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Abbott



FreeStyle
Libre 3

CONTINUOUS GLUCOSE MONITORING SYSTEM

The FreeStyle Libre 3 System

Getting started guide



**easy
read**

The pictures in this document are only to help you understand it. The people are not real patients. The sugar levels are not real patients' numbers.

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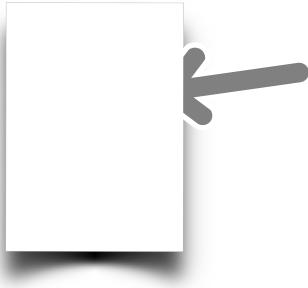
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In this easy read document, difficult words are in **bold and navy blue**. We explain what these words mean in the sentence after they have been used.



Some of these words are links which will go to another website that has more information.

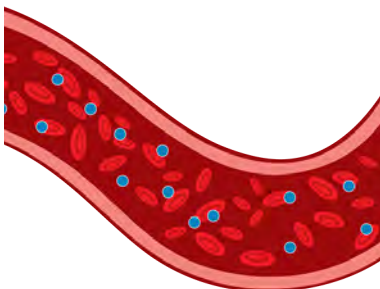
Introduction



The FreeStyle Libre 3 system is a new way for people with **diabetes** to check their sugar levels.

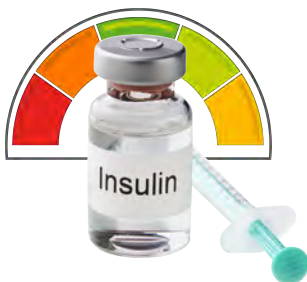


Sugar comes from the food we eat and our bodies turn it into energy using something called 'insulin'.



Most people's bodies make their own insulin, but **diabetes** is a disease where your body either:

- can't make enough insulin or
- can't make any insulin at all.



People with diabetes have to check their sugar levels and inject the right amount of insulin to deal with it.



People check their sugar levels by pricking their finger and testing their blood.



The FreeStyle Libre 3 system can check your sugar levels without a finger prick test.



Instead it uses a **sensor** on the back of your upper arm.

A **sensor** is a small device that can read changes in the liquid just underneath your skin.

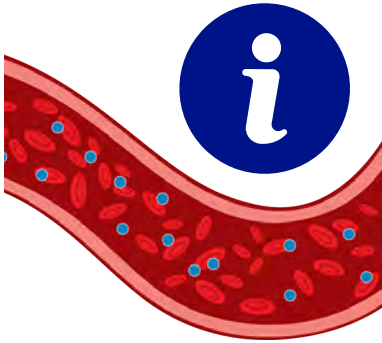


Sometimes you will still need to do a finger prick test if you feel different to what the reading and alarm are saying.



This guide will help you get started with the FreeStyle Libre 3 system.

What the FreeStyle Libre 3 system does



The FreeStyle Libre 3 system:

- provides information about your sugar levels every minute.



- can send information about your sugar levels to your **smartphone**.

A **smartphone** is a phone that connects to the internet.



- has good internet connection so it can always give you information.



- has alarms to let you know when your sugar levels are too high or too low.

How the FreeStyle Libre 3 system works



Your FreeStyle Libre 3 sensor will send information about your sugar levels to the FreeStyle Libre 3 **app** on your phone, every minute.



An **app** is a computer programme that you have on your phone to help you do something.



On your app you can:

- look at your sugar level information every minute.

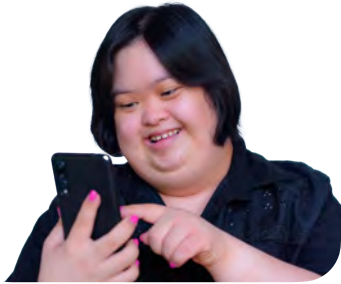


- look at your sugar level information from the past.



- set alarms to tell you when your sugar levels are too high or too low.

Setting up the app



To start using the FreeStyle Libre 3 app you need to set it up on your phone.



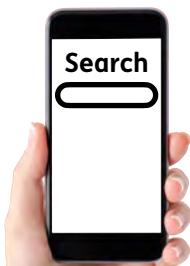
The FreeStyle Libre 3 app can only be set up on some types of phone.

Have a look at our guide to see whether your phone can get the app:
www.freestylediabetes.co.uk/compatibility-guides

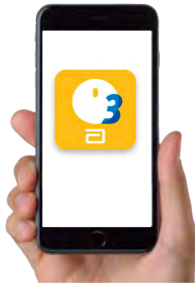


Follow these steps to set the app up:

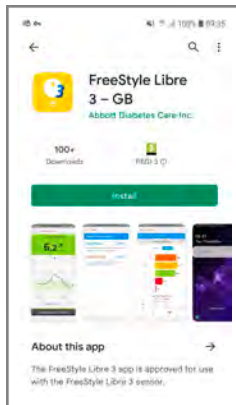
1. Go to your phone's app store.



2. Type 'FreeStyle Libre 3' where it says 'Search'.



3. Look for FreeStyle Libre 3 - GB and tap it.



4. Tap 'Get' - the app is free to get and use.



5. Sign in or set up a LibreView account - if you have a LibreView account then use the same email and password.



6. Read and accept the agreement.

Putting on your sensor



To start using your FreeStyle Libre 3 sensor you need to attach it to the back of your upper arm.



The sensor will already be set up with a sensor applicator.

You will use this to put the sensor on the back of your upper arm.

Follow these steps to put on your sensor:

1. Clean a flat area on the back of your upper arm by:

- washing the area with soap and water.
- drying it.
- wiping the area with an alcohol wipe.
- leaving it to dry before the next step.





