



FreeStyle  
**Libre 3**



## Get Started with the FreeStyle Libre 3 Plus sensor.

See how the FreeStyle Libre 3 system helps you navigate the ups and downs of your glucose so you can live life with diabetes on your terms.

**This is progress.**

The product images are for illustrative purposes only.

Medicare and other payor criteria may apply.

You cannot use both the FreeStyle Libre 3 reader and the FreeStyle Libre 3 app to scan the same FreeStyle Libre 3 Plus 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.



## Getting started with your sensor.

The FreeStyle Libre 3 Plus sensor tracks your glucose in real time, all day long\*. It's the small but mighty way to make more informed decisions†1 and take actions that can add up to big changes over time.

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

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How CGM works .....	<b>18-19</b>



### Dedicated Support

From simple to complex questions, our expert customer care team is here to assist you.

**Call 1-855-632-8658**

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## Sign up for your guided experience.



### Just knowing your glucose numbers is not enough

Get free tools and tips via email, text, or video, so you can make informed changes that work for you.

- Easy tutorials
- Sensor tips & tricks
- Meal and activity tips
- Latest research
- Refill reminders



**Let's get started**

\*60-minute warm-up required when starting the sensor.

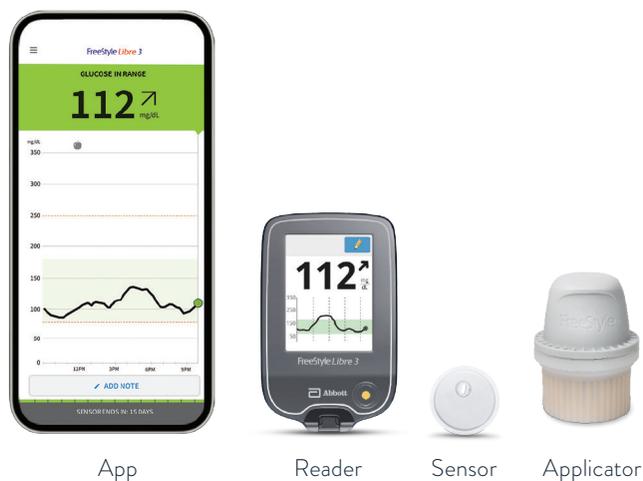
†Study was performed with the outside US version of the FreeStyle Libre 14 day system. Data is applicable to FreeStyle Libre 3 system, as feature sets are similar to FreeStyle Libre 14 day system, excluding alarms.

**Reference: 1.** Fokkert, M. *BMJ Open Diabetes Research & Care* (2019). <https://doi.org/10.1136/bmjdr-2019-000809>.

# Meet the FreeStyle Libre 3 system.

# Apply the sensor.

## Sensor usage



### Wash, prep, 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.



### 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.**



### Apply

To apply the sensor, press firmly and listen for the click. Pull back slowly after a few seconds.

The **sensor applicator** contains one **FreeStyle Libre 3 Plus sensor**. After applying your sensor, use the **FreeStyle Libre 3 app\*** or **reader†** to start your sensor. Then you'll start to receive glucose readings, get optional glucose alarms‡, and see your glucose history and any notes you have added.

Medicare and other payor criteria may apply.

\*The FreeStyle Libre systems apps are only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the apps. Use of the FreeStyle Libre systems apps may require registration with LibreView.

†The FreeStyle Libre 3 app and the FreeStyle Libre 3 reader have similar but not identical features. Fingersticks are required for treatment decisions when you see Check Blood Glucose symbol and when your glucose alarms and readings from the system do not match symptoms or expectations.

‡Alarm notifications will only be received when alarms settings are enabled and turned on and sensor is within 33 feet unobstructed of the reading device.

# Get the FreeStyle Libre 3 app\*.

# Start your new sensor.

Sensor  
usage



Download the app  
on your smartphone  
before starting.

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## On the 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 is different. Use the front or back of the phone to scan, depending on which type you have. Move your phone around if needed.

- 3 The sensor can be used to check your glucose after a **60-minute warm-up period**. You will automatically receive a notification when your sensor is ready, if notifications are turned on.



