




FreeStyle  
Libre 3

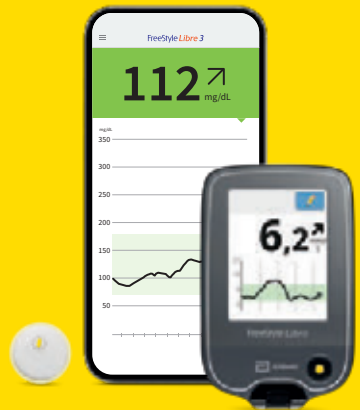
112   
mg/dL



## Getting Started with FreeStyle Libre 3

For a better quality of life<sup>1,2</sup> and  
safety<sup>3,4</sup> in managing diabetes.

In this brochure you will find valuable information on setting  
up and using FreeStyle Libre 3.



Now You Know

 **Abbott**  
life. to the fullest.®

# FreeStyle Libre 3 Helps You Manage Your Diabetes More Effectively

FreeStyle Libre 3 helps you manage your diabetes every day with glucose readings and trends directly on your smartphone<sup>5</sup> or reader<sup>6</sup>.



## Safe<sup>3,4</sup>

Excellent accuracy<sup>7</sup> with glucose values automatically sent to your smartphone.



## Discreet<sup>8</sup>

The world's smallest and thinnest<sup>9</sup> sensor. Smaller than two stacked 5 cent coins.

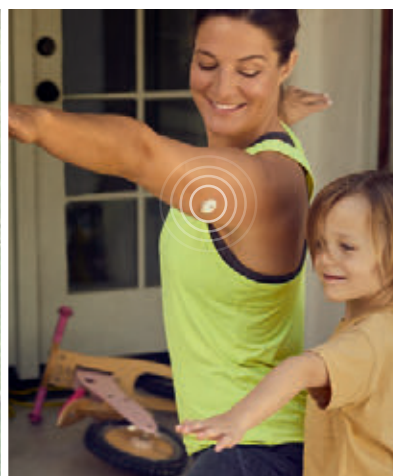


## Easy<sup>10</sup>

The straightforward CGM for up to 14 days<sup>11</sup>. Easy to apply using a 1-piece applicator.

## Table of Contents

Getting Started with FreeStyle Libre 3	4
Meet the FreeStyle Libre 3 System	6
The Difference Between Blood Glucose Readings and Sensor Glucose Readings	8
The Sensor	10
The App	14
The Reader	32
Digital Tools	44
FreeStyle plus lch	54
Ordering	56
Your Personal Records	58



# Getting Started with FreeStyle Libre 3

1

## Register in seconds. Get started right away.

Before you get started with FreeStyle Libre 3, please register for our Online Technical Briefing Webinars: Our trained professionals will explain how to use FreeStyle Libre 3 and answer your questions.

[www.FreeStyleLibre.de/hilfe/technische-einweisung](http://www.FreeStyleLibre.de/hilfe/technische-einweisung)



2

## Download the app<sup>5</sup> or use a reader<sup>6</sup>

To enjoy all benefits of your digital diabetes management, we recommend using the app. Before activating your sensor, decide whether you want to use the app or a reader. It is not possible to switch during the lifetime of a sensor. For information on setting up the app, see p. 16 - for the reader, see p. 36.



3

## An innovative system - easy to apply<sup>10</sup>

A step by step guide for placing the sensor can be found on p. 13.



## We recommend watching our explanatory videos

Explanatory videos on our website demonstrate step-by-step how to apply your sensor, set up your system and measure and analyze your data.

[www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklavideos](http://www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklavideos)



7

6



## LibreLinkUp

### Use the FreeStyle Libre 3 app and connect with your family

You can use LibreLinkUp to let trusted people know that you are well<sup>14-17</sup>. For more information, see p. 52.

## LibreView

### Your trustworthy connection

With the FreeStyle Libre 3 app<sup>5</sup> and your LibreView<sup>13</sup> account, you can automatically transfer your glucose readings to your healthcare providers in real time after you give your consent. For more information, see p. 46.



5

4



## View your glucose with a quick glance at your smartphone<sup>5</sup> or reader<sup>6</sup>

Trend arrows and colored fields help you control your glucose values - real-time alarms<sup>12</sup> provide additional protection. Reports and notes provide information about individual glucose patterns. You can find a detailed description starting on p. 20 or 32.

# Meet the FreeStyle Libre 3 System



## The Sensor



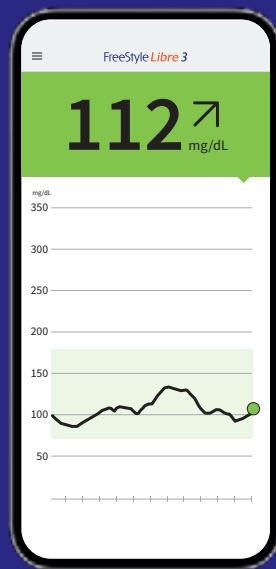
Painless to apply<sup>10</sup> with a simple 1-piece applicator.



The sensor can be worn for up to 14 days - day and night.<sup>11</sup>



Automatically measures your exact glucose level every minute and instantly transmits it to your smartphone<sup>5</sup> or reader<sup>6</sup>.



## The App<sup>5</sup>



Use the FreeStyle Libre 3 app to take full advantage of the FreeStyle Libre 3 measurement system.



Current glucose readings and trends are always available<sup>18</sup> - it only takes a simple glance at your smartphone.



Receive optional glucose alarms<sup>12</sup> directly to your smartphone.



## The Reader



The reader is your best alternative to a compatible smartphone<sup>5,6</sup>.



Current glucose readings and trends are always available<sup>18</sup> - it only takes a simple glance at your reader.



Receive optional glucose alarms<sup>12</sup> directly to your reader.



## Digital Tools



**LibreView<sup>13</sup> with app<sup>5</sup>:** easily and automatically share<sup>15,17</sup> your glucose readings with your healthcare providers for better individualized therapy decisions.



**LibreView with reader:** manually share<sup>15</sup> your glucose readings with your healthcare providers for better individualized therapy decisions.



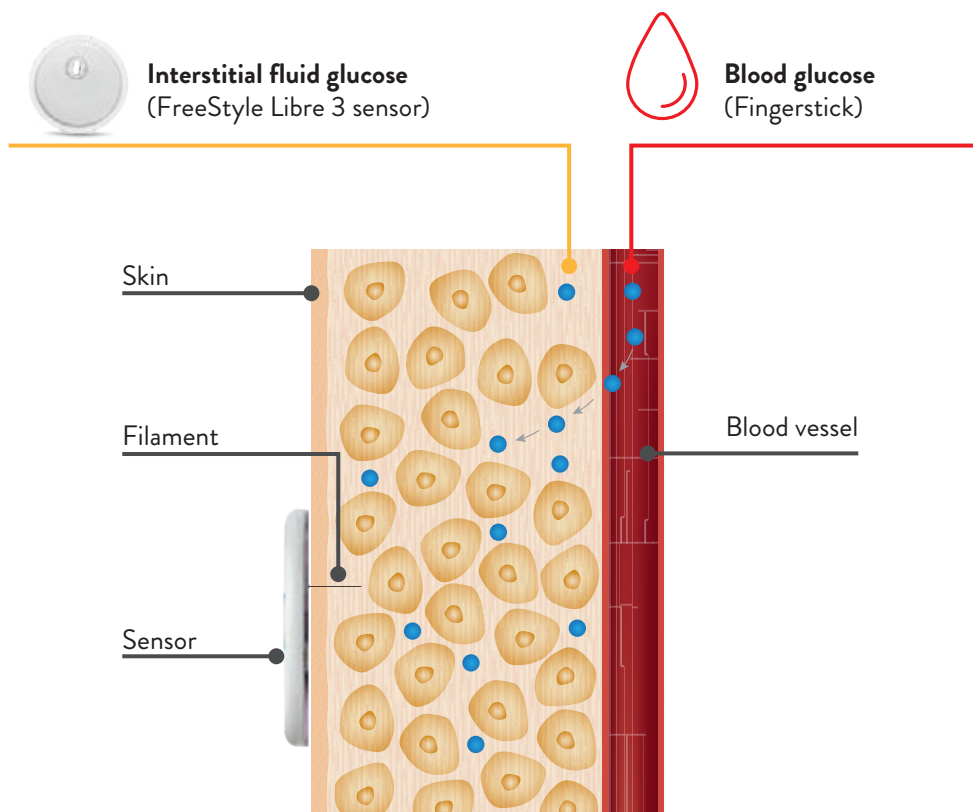
**LibreLinkUp<sup>14</sup>:** Involve your family members in your diabetes therapy. For more safety when you are away from home<sup>3,4,16</sup>.

