader and the FreeStyle Libre 3 app to scan the same FreeStyle Libre 3 sensor for glucose readings. If you start the sensor with the app, then you cannot use the reader to scan for glucose readings and if you start the sensor with the reader, then you cannot use the app to scan for glucose readings. Whichever device you start the sensor with will receive alarms.

See Important Safety Information on the last page.



Let's Get Started!

When you use the FreeStyle Libre 3 system, real-time glucose readings are sent every minute to your smartphone* or reader† 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
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Product Questions?
Call Customer Care:
1-855-632-8658



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Sign Up for Your Guided Experience

Get Started With MyFreeStyle

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.



Join Now!

People love the MyFreeStyle program:

89% Feel more confident in their diabetes management!

Need help getting started?

Join one of our live sessions with MyFreeStyle Live

- Get expert help with MyFreeStyle Live.
- Join a free live training class with one of our Certified Diabetes Care and Education Specialists (CDCES) to learn how to get the most out of your FreeStyle Libre 3 system.
- We will help show you how to get started and answer questions you may have about the system.
- It takes just 2 minutes to register at www.MyFreeStyleLive.com or scan the QR code.



Register Now!

‡60-minute warm-up required when starting the sensor. §Among patient-applied sensors
References: 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*** or **Reader†** 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.



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*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.



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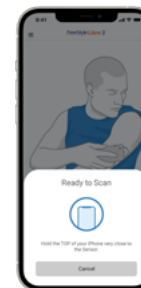
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†60-minute warm-up required when starting the sensor.

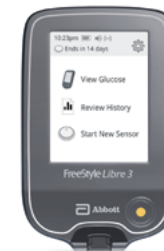
App:

- 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.



Reader:

- 1 Press the **Home Button** to turn on the reader and touch **Start New Sensor**.
- 2 Hold the reader 1.5 inches from the sensor to **scan and activate it**.
- 3 The sensor can be used to check your glucose **after 1 hour**.



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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*The information above does not constitute an endorsement of the manufacturer or the product quality. Abbott Diabetes Care is not responsible for the 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.

Remove & Replace Your Sensor

1

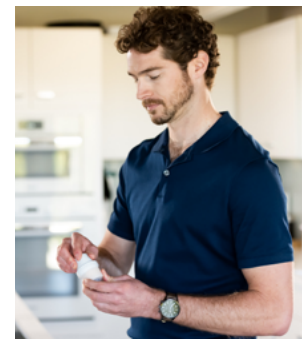
Remove Sensor

The sensor is designed to stay on for up to 14 days. The app[‡] or reader[§] 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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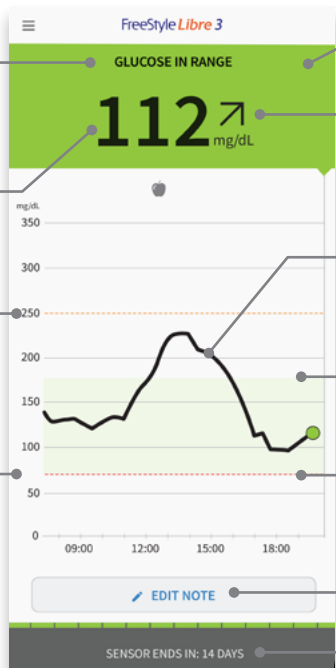
Understand Your Glucose in One Glance



Glucose message

Current glucose reading is updated every minute.

Optional high and low glucose alarm* levels.



Glucose graph shows your 12-hour history.

Target glucose range is set at 70-180 mg/dL and can be customized.

Add or edit notes

Sensor life

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

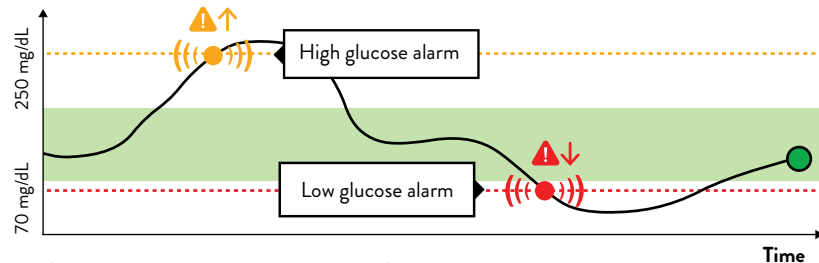
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*Notifications will only be received when alarms are turned on and the sensor is within 33 feet unobstructed of the reading device. You must enable the appropriate settings on your smartphone to receive alarms and alerts, see the FreeStyle Libre 3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



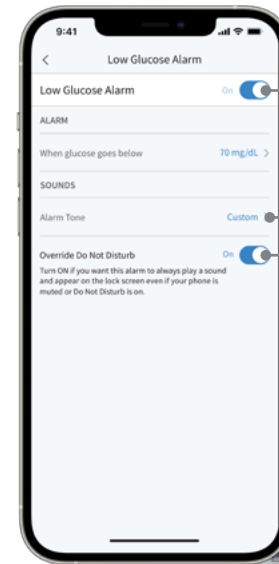
GLUCOSE ALARM AND TARGET GLUCOSE RANGE LEVELS ARE DIFFERENT. TALK TO YOUR HEALTHCARE PROVIDER ABOUT BOTH.

