



FreeStyle
Libre 3



GETTING STARTED WITH FREESTYLE LIBRE 3

More quality of life^{1,2} and safety^{3,4}
in managing diabetes.

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

Meet the FreeStyle Libre 3 System.

FreeStyle Libre 3 helps you managing your diabetes every day with real-time readings every minute⁵.

The system consists of a sensor and the FreeStyle Libre 3 app⁶ or FreeStyle Libre 3 reader⁷. The sensor sends your glucose values directly to your smartphone⁶ or reader every minute with excellent accuracy^{8,9}.

The FreeStyle Libre 3 system can be used with either the FreeStyle Libre 3 or FreeStyle Libre 3 Plus sensor. The sensors are currently the smallest¹⁰ and thinnest¹⁰ sensors in the world and are identical in size and application.^{11,12} With FreeStyle Libre 3, you can experience more safety^{3,4} and quality of life^{1,2} in your everyday life with diabetes.



LEARN ABOUT THE SENSORS OF THE FREESTYLE LIBRE 3 SYSTEM:



FreeStyle Libre 3 Sensor

14 Can be worn around the clock for up to **14 days**¹¹.

4+ Approved for **children 4 years**¹³ and older.

FreeStyle
Libre 3



FreeStyle Libre 3 Plus Sensor

15 Can be worn around the clock for up to **15 days**¹².

2+ Approved for **children 2 years**¹⁴ and older.

FreeStyle
Libre 3 PLUS

Table of Contents

Getting Started With FreeStyle Libre 3	4
See All the Benefits of the FreeStyle Libre 3 System	6
The Difference Between Blood Glucose Readings and Sensor Glucose Readings	8
The Sensors	10
The App	14
The Reader	32
Digital Tools	44
FreeStyle plus Ich	54
Ordering	56
Your Personal Records	58

Getting Started With FreeStyle Libre 3.

1



Get to know all the features of your system

Before you get started with FreeStyle Libre 3, sign up for our live online product training (technical briefing) webinars: Our trained specialists will explain how easy the system usage is and will answer your questions.

www.FreeStyleLibre.de/hilfe/technische-einweisung



2



Make your choice: app⁶ or reader⁷

To take full advantage of digital diabetes management, we recommend using the app. Before you activate your sensor, decide whether you want to use the app or the reader. It is not possible to switch during the lifetime of a sensor. To set up the App, see page 16 – to set up the Reader, see page 36.



3



Attach your sensor in 4 easy⁹ steps

For step-by-step instructions on attaching the sensor, see page 13.



Easy video tutorials for more information

On our website you will find instructional videos that show you step-by-step how to attach your sensor, set up your system and measure and analyze your glucose values.

www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklavideos



7

6



LibreLinkUp

Use the apps^{6,20} and get your family involved

Share your glucose readings in real time with people you trust using the FreeStyle Libre 3 app⁶ and LibreLinkUp²⁰ so they know you're doing well^{16,17,21} – see page 52.



LibreView

Share^{16,17} your complete¹⁸ glucose values with your medical practice

With FreeStyle Libre 3 and LibreView¹⁹, you can share your glucose values with your healthcare team in easy-to-read reports and analyses^{16,17} for individualized therapy decisions – see page 46 for more information.



5



4



Get your real-time glucose readings every minute⁵ on your smartphone⁶ or reader⁷ and more ...

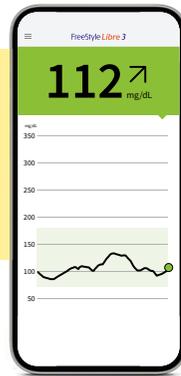
Trend arrows and colored areas help you monitor your glucose levels, and alarms¹⁵ provide additional safety^{3,4}. Reports and notes provide information about your individual glucose settings. See pages 20 and 32 for a detailed description.



See All the Benefits of the FreeStyle Libre 3 System:



Use the app⁶ to have all of the benefits of digital diabetes management.