# The Difference Between Blood Glucose and Interstitial Fluid Glucose Measurement in Simple Terms

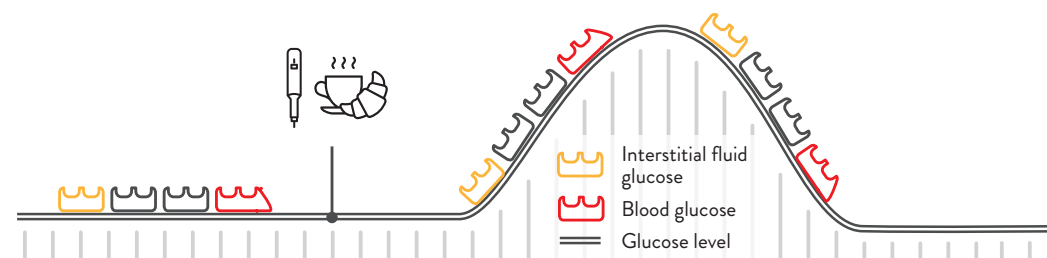
As a safe and simple alternative to traditional blood glucose measurement, FreeStyle Libre 3 measures your glucose level not in your blood, but via a filament in your interstitial fluid.

In certain situations, there may be small temporal differences between blood glucose readings and interstitial fluid glucose readings. This is quite normal since, for example, digested food first enters the blood stream and then passes into the interstitial fluid.<sup>19</sup>

However, this small difference is minimized by today's technology and interstitial fluid glucose measurement is therefore an accurate and reliable alternative to blood glucose measurement.<sup>3,4,11,19</sup>



Using the example of a roller coaster, the difference between blood glucose and interstitial fluid glucose can be easily understood.



## Glucose is changing slowly

When glucose levels are stable, the FreeStyle Libre 3 glucose readings and blood glucose readings are very similar.



## Glucose is rising quickly

If glucose levels are rising rapidly, the FreeStyle Libre 3 glucose readings may be lower than the blood glucose readings.



## Glucose is falling quickly

If glucose levels are falling rapidly, the FreeStyle Libre 3 glucose readings may be higher than the blood glucose readings.

The FreeStyle Libre 3 system is a simple and safe alternative to traditional blood glucose measurement.<sup>3,4,11,19</sup> It also lets you adjust your insulin dosage based on your glucose readings.<sup>19</sup>

## The FreeStyle Libre 3 Sensor



Take a look at the sensor application video tutorial!



Scan QR code or visit:

[www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklavideos](http://www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklavideos)



## The FreeStyle Libre 3 Sensor Can Be Worn for up to 14 Days – Help It Adhere With These Suggestions:



### Oily skin

To improve adhesion, clean your skin with soap and water and dry and clean it with an alcohol wipe. Allow the skin to dry completely (without blowing on it) before applying the sensor.



### Wet skin

To improve adhesion, dry your skin and clean it with an alcohol wipe. Allow the skin to dry completely (without blowing on it) before applying the sensor.



### Hairy skin

The selected area on the back of the upper arm should be shaved clean.



If you need additional fixation, you can also apply a fixation bandage or medical tape over the sensor.<sup>20</sup> **Please make sure that the hole of the sensor is not covered!**



### To dispose your sensor applicator:

Place the cap back on the applicator and dispose of it at a designated location for medical waste. You can dispose of sensor packs via municipal waste disposal.



### To dispose of your sensors:

Our FreeStyle Libre sensors are subject to the Electrical and Electronic Equipment Act and must therefore be disposed of as electronic waste after use.

## Applying the FreeStyle Libre 3 Sensor Takes 4 Simple Steps – It's That Easy:

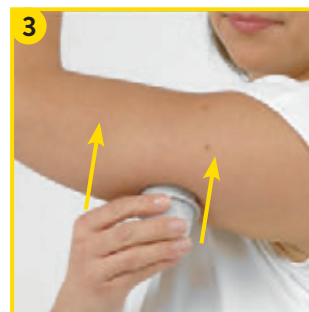
Choose an area of skin on the back of your upper arm. Prepare the application area and apply the sensor correctly.



**1** Wash the application area with a simple soap, dry the area and then clean it with an alcohol wipe.



**2** Carefully unpack the FreeStyle Libre 3 sensor applicator and twist off the cap.

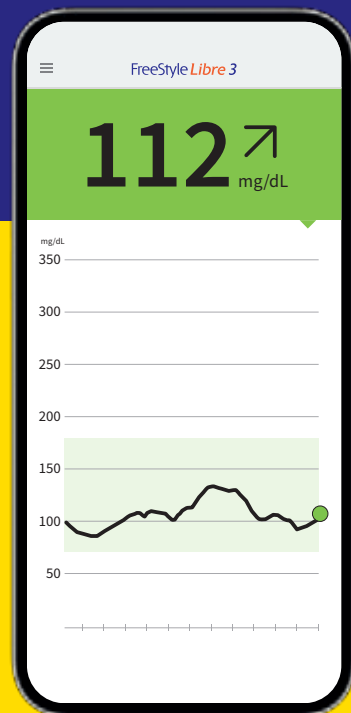


**3** Place the sensor applicator over the prepared area and **press firmly onto your skin.**<sup>21,22</sup> When attaching the sensor to the body, a thin, flexible, sterile filament is pushed directly under your skin.



**4** Gently pull the sensor applicator away from your body. The sensor should now adhere to your skin.

# The FreeStyle Libre 3 App<sup>5</sup> – Download and Register Now for Free



**OR:** Open the Apple App Store or Google Play Store and type „FreeStyle Libre 3“ into the search bar.



If you already have the **FreeStyle LibreLink** app, please delete it from your smartphone<sup>5</sup> before downloading FreeStyle Libre 3 to avoid interferences.



Take a look at our videos to find out more about setting up and using the app:



Scan QR code or visit:

[www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklaervideos](http://www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklaervideos)



The App<sup>5</sup>



## Check compatibility

The FreeStyle Libre 3 app<sup>5</sup> is only compatible with certain mobile devices and operating systems. Scan this QR code to find out if your smartphone<sup>5</sup> is one of them.

<https://app.FreeStyleLibre.de>






# How to Set up the FreeStyle Libre 3 App<sup>5</sup> on Your Smartphone<sup>5</sup>

To enjoy **all the benefits** of the FreeStyle Libre 3 system, **register** in the FreeStyle Libre 3 app. Provided you have created an account, you do **not** need to replace your sensor if you lose your smartphone.

- 1 Allow or enable **Bluetooth access** if prompted.
- 2 **Activate NFC** if prompted.
- 3 Confirm your country of residence with „**Next**“.
- 4 Read and accept the **End User License Agreement** and **Terms of Use**.
- 5 **Create** an account\* or log in with your **existing** LibreView account.
- 6 Read and accept the **privacy policy**.
- 7 Make a choice concerning **research work** and then enter your **personal data**.
- 8 Define your unit of **measurement** (mg/dL or mmol/L) and then select whether you want the **carbohydrate display** to be in grams or bread units.
- 9 **Allow the app to run in the background**. If you are using an iPhone<sup>5</sup>, skip this step.
- 10 Familiarize yourself with the functions of the app and click „**Next**“ if you understand everything.

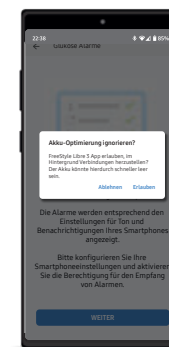
**Note:** Make sure that your smartphone automatically updates date and time.

# Necessary Settings for the FreeStyle Libre 3 App<sup>5</sup>

-  To receive glucose readings, do not exit the FreeStyle Libre 3 app. Keep the app open permanently in the background.
-  Bluetooth must be enabled when starting a FreeStyle Libre 3 sensor and remain permanently enabled thereafter.
-  Allow the FreeStyle Libre 3 app to receive all notifications in order to receive alarms<sup>12</sup>.

## Android:

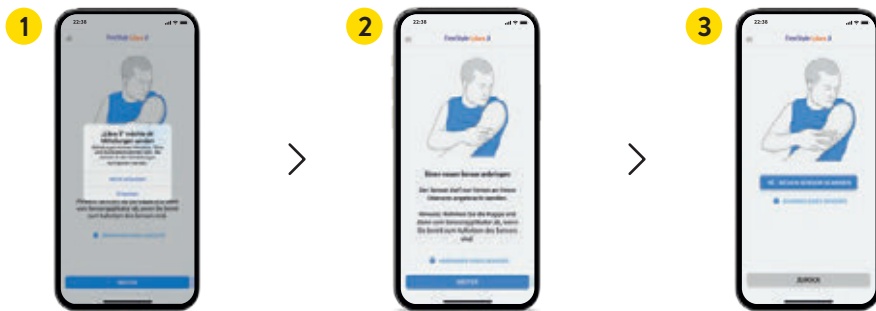
- 1 Allow the app to **run in the background** to receive glucose readings and alarms.
- 2 Ignore **battery optimization**.
- 3 Allow the app to access the **device location**.  
**Note:** For Android 6.0 and later, location permission must be enabled for the system to connect to Bluetooth devices.  
Both FreeStyle Libre 3 sensors and the FreeStyle Libre 3 app do not track your location.