## On the 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 60 minutes**.

## Tips for keeping your sensor in place.



### Be gentle

Try not to catch your sensor on doorways, car doors, and seat belts. Avoid touching it once it's on.



### Wear it comfortably

Be careful when dressing. Give the sensor room to breathe with lightweight, loose-fitting clothes.



### Take care around water

The sensor is water-resistant. Avoid submerging it in more than 3 feet of water 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.



**If you need extra stickiness, try an over-bandage\* (Tegaderm I.V.) or other products that help with adhesion (Torbot skin tac)†.**

Medicare and other payor criteria may apply.

\*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.

†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.

## Remove and replace your sensor.

### Sensor usage

### 1 Remove sensor

The FreeStyle Libre 3 Plus sensor is designed to stay on for up to 15 days. The FreeStyle Libre 3 app‡ or FreeStyle Libre 3 reader§ will notify you when it's time to remove it. Pull up the adhesive edge and slowly peel it away from your skin.

### 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

To dispose of your sensor, follow your local regulations for electronic equipment, batteries, sharps, and materials that are exposed to body fluids.

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§The FreeStyle Libre 3 app and the FreeStyle Libre 3 reader have similar but not identical features. Fingersticks are required for treatment decisions when you see Check Blood Glucose symbol and when your glucose alarms and readings from the system do not match symptoms or expectations.

# Real-time glucose readings with a glance at your smartphone\*

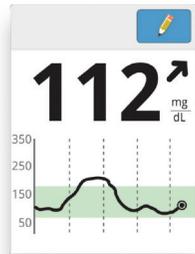
## Glucose readings

Easily see your glucose levels, where they're going, and where they've been.

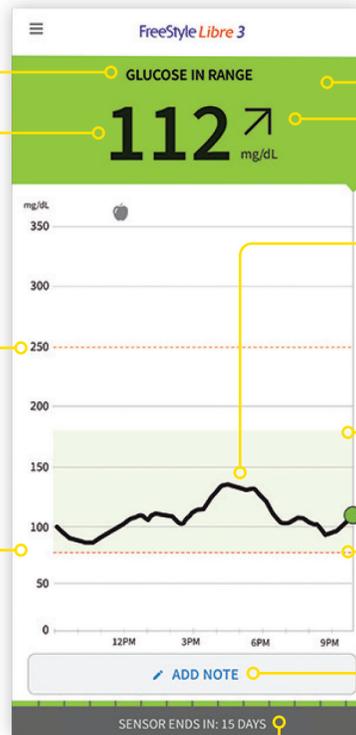
### Glucose message

**Current glucose reading** is updated every minute

**Optional high and low glucose alarm†** levels



Reader



App

**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**

High glucose (above 250 mg/dL)

**YELLOW**

Between the target glucose range and high or low glucose level

**GREEN**

Within the target glucose range (70-180 mg/dL is standard, but target range can be customized)

**RED**

Low glucose (below 70 mg/dL)

**Trend arrows** show where your glucose levels are headed.

Arrow direction	What trend arrow means
↑	<b>Glucose is rising quickly</b> more than 2 mg/dL per minute
↗	<b>Glucose is rising</b> between 1 and 2 mg/dL per minute
→	<b>Glucose is changing slowly</b> less than 1 mg/dL per minute
↘	<b>Glucose is falling</b> between 1 and 2 mg/dL per minute
↓	<b>Glucose is falling quickly</b> 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 alarms\*† help you know when to take action.

- ⚠ **High glucose alarm** can be set between 120 and 400 mg/dL.
- ⚠ **Low glucose alarm** can be set between 60 and 100 mg/dL.
- ⚠ **Sensor signal loss** alerts if your phone has not communicated with your sensor in over 20 minutes.

⚠ **Glucose alarm levels and target glucose range levels are different and can be customized independently. Talk to your healthcare provider about both.**

Medicare and other payor criteria may apply.

\*Alarm notifications depend on thresholds set by user.

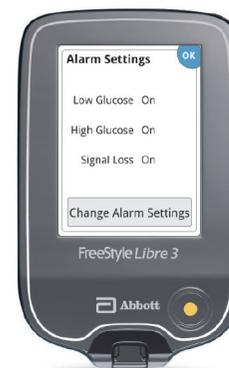
†Alarm notifications will only be received when alarms settings are enabled and turned on and sensor is within 33 feet unobstructed of the reading device.