SENSORS

-  Easy⁹ and painless⁹ to apply with a simple 1-piece applicator.
-  Wear it while bathing, showering or swimming.²²
-  Glucose values are measured every minute⁵ and sent to your smartphone⁶ or reader⁷ – without data gaps.

APP⁶

-  Use the FreeStyle Libre 3 app to automatically share your glucose values with your doctor and loved ones^{16,17}.
-  Current glucose value and glucose changes throughout the day are always available⁵ – with a glance at your smartphone⁶.
-  Receive optional glucose alarms¹⁵ directly to your smartphone for more safety^{3,4} in everyday life.

READER⁷

-  The reader is your best alternative to a compatible smartphone^{6,7}.
-  Current glucose value and glucose changes throughout the day are always available⁵ – with a glance at your reader.
-  Receive optional glucose alarms¹⁵ directly to your reader for more safety^{3,4} in everyday life.

DIGITAL TOOLS

-  **LibreView¹⁹ with app⁶:** Share^{16,17} your glucose readings easily and automatically with your healthcare team for better individual therapy decisions.
-  **LibreView with reader:** Share¹⁶ your glucose readings manually with your healthcare team for better individual therapy decisions.
-  **LibreLinkUp²⁰ with app:** Involve your family members in your diabetes therapy. For more safety when you are away from home^{3,4,21}.



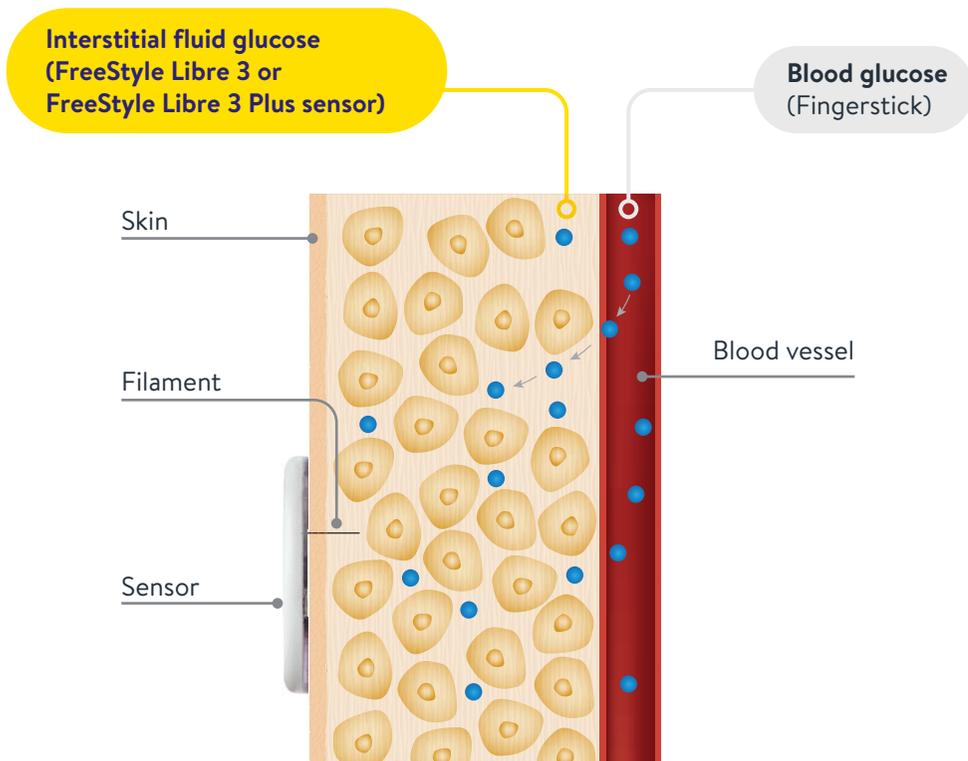
Check compatibility
The FreeStyle Libre 3 app⁶ is only compatible with certain mobile devices and operating systems. Scan this QR code to find out if your smartphone is one of them.
<https://app.FreeStyleLibre.de>

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.^{3,4,11,12,23}

In certain situations, there may be small time differences between blood glucose readings and interstitial fluid glucose readings. This is quite normal since, digested food first enters the blood stream and then passes into the interstitial fluid.²³

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.^{3,4,11,12,23}



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.^{3,4,11,12,23} It also lets you adjust your insulin dosage based on your glucose readings.²³

The Sensors: FreeStyle Libre 3 und FreeStyle Libre 3 Plus.