# How to Start Your New FreeStyle Libre 3 Sensor With Your iPhone<sup>5</sup> ...

Bluetooth must be enabled when starting a FreeStyle Libre 3 sensor and must remain permanently on.

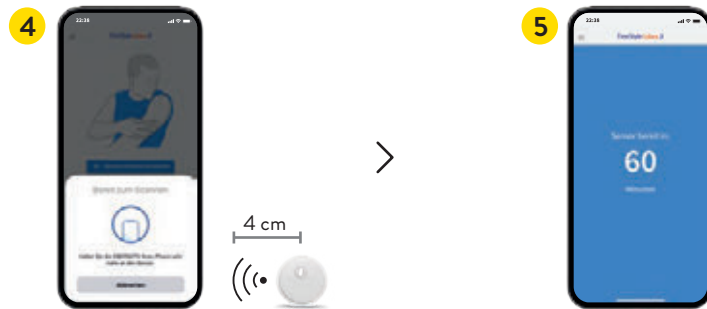
It's that simple:



1 Allow **app<sup>5</sup> notifications**.

2 Click on „**Next**“ when you have read the notification.

3 Click on „**Scan new sensor**“.

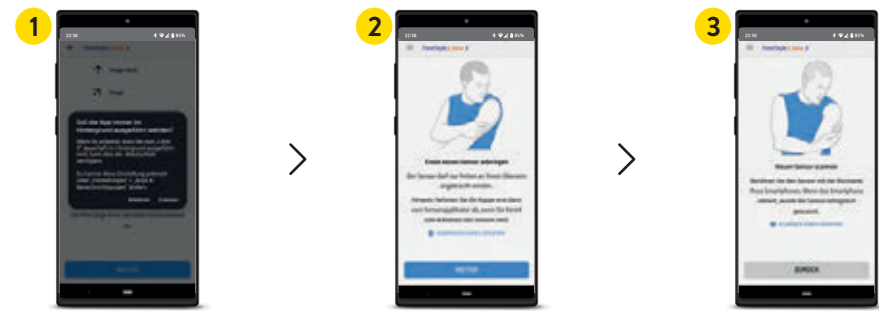


4 **Activate** your new sensor with a **scan** with **the top** of your smartphone<sup>5</sup>. **Move** your smartphone **slowly** if necessary.

5 Your sensor will be ready in **60 minutes**.<sup>18</sup> You can continue to use your smartphone. When the sensor is ready, you will receive a **notification** if notifications are enabled.

# ... or Your Android Smartphone<sup>5</sup>

To start your sensor with the FreeStyle Libre 3 app<sup>5</sup>, you must have NFC enabled on your smartphone.



1 Allow the app to **always run in the background**.

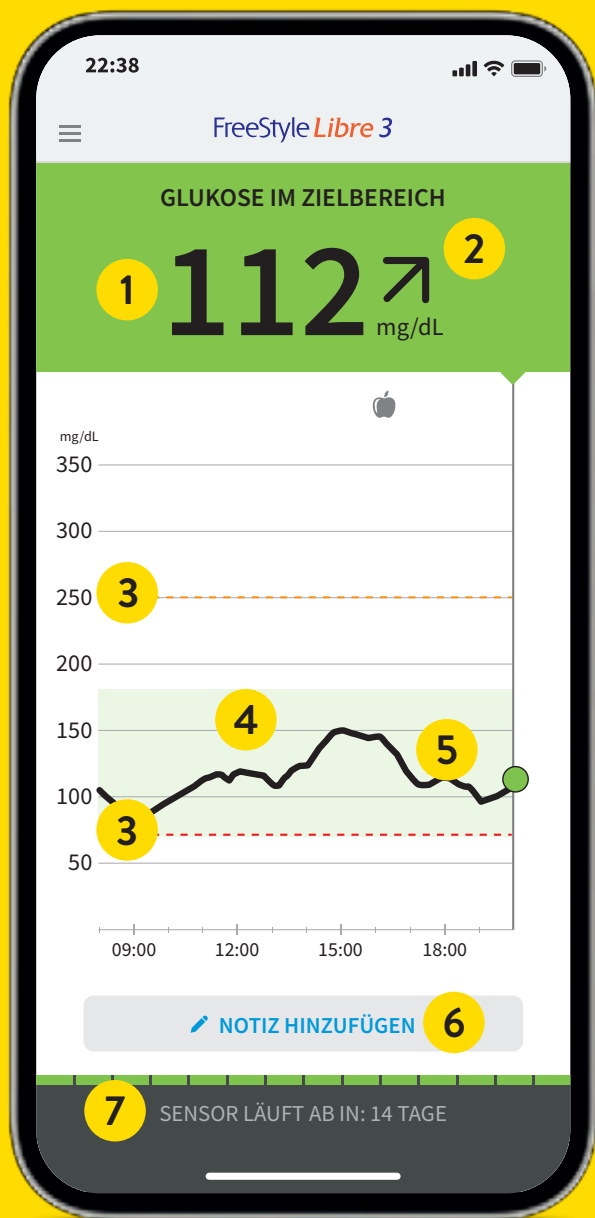
2 Carefully apply your sensor to your **upper arm**.

3 Scan your sensor by touching it with the back of your smartphone. Be aware that every smartphone is different. **Move** your smartphone **slowly** if necessary.










4 Your sensor will be ready in **60 minutes**.<sup>18</sup> You can continue to use your smartphone. When the sensor is ready, you will receive a **notification** if notifications are enabled.

## Track Everything Related to Your Glucose Levels on Your Smartphone<sup>5</sup> Now

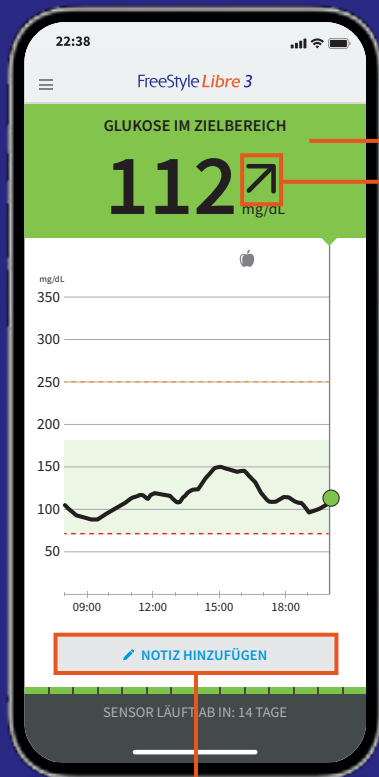


## Glucose Readings, Trends and Much More Information Available in Real Time<sup>18</sup>

-  **Your current glucose reading** is automatically updated every minute.
-  **Trend arrow** shows how your glucose readings will change in the near future.
-  **Alarm levels** for high and low glucose alarms<sup>12</sup>.
-  **Target glucose range** is highlighted in light green so that you can see better whether your glucose readings are within it.
-  **Glucose graph** View glucose readings down to the minute.
-  **Notes** Store and track meals, insulin use, exercise and other events.
-  **Sensor life** indicates how long it takes for the sensor to expire.

Clinically proven: Users have improved diabetes control through continuous use of an app.<sup>23,24</sup>

## The Note Function Helps You to Better Understand Your Glucose Levels



### Use the notes feature of your FreeStyle Libre 3 app<sup>5</sup>

In the FreeStyle Libre 3 app, you can save notes after the fact, edit them and view them under Log.



Food



Exercise



Long-acting  
insulin



Rapid-acting  
insulin

## Traffic Light Colors and Trend Arrow Show Your Glucose Levels and Where They Are Headed

Your current glucose reading determines the background color of your smartphone<sup>5</sup> display. This allows you to quickly see in which range your glucose levels are. The trend arrow shows where your glucose value is headed.