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On the app‡, go to the **Main Menu** (≡) and tap **Alarms**.

On the reader, click the gear to go to **Settings**.

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

On the reader, select **Alarms**.

On the app, **select Override Do Not Disturb** if you want an **alarm to display even when your smartphone is muted or Do Not Disturb is enabled**.

On the reader, click **Change Alarm Settings** and select which alarm you'd like to set and turn on.



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

*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.

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Share Glucose Data* with Loved Ones and Healthcare Providers



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*The user's device must have internet connectivity for glucose data to automatically upload to LibreView and to transfer to connected LibreLinkUp app users.

†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 the LibreLinkUp app requires registration with LibreView. LibreLinkUp is not intended to be used for dosing decisions. The user should follow instructions on the continuous glucose monitoring system. LibreLinkUp is not intended to replace self-monitoring practices as advised by a physician.



LibreLinkUp[†]

Parents and other caregivers can have access to their loved ones' information in real-time using LibreLinkUp[†]. First they download the LibreLinkUp app, then they accept your invitation.

To share, open the FreeStyle Libre 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 with the app, open the app menu, tap on "Connected Apps," select "LibreView," and enter your healthcare provider's "Practice ID."

To share with the reader, open the Upload Device screen, click the Press to Begin Upload button under Upload a Device. Click on the Download button specific to your computer's operating system. Open the downloaded file by clicking on it and allowing it to run. Follow the prompts to complete the installation.

Your healthcare provider also can send an invitation to the email you used to create your LibreView account, which you accept within the app.

‡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.

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 ↓

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Review Your Time in Ranges Report

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

To find reports on the reader, click **Review History** icon, then click **Time In Target** to find reports.



Above Target Glucose Range
>180 mg/dL

Target Glucose Range
70-180 mg/dL

Below Target Glucose Range
<70 mg/dL

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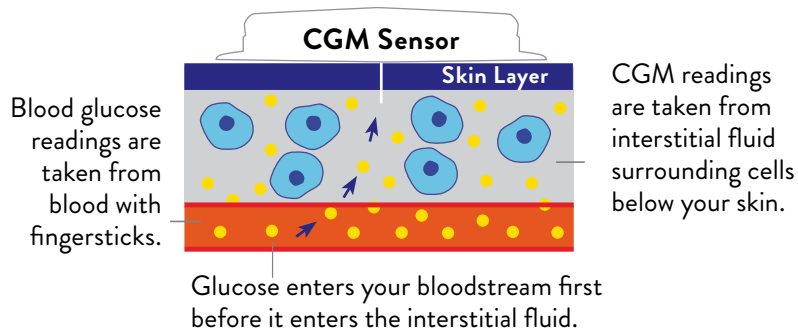
*Default range is 70-180 mg/dL. Consult with a healthcare professional on individual target glucose range. †The FreeStyle Libre 3 app is only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the app.

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 changing¹.

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).

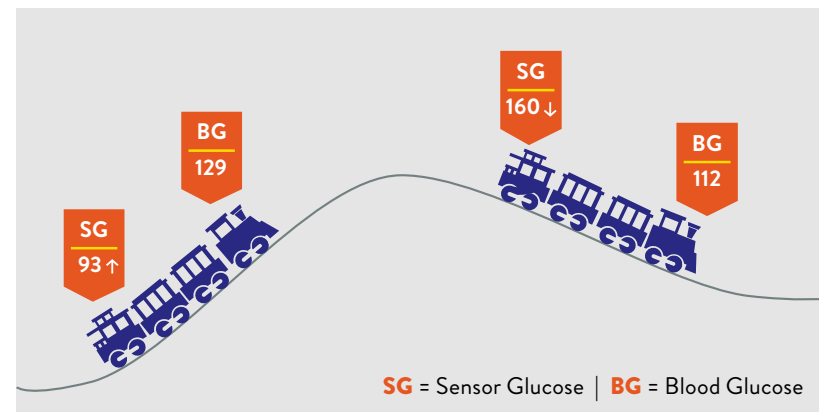
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Understand the Lag²

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.



References: 1. FreeStyle Libre 3 User's Manual. 2. 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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