FreeStyle
Libre 3



FreeStyle
Libre 3 PLUS

Take a look at the sensor application video tutorial. The sensors are identical in application, size and optics, and are attached in the same way.



Scan QR code or visit:

www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklaervideos



Improve the Adhesion to Your Skin before Applying the Sensor.



OILY SKIN

To improve adhesion, wash your skin with soap and water and dry the area. Then clean the area with a non-greasy 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 a non-greasy 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.²⁴

Please make sure that the hole of the sensor is not covered.

Proper Dispose of the Applicator and Sensors.



TO DISPOSE OF YOUR SENSOR APPLICATOR:

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



TO DISPOSE OF YOUR SENSORS:

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

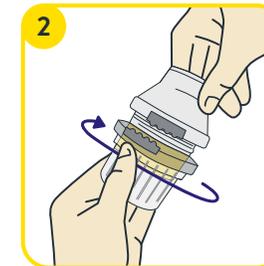
How to Apply the FreeStyle Libre 3 or FreeStyle Libre 3 Plus Sensor:

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



Wash the application site with a simple soap, dry the area and then clean the area with a non-greasy alcohol wipe.

Let the area air dry before preparing the application of the sensor.



Carefully unpack the sensor applicator and twist off the cap. Place the sensor applicator over the prepared area.



Press the sensor applicator firmly onto the skin.^{25,26}

When attaching the sensor to the body, a thin, flexible, sterile filament is pushed directly under your skin.



Gently pull the sensor applicator away from the body and make sure the sensor is securely attached.

The FreeStyle Libre 3 App⁶ – Download and Register Now for Free.

Simply scan the QR code OR go to the Apple App Store or the Google Play Store and type in “FreeStyle Libre 3” in the search bar.



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-erklavideos



How to Set Up the FreeStyle Libre 3 App⁶ on Your Smartphone⁶.

To enjoy **all the benefits** of the FreeStyle Libre 3 system, **register** in the FreeStyle Libre 3 app.

- 1 Allow or enable **Bluetooth access** if prompted. **Activate NFC** if prompted.
- 2 Start setting up the app by clicking **on the button**.
- 3 Confirm your country of residence with **“Next”**.
- 4 Read and accept the End User License Agreement and Terms of Use and the Privacy Policy.
- 5 **Creating your account* is easy** – all you need is an email address and you can create a password.
- 6 Agree to the **research work** and read all the information.
- 7 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 prompted.
Note: Make sure that your smartphone automatically updates date and time.
- 10 Familiarize yourself with the functions of the app and click **“Next”** when everything is clear.

*Account creation is optional and can be skipped.

Necessary Settings for the FreeStyle Libre 3 App⁶.



To receive glucose readings, do not close the FreeStyle Libre 3 app. Keep the app open permanently in the background.



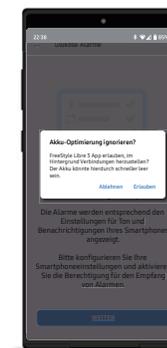
Bluetooth must be enabled when starting a sensor and remain permanently enabled thereafter.



Allow the FreeStyle Libre 3 app to receive all notifications in order to receive alarms¹⁵.