The traffic light colors indicate whether your glucose levels:






Are too high (above 250 mg/dL or 13.9 mmol/L)

Lie between target range and 250 mg/dL (13.9 mmol/L)

Lie within the target range

Lie between target range and 70 mg/dL (3.9 mmol/L)

Are too low (below 70 mg/dL or 3.9 mmol/L)

-  **Glucose is rising quickly**  
more than 30 mg/dL (1.7 mmol/L) within the next 15 minutes
-  **Glucose is rising**  
between 15 and 30 mg/dL (0.8 and 1.7 mmol/L) within the next 15 minutes
-  **Glucose is changing slowly**  
less than 15 mg/dL (0.8 mmol/L) within the next 15 minutes
-  **Glucose is falling**  
between 15 and 30 mg/dL (0.8 and 1.7 mmol/L) within the next 15 minutes
-  **Glucose is falling quickly**  
more than 30 mg/dL (1.7 mmol/L) within the next 15 minutes

## Receive Optional Real-Time Glucose Alarms<sup>12</sup> Directly to Your Smartphone<sup>5</sup>



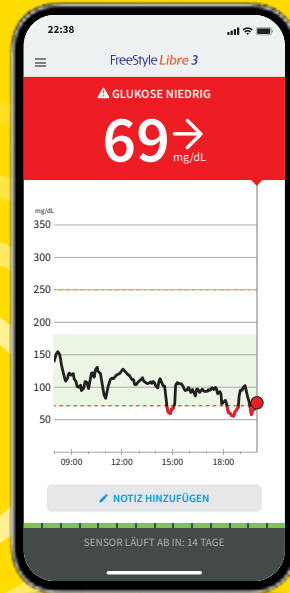
**Optional glucose alarms** let you know directly if you exceed or fall below your set alarm limits.



The alarms can be **easily switched on and off again**.



Sound and vibration settings can be easily adjusted.



**Low glucose** – can be set between 60 – 100 mg/dL (3.3 – 5.6 mmol/L)



**High glucose** – can be set between 120 – 400 mg/dL (6.7 – 22.2 mmol/L)



**Sensor signal loss<sup>25</sup>** alerts if your phone<sup>5</sup> has not communicated with your sensor in over 20 minutes.



Discuss with your healthcare providers how high or low your alarm limits should be. You can write down your personal alarm limits on the last page.

## Alarms<sup>12</sup> Can Also Be Sent to Your Smartwatch<sup>26,27</sup>

You can use FreeStyle Libre 3 with your compatible smartwatch

Let the FreeStyle Libre 3 app<sup>5</sup> notify you directly on your compatible smartwatch<sup>12,26,27</sup> when your glucose readings are too low or too high – anytime, anywhere<sup>17,28</sup>.

**Beware:** Your smartwatch only displays alarms as long as your smartphone<sup>5</sup> is within range of the sensor and the smartwatch.

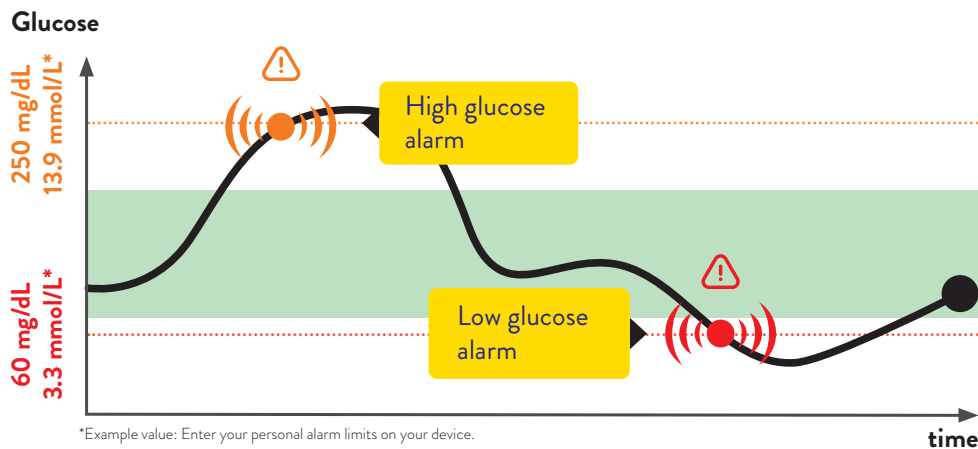


# Do Not Miss Alarms<sup>12</sup> Thanks to the Sound and Vibration Setting

## The alarms have a sound and vibration setting.

The settings for volume and vibration follow the settings of your smartphone<sup>5</sup>.

- Use the sound mode in noisy environments (e.g. when shopping).
- Use the vibration mode for discretion (e.g. in the cinema).
- You can turn off sound and vibration. The alarms will still be displayed on your screen. More info on page 29.

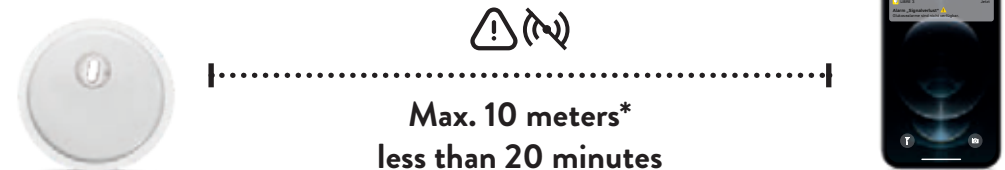


The alarm limits do not correspond to your glucose target range. Discuss with your healthcare providers how high or low you want your alarm limits to be.

# Signal Loss Alarm<sup>25</sup>

The Signal Loss alarm informs you if there is no connection between the sensor and your smartphone<sup>5</sup> for more than 20 minutes, or as soon as your smartphone is further than 10 meters\* away from the sensor.

Your readings will always be displayed **in their entirety** as they are stored within the sensor. It may happen that your FreeStyle Libre 3 App<sup>5</sup> **cannot receive glucose readings for a short time**, e.g. in a sauna due to high temperatures. You will then receive a corresponding error message in your FreeStyle Libre 3 app. It could take **2-4 minutes** until the signal is re-established.



If you are further than 10 meters away from your smartphone:

Decrease your distance to re-establish connection.

If your smartphone cannot establish a connection to the sensor for more than 20 minutes:

Check if there are any massive objects between you and your smartphone.\*

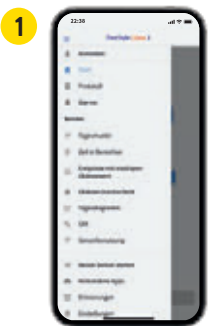
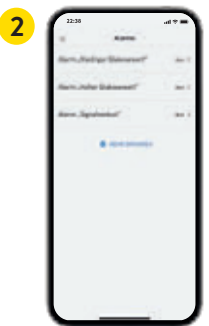

Your smartphone can receive glucose alarms<sup>12</sup> from up to 10 meters away\*. The Signal Loss alarm is automatically activated the first time a glucose alarm is turned on. You can turn the Signal Loss alarm off and on again at any time.

\*Physical objects, such as a wall, could interfere with the data connection. However, the sensor will continue to measure and store glucose data for up to 14 days.

# You Decide Whether and How You Want to Use the Alarms<sup>12</sup>

With optional glucose alarms, you can choose when you want to be alerted. Turn the alarms on and off as needed.




## It's that easy:

1 Tap the „Alarms“ item in the menu.

2 Select the desired **alarm**.

3 Tap the slider or slide it to the right to **turn on** the alarm.






4 The „Signal Loss“ alarm<sup>25</sup> automatically informs you in case of loss of connection if the alarm is activated.

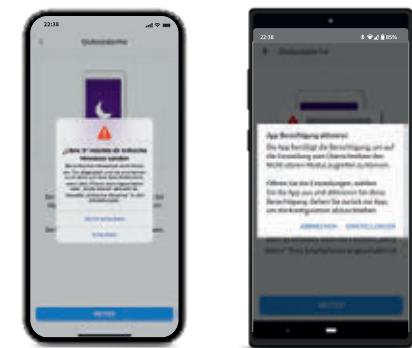

5 You can then set your personal **alarm limit**.

6 Proceed in the same way with the **second alarm**.

# Permit Access – the Do Not Disturb Mode and Critical Alerts

 Grant the app<sup>5</sup> permission to access **Do Not Disturb** mode as well as **Critical Alerts** so that you receive an alarm<sup>12</sup> even when your smartphone<sup>5</sup> is muted or in Do Not Disturb mode.

Do Not Disturb mode prevents you from receiving alarms, unless the app notifications are set to override this mode.

You can also select to override Do Not Disturb mode only for individual alarms in the **alarms settings**.

## Sound and vibration settings

The volume and vibration settings follow the settings of your smartphone. They should therefore be set so that you can hear them in order not to miss any alarms.