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## On the app‡

- 1 Go to the **Main Menu** (☰) and tap **Alarms**.
- 2 Select **the optional alarm** you want to change and turn on: Low, High, or Signal Loss.
- 3 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

- 1 Click the gear to go to **Settings**.
- 2 Select **Alarms**.
- 3 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 your alarms.**

Easily share\* readings with your loved ones and healthcare provider to keep them in the loop†.

Sharing data



### LibreLinkUp‡

Loved ones can access your glucose information in real time.

### LibreView§

Your doctors can use this secure¶, cloud-based§ system to see your glucose data, making it easier to have discussions and make decisions together.

\*The user's device must have internet connectivity for glucose data to automatically upload to LibreView.

†The FreeStyle Libre systems apps are designed to facilitate data sharing between patients and their healthcare providers and caregivers.

‡The LibreLinkUp app is only compatible with certain mobile devices and operating systems. Please check [www.librelinkup.com](http://www.librelinkup.com) for more information about device compatibility before using the app. Use of the LibreLinkUp app requires registration with LibreView.

§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.

¶The FreeStyle Libre systems apps are only compatible with certain mobile devices and operating systems. Please check our website for more information about device compatibility before using the apps. Use of the FreeStyle Libre systems apps may require registration with LibreView.



#### To send an invitation and share data

- 1 Open the FreeStyle Libre 3 app¶ menu and tap on **Connected Apps**.
- 2 Select **LibreLinkUp** and add a connection.
- 3 Then caregivers and loved ones need to download the LibreLinkUp app and accept your invitation.



#### To share data using the FreeStyle Libre 3 app¶

- 1 Open the app menu, tap on **Connected Apps**, select **LibreView**, and enter your healthcare provider's Practice ID.

#### To share data using the reader

- 1 Open the **Upload Device** screen and click the **Press to Begin Upload** button under **Upload a Device**.
- 2 Click the **Download** button specific to your computer's operating system.
- 3 Open the downloaded file by clicking on it and allowing it to run. Follow the prompts to complete the installation.

#### To share data using an email invitation

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

# See the big glucose picture<sup>1</sup>.

Time in range

## A1c shows your average glucose level over the past 3 months

While it's helpful to see this summary number, it doesn't tell you much about daily high or low glucose levels.

## 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**\*<sup>2</sup>.

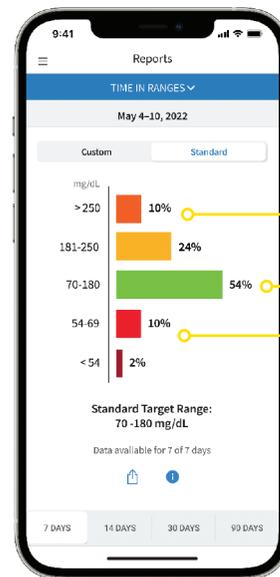
Every 10% increase in time in range can lower A1c by about 0.8%<sup>3</sup>

\*Default range is 70-180 mg/dL. Consult with a healthcare professional on individual target glucose range.

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**References:** 1. Unger, J. *Postgraduate Medicine* (2020). <https://doi.org/10.1080/00325481.2020.1744393>. 2. Battelino, T. *Diabetes Care* (2019). <https://doi.org/10.2337/dci19-0028>. 3. Vigersky, R. A. *Diabetes Technology & Therapeutics* (2019). <https://doi.org/10.1089/dia.2018.0310>.

## Review your time in range report



### On the app<sup>†</sup>

Open the **Main Menu** (☰) to find **Reports**

**Above target glucose range**  
>180 mg/dL

**Target glucose range**  
70-180 mg/dL

**Below target glucose range**  
<70 mg/dL



### On the reader

- 1 Click the **Review History** icon.
- 2 Click **Time In Target** to find reports.