ANDROID:

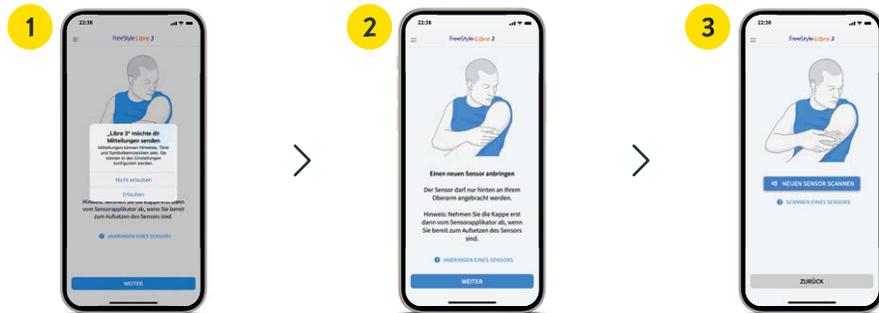
- 1 Allow the app to **run in the background** to receive glucose readings and alarms.
- 2 Ignore **battery optimization**.
- 3 Allow the app to access the **device location**.
Note: For Android 6.0 and later, location permission must be enabled for the system to connect to Bluetooth devices.
Both sensors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



How to Start a New Sensor With Your iPhone⁶ ...

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

IT'S THAT SIMPLE:



Allow app⁶ notifications.

Apply your sensor carefully to your **upper arm**. Click on “Next” when you have read the notification.

Click on “Scan new sensor”.



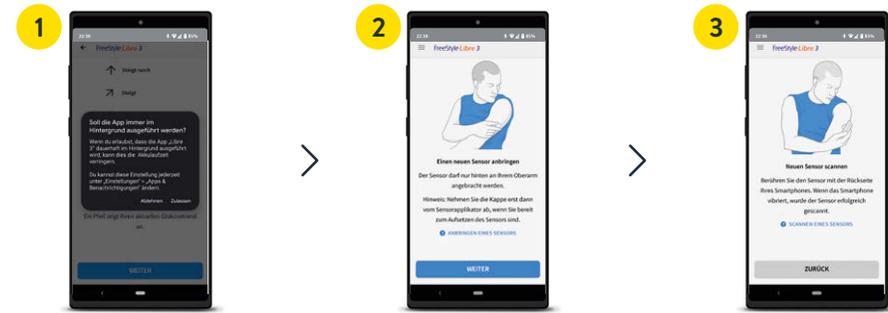
Activate your new sensor with a scan with the **top** of your smartphone⁶. Move your smartphone **slowly** if necessary.



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

... or Your Android Smartphone⁶.

To start your sensor with the FreeStyle Libre 3 app⁶, you must have NFC enabled on your smartphone.



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

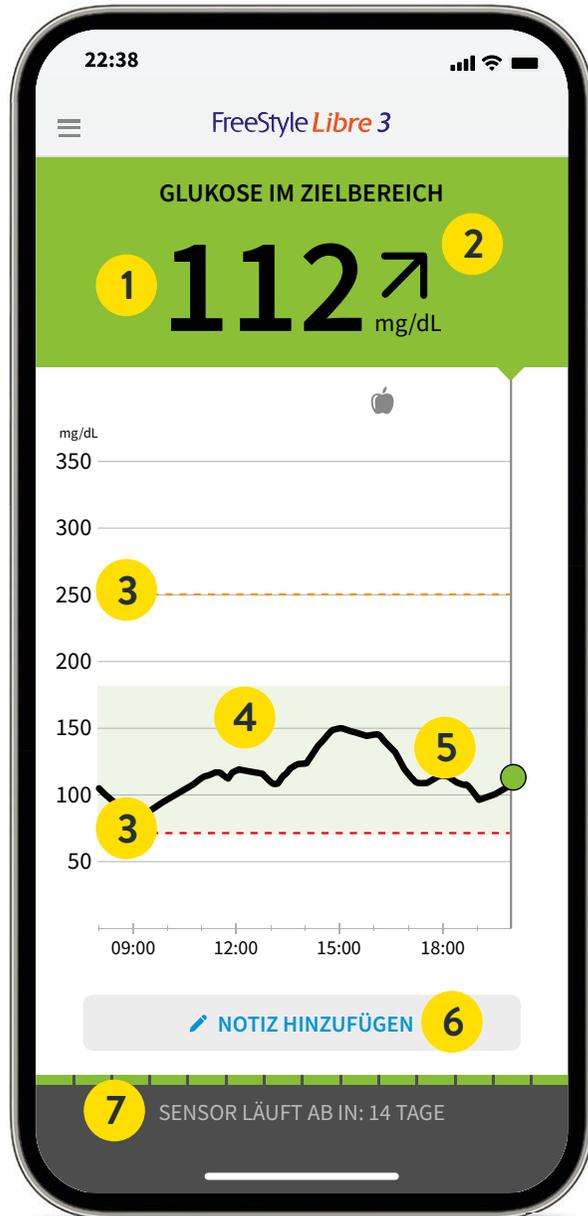
Apply your sensor carefully to your **upper arm**. Click on “Next” when you have read the notification.