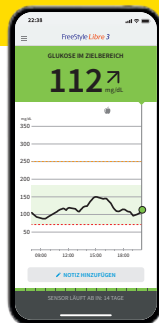
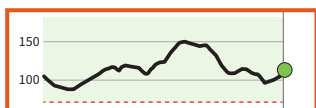
**If you do not want a sound to be played every time, deactivate the Critical Alerts again.**

**Note:** There may be other permissions generated by the iOS or Android system that are not shown here.

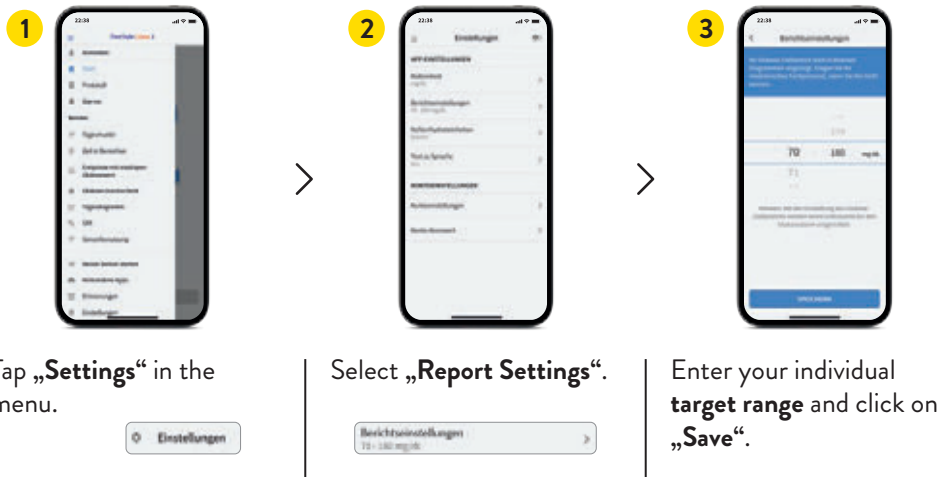
## Your Target Glucose Range is Already Preset

The Target Glucose Range in your FreeStyle Libre 3 app<sup>5</sup> is preset to 70 to 180 mg/dL (3.9 – 10 mmol/L).<sup>29</sup>

In the app, your target range is displayed in diagrams as a light green area.



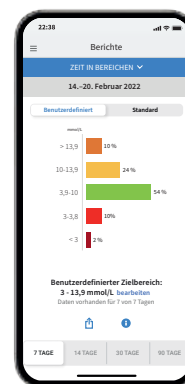
In the settings menu under „Report Settings“ you can easily change your target range:



Discuss with your healthcare providers whether your Target Glucose Range should be adjusted. You can write down your personal target range on the last page.

## Get Detailed Reports on Your Glucose Readings

Reviewing and understanding your glucose history can be helpful in improving your glucose control.<sup>4,30</sup>



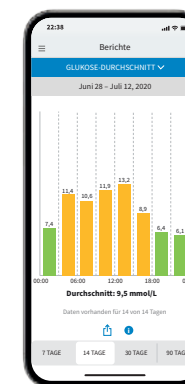
### Report „Time in Ranges“

You can view the evaluation of the time in target range set individually under „Custom“ or set according to the recommended values of international guidelines under „Standard“.<sup>29</sup>



### History:

Under History, you will find all notes and alarms<sup>11</sup> sorted by time and labeled with the corresponding glucose reading. You can also add notes later by tapping „Add note“ on the home page or under History at the bottom of the page.



### Report: „Average Glucose“

Information about the average of your sensor glucose readings. The overall average for the selected time period is displayed below the graph. The average is also shown for different periods of the day. Readings above or below your Target Glucose Range are yellow, orange or red. Readings in range are green.



## The FreeStyle Libre 3 Reader – the Perfect Alternative to a Compatible Smartphone<sup>5,6</sup>



Take a look at our videos to find out more about setting up and using the reader:



Scan QR code or visit:






[www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklaervideos](http://www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklaervideos)












## Discover All of Your Reader's Features



The trend arrow shows at a glance which direction your glucose is heading.

-  **Glucose is rising quickly**  
more than 30 mg/dL (1.7 mmol/L) within the next 15 minutes
-  **Glucose is rising**  
between 15 and 30 mg/dL (0.8 and 1.7 mmol/L) within the next 15 minutes
-  **Glucose is changing slowly**  
less than 15 mg/dL (0.8 mmol/L) within the next 15 minutes
-  **Glucose is falling**  
between 15 and 30 mg/dL (0.8 and 1.7 mmol/L) within the next 15 minutes
-  **Glucose is falling quickly**  
more than 30 mg/dL (1.7 mmol/L) within the next 15 minutes

## Keep Track With Your Reader

-  **Home Button**  
Press the yellow home button to turn on the reader and view your current glucose reading.
-  **Glucose Graph**  
displays the glucose readings for the last 12 hours without any data gaps.
-  **Alarm Limits**  
for high and low alarm<sup>12</sup>.
-  **Notes**  
can be added through touch.
-  **Notifications**  
(e.g. sensor status)
-  **Symbol for Sound / Vibration**
-  **Symbol for Signal Status**
-  **Target Range**  
is highlighted in light green to help you see if your glucose readings are within it.
-  **Measure Blood Glucose and Ketones.**

Pay attention to your current trend arrow. Particularly if it points downwards and you have low glucose levels, you can detect hypos at an early stage and react accordingly.

# How to Set Up Your FreeStyle Libre 3 Reader

# Your Target Glucose Range is Already Preset



1 Turn on your reader by pressing the yellow home button. Press this button whenever you want to view your glucose readings.

2 Step by step to your settings. Select your language and then use the arrow keys to set the current date and time.

3 Familiarize yourself with the trend arrows so you can estimate how fast and in which direction your glucose value is changing. Click „Done“ to return to the home screen.

The date and time settings are important for measuring your values and later evaluating your glucose history.



4 Tap on „Start new sensor“ and watch the animated instructions carefully.

5 Hold the reader screen close to the sensor on your upper arm to activate the sensor.

6 Your sensor is ready after 60 minutes.<sup>18</sup>

The Target Glucose Range in your reader is preset to 70 to 180 mg/dL (3.9 – 10 mmol/L).<sup>29</sup>

On your reader, your target range is displayed in diagrams as a light green area.



In the settings menu you can easily change your target range:



1 Tap on the top right on the settings icon.

2 Select „Report Settings“.

3 Enter your individual target range.



Berichtseinstellungen



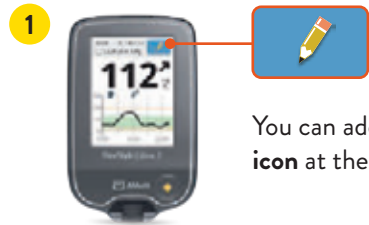
Discuss with your healthcare providers whether your Target Glucose Range should be adjusted. You can write down your personal target range on the last page.

**Note:** Your individual target glucose range does not equal your alarm limits.

## Discover the Note Function

### This is how you can add notes:

Your reader saves this information for 90 days.



You can add notes for glucose readings by touching the **stylus icon** at the top right of the touchscreen.



Select the corresponding **checkbox** next to the note that you want to add:

- Food
- Fast-acting insulin
- Long-acting insulin
- Exercise
- Medication



Tap the **„Plus“** icon to add more specific information to your note. Save the note with **„OK“**.

Notes about food 🍏 and long-acting insulin 📝 appear as icons on your glucose graphs and in your history, helping you and your healthcare providers to better understand and assess your glucose progress.

## Receive Optional Real-Time Glucose Alarms<sup>12</sup> Directly to Your Reader



### Optional glucose alarms

let you know directly if you exceed or fall below your set alarm limits.



When the alarm sounds, your reader displays your current glucose reading and trend arrow to help you respond.



The alarms can be **easily switched on and off again.**



**Low glucose** –  
can be set between  
60 – 100 mg/dL  
(3.3 – 5.6 mmol/L)



**High glucose** –  
can be set between  
120 – 400 mg/dL (6.7  
– 22.2 mmol/L)



**Sensor signal loss<sup>25</sup>**  
alerts if your sensor has  
not communicated with  
your sensor in over 20  
minutes.