2. Unscrew the cap of the sensor applicator and put it to one side.



3. Place the sensor applicator over the area on your arm that you have cleaned and dried.



4. Push down firmly to put the sensor onto the back of your upper arm.



5. Listen for the click and then wait a few seconds.



6. Gently and slowly pull the sensor applicator away from your arm.



7. Make sure the sensor is stuck tight.

Starting your sensor



To start getting information from your sensor on your smartphone app, you need to scan your sensor.



If you have an iPhone follow these steps to scan and start your sensor:



1. Open the FreeStyle Libre 3 app.



2. Go to the app's 'Main Menu' and tap 'Start New Sensor'.



3. Hold the top of your iPhone near the sensor.



4. Wait until you hear a tone or feel a vibration. This means that it has worked okay.



If you have any other kind of smartphone that works with the app, follow these steps to scan and start your sensor:



1. Open the FreeStyle Libre 3 app.



2. Go to the app's 'Main Menu' and tap 'Start New Sensor'.

3. Hold the back of your smartphone near the sensor.

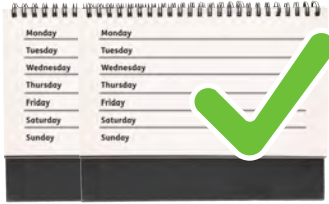


4. You may need to turn on 'Near Field Communication' in your phone's settings if the app is not working.



The sensor will begin to send your sugar level information to your smartphone after an hour of setting it up.

Removing your sensor



You must replace your sensor every 14 days.

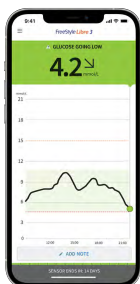


To remove your sensor slowly peel it off your skin and attach a new one.



Remember to choose a different area on the back of your upper arm.

Understanding your app

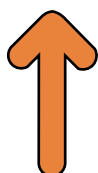


Here's how to understand your sugar level information on your FreeStyle Libre 3 app.

The background colour of your app tells you where your sugar levels are.

Here's what the colours mean:

Orange



Orange - this means your sugar levels are too high.

Green



Green - this means your sugar levels are just right.

Red



Red - this means your sugar levels are too low.

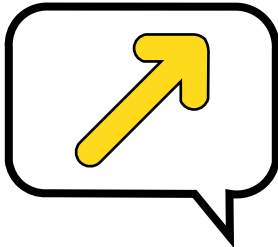
Yellow



Yellow - this means your sugar levels are starting to get either too high or too low.



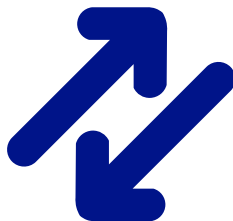
There is also a number on your app which tells you where your sugar levels are.



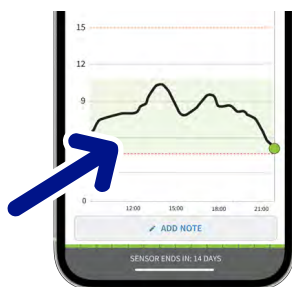
A message will tell you whether your sugar levels are going up or down.



If you are not sure about a message or reading, ask your doctor for advice.



An arrow will tell you how quickly your sugar levels are going up or down.



Your app will also have a graph that shows how your sugar levels have changed over the past 12 hours.

Your sugar level information history



Your app will also give you information about your past sugar level information.

It will tell you:



- how often your sugar levels were too high or too low.



- how well your sugar levels have been managed.



- where your sugar levels have usually been during the day.

Sugar level alarms



You can set alarms on your app that will let you know when your sugar levels are too high or too low.

Follow these steps to set up an alarm on your app:



1. Make sure you have turned on 'Bluetooth' and 'Notifications' on your smartphone.



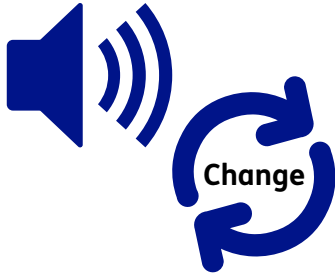
2. In the app go to 'Main Menu' and tap 'Alarms'.



3. Select the alarm you want to set. You can set an alarm for: too high, too low, internet connection loss.



4. Set your normal sugar level information - this is where your sugar levels should be.



5. You can change the sound of the alarm if you would like.

Sharing your sugar level information with your doctor



LibreView

LibreView is a website that helps your doctor see your sugar level information.



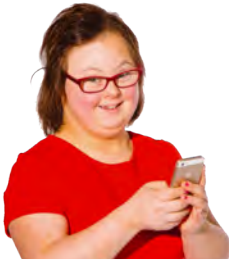
Your app will send all of your sugar level information to your LibreView account automatically when your phone is connected to the internet.

Only you and your doctor will be able to look at your LibreView account.



This can help you make decisions about your health together.

Follow these steps to set up sharing your sugar level information to LibreView:



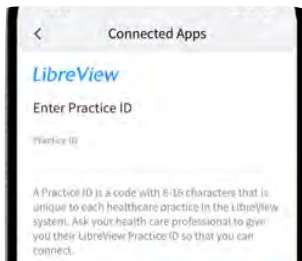
1. In the app go to 'Main Menu' and tap 'Connected Apps'.



2. Then tap 'Connect' or 'Manage'.



3. Ask your doctor's surgery for their 'LibreView Practice ID'.



4. Type the 'Practice ID' into your app.



5. Tap 'Next' and then 'Connect'.



Your doctor's surgery can also send you an invitation to share your information through email.



You can accept the invitation in your app by tapping 'Accept Invitation'.



If you need more information please call the Abbott Customer Careline on: 0800 170 1177

Monday to Friday, 8:00am to 8:00pm
or Saturday, 9:00am to 5:00pm.



Or you can go to our website:
www.FreeStyleDiabetes.co.uk



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