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.



Your sensor will be ready in **60 minutes**.⁵ 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 Smartphone⁶ Now.

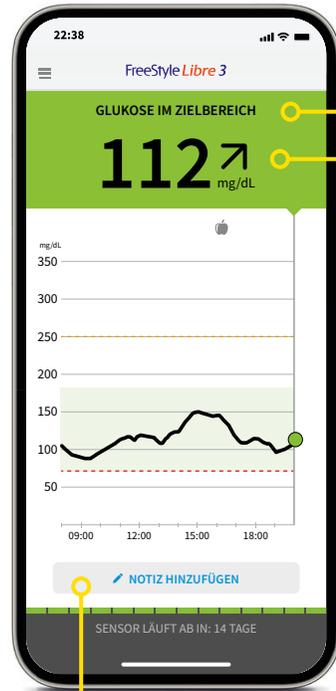


Glucose Readings, Trends and Much More Information Available in Real Time⁵.

-  **1 Your current glucose reading** is automatically updated every minute⁵.
-  **2 Trend arrow** shows how your glucose readings are going to change at short term.
-  **3 Alarm levels** for high and low glucose alarms¹⁵.
-  **4 Target glucose range** is highlighted in light green so you can see better whether your glucose readings are within the range.
-  **5 Glucose graph** See glucose readings exactly to the minute.
-  **6 Notes** Store and track meals, insulin use, exercise and other events.
-  **7 Sensor life** indicates expiration time of the sensor.

Clinically approved: Users have improved diabetes control through continuous use of the FreeStyle Libre 3 app^{6,27,28}

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



Use the notes feature of your FreeStyle Libre 3 app⁶

In the FreeStyle Libre 3 app, you can save notes afterwards, edit them and see them in the log area.



Food



Rapid-acting
insulin



Long-acting
insulin

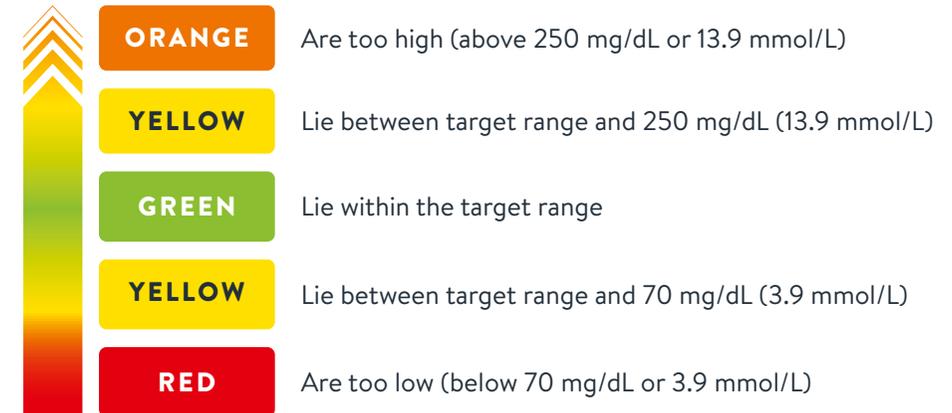


Exercise

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 smartphone⁶ display. This allows you to quickly see in which range your glucose levels are.