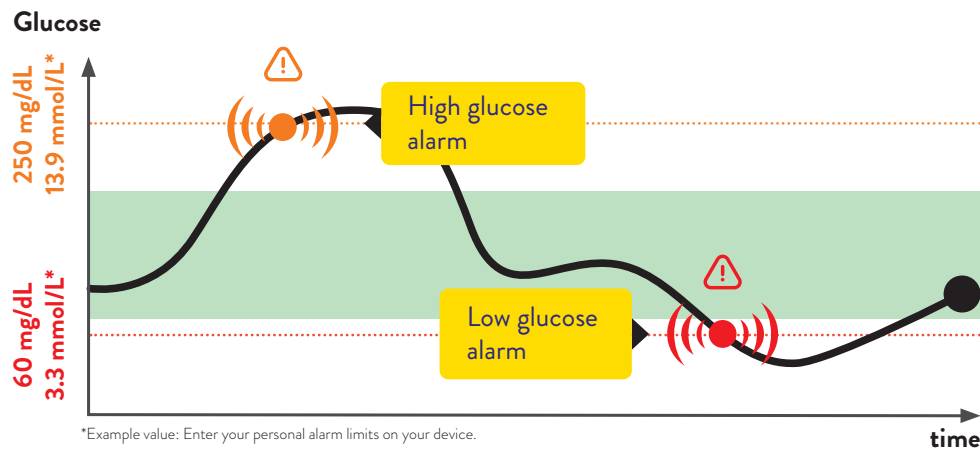


To turn off the alarm, tap **„Turn off alarm“** or press the **yellow home button.**

# Do Not Miss Alarms<sup>12</sup> Thanks to the Sound and Vibration Setting

## The alarms have a sound and vibration setting.

- Use the sound mode in noisy environments (e.g. when shopping).
- Use the vibration mode for discretion (e.g. in the cinema).
- You can turn off sound and vibration. The alarms will still be displayed on your screen.





The alarm limits do not correspond to your target glucose range. Discuss with your healthcare providers how high or low you want your alarm limits to be.

# You Decide Whether and How You Want to Use the Alarms<sup>12</sup>

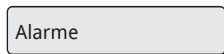

## You can easily turn the alarms on and off.

- 

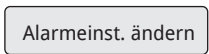

Tap the **settings** icon.


- 


Select „**Alarms**“.



- 

Tap on „**Change Alarm Settings**“.


- 


Select the **desired alarm**.



- 

Tap the button or slide it to the left to turn on the alarm.

Set the value for the alarm with the arrow keys and tap on „**Done**“.



The Signal Loss alarm<sup>25</sup> is automatically switched on as soon as you activate an alarm for the first time.

## Signal Loss Alarm<sup>25</sup>

The Signal Loss alarm informs you if there is no connection between the sensor and the reader for more than 20 minutes.



The Signal Loss alarm is triggered as soon as your reader is **further than 10 meters\*** away from the sensor.

➤ Reduce the distance to the reader to re-establish connection.

It may also happen that your sensor is **briefly unable to measure any glucose values**, e.g. in a sauna due to high temperatures.

➤ Please wait until the sensor can measure your sugar values again and press the yellow home button.

It may take a few minutes for the signal to be re-established. The Signal Loss alarm is automatically activated as soon as a glucose alarm<sup>12</sup> is switched on for the first time. You can turn the Signal Loss alarm off and on again at any time.

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Your reader can receive\* glucose alarms from up to 10 meters away.

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Max. 10 meters\*



\*Physical objects, such as a wall, could interfere with the data connection. However, the sensor will continue to measure and store glucose data for up to 14 days.

## Measuring Blood Glucose and Ketones

The FreeStyle Libre 3 reader can display your glucose levels in real time and measure your blood glucose or blood ketones.

To measure your blood glucose, use FreeStyle Precision blood glucose test strips or FreeStyle Precision  $\beta$ -ketone test strips.

Always do a blood glucose test if your sensor glucose levels do not match how you feel.

Compare your results at a time when your glucose levels are at their most stable, e.g. after getting up and before breakfast. Make sure that your trend arrow is horizontal.



**FreeStyle Precision  
blood glucose test stripes**

100 pcs. PZN: 06905357;  
50 pcs. PZN: 06905334



**FreeStyle Precision  
 $\beta$ -ketone test stripes**

10 pcs. PZN: 06905386

## The FreeStyle Libre Product Range Helps You Manage Your Diabetes Every Day



Take a look at our videos about digital diabetes management:



Scan QR code or visit:

[www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklaervideos](http://www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklaervideos)



# Share<sup>15,17</sup> Your Glucose Readings With Your Healthcare Providers – for Straightforward and Secure<sup>31</sup> Reports

## LibreView

Share your complete glucose data in accessible reports with LibreView<sup>13</sup>. With the help of these reports, your healthcare providers can make better individualized treatment decisions.



View your glucose readings in illustrative reports in just three easy steps:

- 1 Go to [www.LibreView.com](http://www.LibreView.com).
- 2 Enter your FreeStyle Libre 3 app<sup>5</sup> login information. If you have not opened an account in the app and do not yet have a LibreView<sup>13</sup> account, create a new account.

**Note:** Your login data for LibreView and the FreeStyle Libre 3 app are identical.

- 3 Click on  and then on  in order to see your glucose reports.



### Better overview

Your glucose readings are automatically and securely uploaded to LibreView<sup>15,17</sup> and presented in easy-to-understand reports and analyses.



### High standards of data protection<sup>31</sup>

With LibreView, you retain control of your data anywhere, anytime<sup>15,17</sup>: you determine which medical practices have access. LibreView stores your data in compliance with the highest security standards, exclusively encrypted on servers within Germany.



### Always up-to-date

LibreView is constantly improved and updated to provide you with a better service.

Register for free at [www.LibreView.com](http://www.LibreView.com)

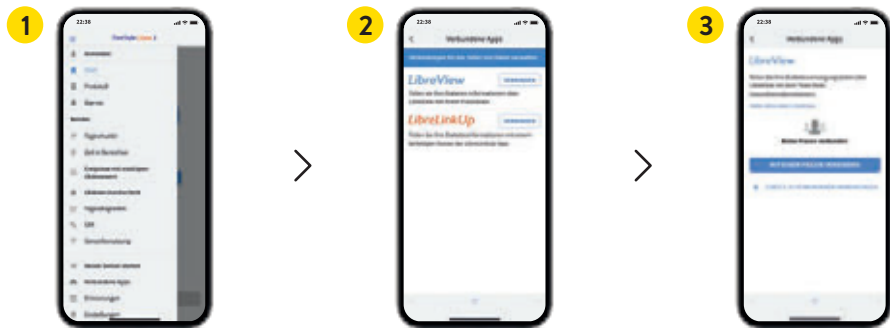




# How to Easily Connect Your FreeStyle Libre 3 App<sup>5</sup> to Your Medical Practice

## Option 1:

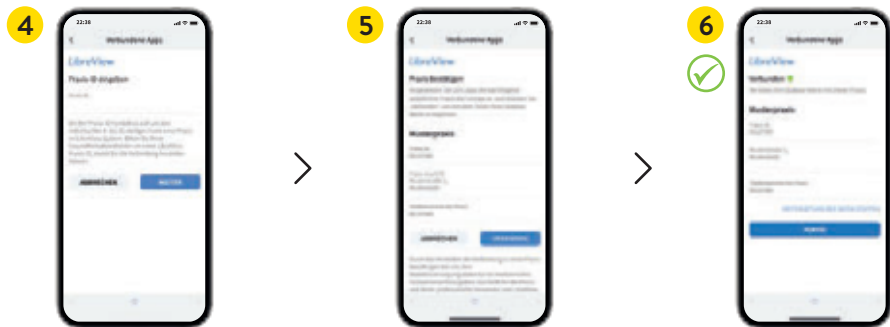
Start sharing<sup>15,17</sup> your glucose data with the FreeStyle Libre 3 app. Ask your medical practice for the LibreView<sup>13</sup> practice ID<sup>32</sup> and write it down on the last page. Enter the practice ID in the FreeStyle Libre 3 app.



1 Tap on „Menu“ and go to „Connected Apps“.

2 Select „LibreView“.

3 Tap on „Connect to a practice“.



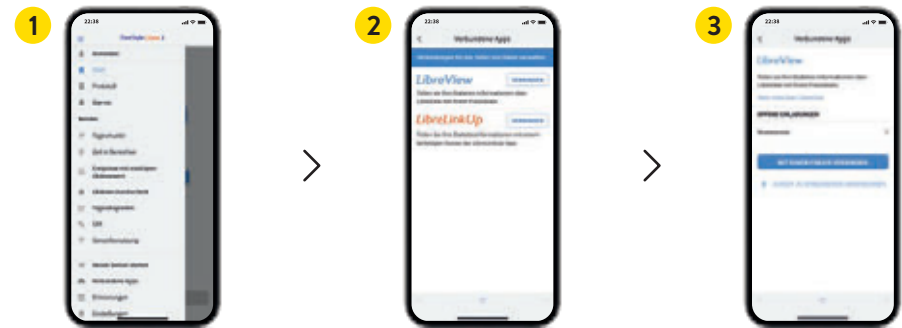
4 Enter the practice ID and tap „Next“.