# Staying on top of your glucose doesn't have to be a pain.

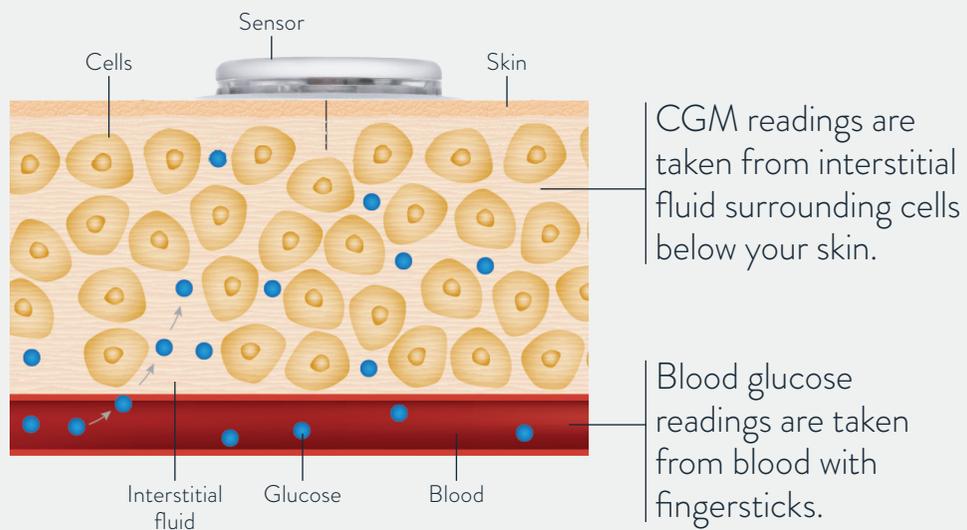
## The FreeStyle Libre 3 CGM system shows readings in real time

You can easily see your glucose levels, where they're going, and where they've been—for more informed decisions\*<sup>1</sup> without painful fingersticks†.

## BGM shows readings at a single point in time

Even with multiple daily fingersticks, highs and lows may go undetected.

### CGM measures glucose levels via interstitial fluid, not from blood.



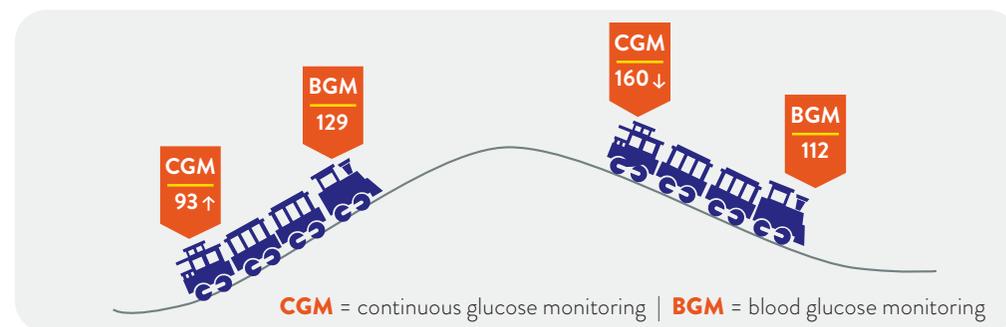
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†Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first twelve hours.

**References:** 1. Fokkert, M. *BMJ Open Diabetes Research & Care* (2019). <https://doi.org/10.1136/bmjdr-2019-000809>. 2. Tarini, C. *Glucose Sensor Use in Children and Adolescents* (2020). [https://doi.org/10.1007/978-3-030-42806-8\\_2](https://doi.org/10.1007/978-3-030-42806-8_2).

## CGM readings tend to be about 5 to 10 minutes behind blood glucose readings<sup>2</sup>

Glucose enters the bloodstream first, so blood glucose readings change before sensor glucose readings do. That means your CGM readings will be either above or below your BGM readings at first. This is known as “the lag.”



## Factors that can affect FreeStyle Libre 3 Plus sensor glucose readings:

- You took more than 1000 mg per day of vitamin C (ascorbic acid).
- You are in the first 12 hours of wearing a new sensor.
- Your sensor is not securely applied.
- Your sensor kit was stored somewhere outside of the recommended temperature range (36°F to 82°F).



# FreeStyle Libre 3



## Helping you live life with diabetes— on your terms.

The small but mighty way to make more informed decisions\*<sup>1</sup> that can add up to big changes over time.

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### IMPORTANT SAFETY INFORMATION

Failure to use the 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.

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