5 Check the contact information of your practice and select „Connect“.

6 **Done!** You are now connected to your practice.

## Option 2:

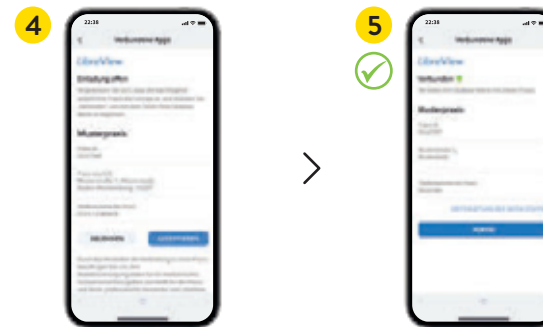
Your practice sends you an invitation to share<sup>15,17</sup> your glucose data. Your medical practice can send you an invitation to share your glucose data. Accept the practice invitation directly in the app<sup>5</sup> or in the invitation email.



1 Tap on „Menu“ and go to „Connected Apps“.

2 Select „LibreView“<sup>13</sup>.

3 Tap on the practice under „Open invitations“.



4 Review your practice's contact information and tap „Accept“ to accept the invitation.

5 **Done!** You are now connected to your practice.

# Transfer Data via LibreView<sup>13,15,17</sup> – for a Secure Data Backup<sup>31</sup>

## 1 Create LibreView account

- Go to [www.LibreView.com](http://www.LibreView.com), click on „Sign Up“ and choose the top option, „LibreView Account“.
- Now you will be guided through the registration process. At the end you will receive an email asking you to confirm your email address.
- You will then be taken back to the home page where you should click on „Log in“.

## 2 Install device driver once

In order for your computer to recognize the reader, it is necessary to install the LibreView device driver. You can find the **download link** in your LibreView account.\*

## 3 Transfer data via cable and connect to your practice

- Connect your reader to your computer using the cable provided.
- To upload glucose reports, click the „Press here to upload patient data“ button. To view all reports, click the „Glucose Reports“ button afterwards.
- To share the data with your practice, you will need to: click on the settings menu > click on „Account Settings“ > click on „My Practices“ > enter your practice's Practice ID<sup>32</sup> > click „Add“.

---

With the FreeStyle Libre 3 reader, you can only upload your glucose data using LibreView<sup>13</sup>.

---

**Note:** Your healthcare providers can also read out your data without your registration. However, this data is not stored permanently and cannot be assigned to a patient profile.



\*Administrator rights are required to install the drivers.

# Involve Your Loved Ones in Your Diabetes Care – for More Security When You Are Away<sup>3,4,15-17</sup>

# LibreLinkUp<sup>13</sup> Can Only Be Used With the FreeStyle Libre 3 App<sup>4</sup>

## LibreLinkUp

Using the LibreLinkUp app<sup>14</sup>, your loved ones can remotely track your glucose levels and alarms<sup>12,15,17</sup>, giving you greater peace of mind<sup>3,4</sup> and additional support in managing your diabetes.<sup>16</sup>

### How you can benefit from the LibreLinkUp app



Your glucose readings, trend arrows, and alarms are automatically forwarded from the FreeStyle Libre 3 App<sup>5</sup> after a one-time authorization<sup>15,17</sup>.



Your loved ones can swipe across the progression curve to see individual values.



More peace of mind during day and night with individually customizable alarms<sup>12,33</sup> – enabling faster responses in emergencies.



Your glucose history for the last 12 hours can be seen – without data gaps.

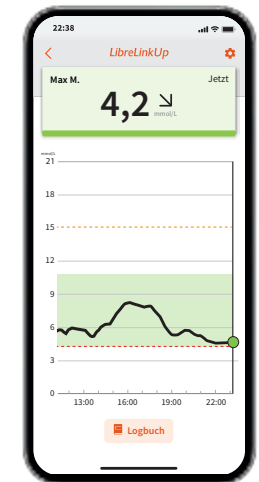
### You need to:

- 1 Open the FreeStyle Libre 3 app.
- 2 Select „**Connected Apps**“ in the app menu.
- 3 Select „**Connect**“ in the LibreLinkUp section.
- 4 Add the first and last name and email address of the person you want to share your glucose readings with<sup>15,16</sup>.
- 5 Confirm with „**Done**“. The invited person must accept your invitation before your glucose readings are made available.<sup>16</sup>

### Your loved ones need to:

- 1 Download the LibreLinkUp app.
- 2 Select „**Get started**“ from the app menu, then „**Create account**“.
- 3 Follow the steps shown in the app and create a LibreView<sup>13</sup> account.
- 4 Accept the displayed invitation.<sup>16</sup>
- 5 From now on, they will receive your glucose readings.<sup>15,17</sup>

Download LibreLinkUp now for free from the  
Apple App Store or Google Play Store:



# FreeStyle plus Ich<sup>34</sup> – Your Companion in Everyday Life With Diabetes

FreeStyle *plus Ich* 

**Abbott's free FreeStyle plus Ich program is here to support you with useful tips and inspiration on your journey to better living with diabetes.**

The variety of delicious recipe ideas, sports and exercises, testimonials from people with diabetes, and guidance on using the FreeStyle Libre product range will accompany you on your long-term path to better diabetes management in everyday life.

#### Enjoy the following benefits:

- Receive exclusive inspiring newsletters every week and learn first-hand about new content on exciting topics directly from the FreeStyle plus Ich editorial team.
- Discover raffles, promotions and exclusive rewards.
- Be inspired by the wide variety of articles in our magazine and media library. By viewing content, you collect points and increase your knowledge level. Each time you level up, you can look forward to great rewards that are unlocked for you.



**Tip: Get 50 bonus points by recommending FreeStyle plus Ich to your friends and acquaintances with diabetes.**



Register for free at:  
[mein.FreeStyle.de](https://mein.FreeStyle.de)



## Ordering With Prescription Made Easy – Online or via Order Form

Start the process for cost coverage<sup>35</sup> online at [www.FreeStyleLibre.de](http://www.FreeStyleLibre.de):



Click „Submit  
Recipe“



Select „Submit  
Recipe Now“



Log into your  
account



Enter insurance  
information



Send in cover  
letter and  
prescription

Complete the order form and send it together with your prescription to:

**FreeStyle Rezept-Service**

**Postfach 1222**

**15202 Frankfurt (Oder)**

We will handle the application for cost coverage with your statutory health insurance for you. Please remember to submit your new prescription in good time before the end of the approval period.



You can check the current status of your order free of charge 24/7 by calling  
**0800 - 22 00 33 2.**

**If you do not have internet access, ask your practice for our order folder  
or call us at:**



**0800 – 519 9 519\***

\*Available Monday to Friday from 8:00 to 18:00. Free of charge from the German domestic landline and mobile network.

## FreeStyle Libre 3 for Self-Paying and Privately Insured Patients<sup>36</sup>

Start your order as a self-paying patient online at  
[www.FreeStyleLibre.de](http://www.FreeStyleLibre.de):



Log into your  
account or create a  
new account.



**Select products** and  
add to your cart



Choose payment  
method at checkout

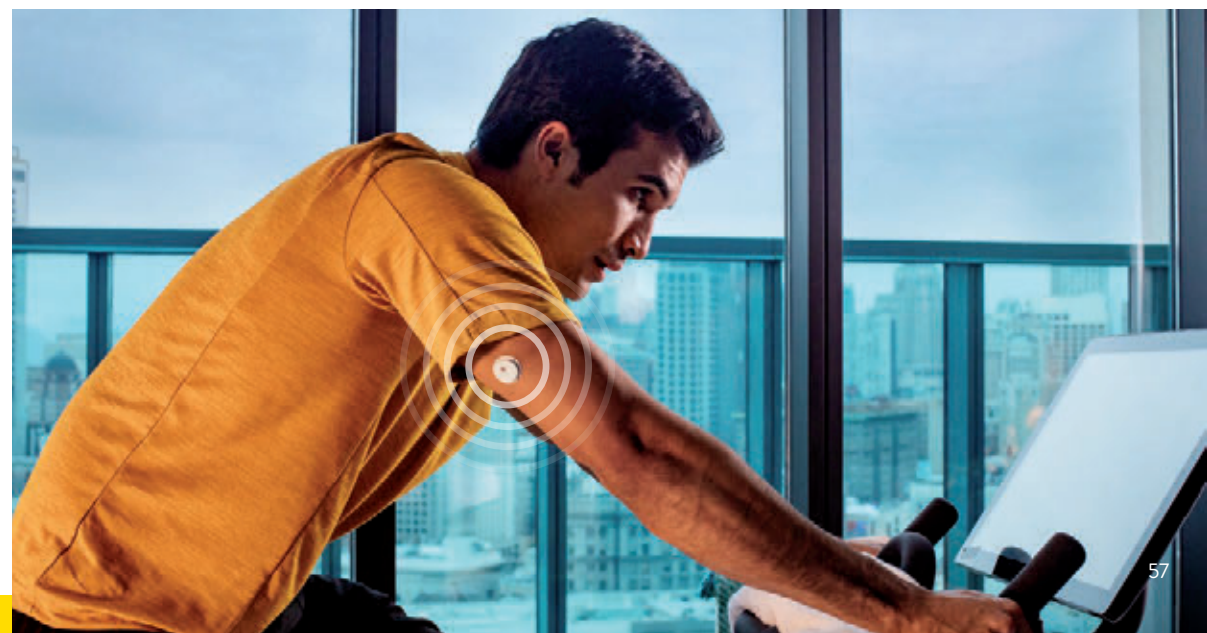


Complete by clicking  
„Place Order“

---

Clarify reimbursement with your private health insurance in advance.<sup>36</sup>  
Please do not send your prescription to the FreeStyle Prescription Service.

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# Discuss Your Personal Records With Your Healthcare Providers

## My login information for the app<sup>5</sup> and LibreView<sup>13</sup>

Note the email address you use and your password here. Your login data for the FreeStyle Libre 3 app and LibreView are identical.



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## My glucose target range

Enter your personal glucose target range here, in consultation with your healthcare providers.

**Note:** Your individual glucose target range does not correspond to your alarm limits.



---

## My alarm limits

Enter your personal alarm limits here after consulting with your healthcare providers:

High glucose:



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Low glucose:



---

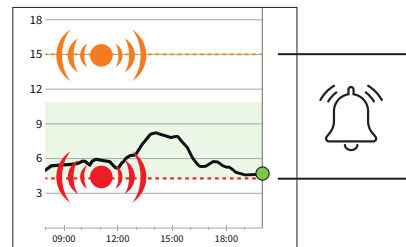
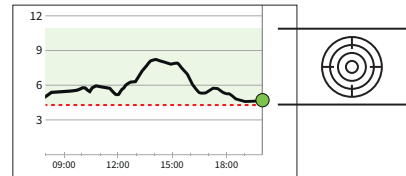
## My practice's Practice ID<sup>32</sup>

You can obtain the practice ID from your healthcare providers.



---

Download the FreeStyle Libre 3 app for free



Register for free at:  
[www.LibreView.com](http://www.LibreView.com)

**LibreView**



1. Yaron et al. Diabetes Care 2019; 42 (7): 1178-1184. 2. Fokkert, M., et al. BMJ Open Diabetes Research & Care. 2019; 7(1). doi.org/10.1136/bmjdr-2019-000809. 3. Haak, Thomas, et al. Diabetes Therapy. 2017; 8 (1): 55-73. 4. Bolinder, Jan, et al. The Lancet. 2016; 388 (10057): 2254-2263. 5. The FreeStyle Libre 3 app is only compatible with certain mobile devices and operating systems. Please check our website [www.FreeStyleLibre.de](http://www.FreeStyleLibre.de) for more information about device compatibility before using the app. 6. FreeStyle Libre 3 sensors can be read using either the FreeStyle Libre 3 reader or the FreeStyle Libre 3 app. Both devices cannot be used in parallel. 7. Alva S et al. Diabetes Ther. 2023 Mar 6. doi: 10.1007/s13300-023-01385-6. Online ahead of print. 8. Compared to other sensors worn on the body. Data on file. Abbott Diabetes Care. 9. Compared to other sensors to be attached by the patient. Data on file. Abbott Diabetes Care. 10. Data on file. Abbott Diabetes Care. 11. Placement of a sensor requires insertion of the sensor filament under the skin. The sensor can be worn for up to 14 days. 12. Alarms are off by default and must be turned on. 13. LibreView is a cloud-based application. The LibreView website is only compatible with certain operating systems and browsers. For more information, visit [www.LibreView.com](http://www.LibreView.com). 14. The use of LibreLinkUp requires registration with LibreView. 15. Sharing glucose data requires registration with LibreView. 16. You have the option to accept the LibreLinkUp invitation to receive notifications and alerts or to decline them. You should make this decision based on your knowledge and experience to respond appropriately when receiving a high or low glucose reading. 17. The transfer of data between the apps requires an Internet connection. 18. 60-minute warm-up required when starting the sensor. 19. Additional testing of glucose levels using a blood glucose meter is required if symptoms are not consistent with the readings or the alarms of the system. 20. Bandage or tape for fixation must be applied when attaching the sensor, the hole in the center of the sensor must not be covered. 21. CAUTION: DO NOT press the sensor applicator onto the skin until it is over the prepared area to avoid accidental misplacement or injury. 22. NOTE: When you attach the sensor, bruising or bleeding may occur. Remove the sensor if bleeding continues and attach a new sensor in a different location. 23. Compared to reader users. 24. Kao, Kalvin et al. "Comparison of Glucose Metrics Between Users of CGM Readers and CGM-Connected Apps." Journal of diabetes science and technology vol.16,1 (2022): 259-260. doi:10.1177/19322968211044141. 25. The signal loss alarm is automatically activated when a glucose alarm is turned on for the first time. The signal loss alarm can be turned off and on again at any time. 26. To receive alarms from the FreeStyle Libre 3 app to your smartwatch, the alarm function must be turned ON, the phone must be connected to the smartwatch, and both devices must be configured to receive notifications to provide alarms. 27. Compatible smartwatches are those that support notification mirroring. Please visit [www.FreeStyleLibre.de](http://www.FreeStyleLibre.de) to learn more about smartwatch compatibility. 28. The sensor is waterproof in up to 1 m water depth for up to 30 minutes. 29. Battelino, T., et al. Diabetes Care. 2019; 42(8): 1593-1603. 30. Lang, J., et al. Poster session ATTD19-0299 ATTD Berlin, Germany; 2019. 31. LibreView data is transferred to a virtual non-public network and hosted on a SQL server database. The data is encrypted at file level. The encryption and type of key storage features prevent the cloud hosting provider (Amazon Web Services) from viewing the data. When using LibreView in Germany, the data is hosted on servers in Germany. Access to the respective user accounts is password protected. 32. The practice ID is a unique 8- to 16- digit code. This code is generated as soon as your healthcare provider or a person from the practice team activates the practice function of the LibreView Professional account. If the LibreView Practice ID is not known, it can be requested in the Practice Information section after logging into the LibreView Professional account. 33. Glucose alarms from connected users are transmitted to the LibreLinkUp app when the sensor is started with the smartphone and alarms are enabled in the FreeStyle LibreLink app / FreeStyle Libre 3 app. 34. FreeStyle plus Ich is not a substitute for therapeutic advice from your healthcare providers. 35. For people with type 1 or type 2 and intensified insulin therapy. The decision of a health insurance company to cover the cost of a FreeStyle Libre system is a case-by-case decision. A health insurance company may also refuse to cover the costs if the conditions for coverage are not met in the individual case. 36. Most private health insurances reimburse the costs of FreeStyle Libre depending on the plan or insurance conditions. It is best to check with your health insurance provider in advance for reimbursement requirements.

# Do You Need Help With Your FreeStyle Libre 3?

Then give us a call:



**0800 – 519 9 519**

Available Monday to Friday from 8:00 to 18:00. Free of charge from the German domestic landline and mobile network.



Or visit us at:



Website:  
[www.FreeStyleLibre.de](http://www.FreeStyleLibre.de)



[www.facebook.com/  
FreeStyleDeutschland](https://www.facebook.com/FreeStyleDeutschland)



[www.youtube.com/  
FreeStyleDeutschland](https://www.youtube.com/FreeStyleDeutschland)

More info at:

[www.FreeStyleLibre.de](http://www.FreeStyleLibre.de)



**FreeStyle**  
*Libre 3*

**Abbott**  
*life. to the fullest.®*

The images shown here are agency photos staged with models. Images p. 2: Sandra Starke, German national soccer player with type 1 diabetes. Glucose data is for illustration, not real patient data.

The FreeStyle Libre 3 reader and app are available in both mg/dL and mmol/L. A sensor can only be used with either the FreeStyle Libre 3 reader or the app. It is not possible to change once the sensor has been activated. The LibreLinkUp app displays glucose values in the unit of measure of the linked FreeStyle Libre 3 app profile. The sensor housing, FreeStyle, Libre and associated brand names are registered trademarks of AbboD. Apple and the Apple logo are registered trademarks of Apple Inc, in the U.S. and other countries. App Store is a trademark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

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