The traffic light colors indicate whether your glucose levels:



The trend arrow shows where your glucose value is headed.

- 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 Alarms¹⁵ Directly to Your Smartphone⁶.



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 loss²⁹ alerts if there has not been any communication between your phone and the sensor for over 20 minutes



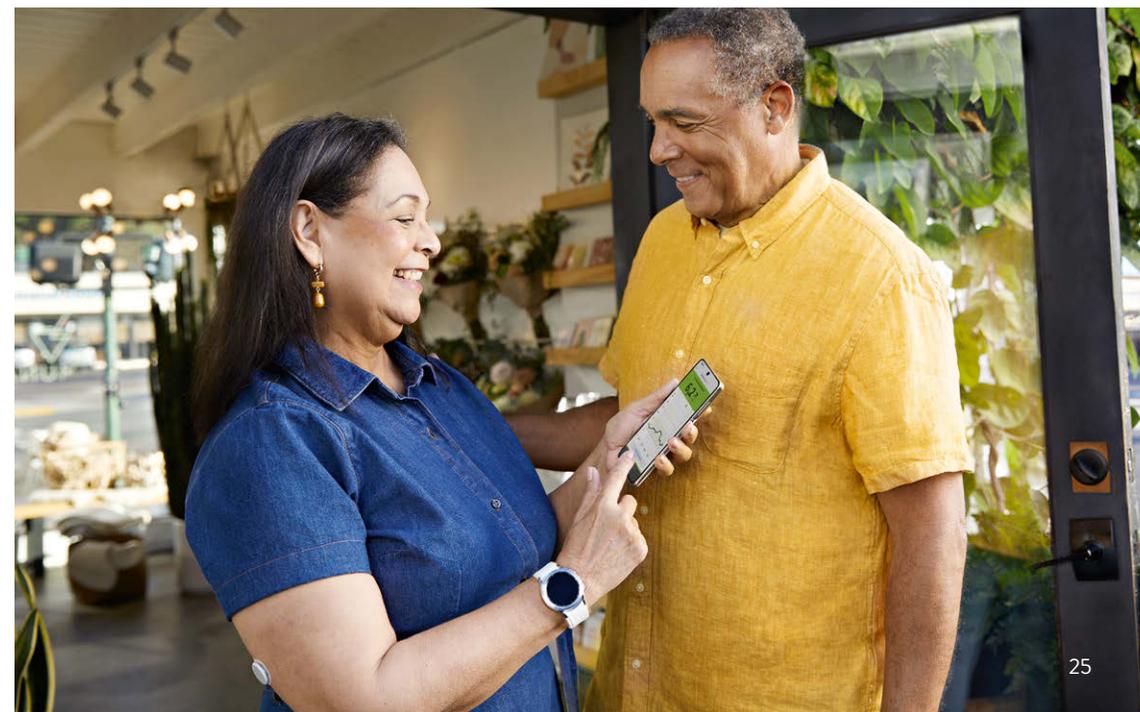
Discuss with your healthcare providers how high or low your alarm limits should be. You can note down your personal alarm limits on the last page.

Alarms¹⁵ Can Also Be Sent to Your Smartwatch^{30,31}.

You can use FreeStyle Libre 3 with your compatible smartwatch

Let the FreeStyle Libre 3 app⁶ inform you directly on your compatible smartwatch^{15,30} when your glucose readings are too low or too high – **anytime⁵ and anywhere^{30,31}**.

Beware: Your smartwatch only displays alarms as long as your smartphone⁶ is within the range of the sensor and the smartwatch.

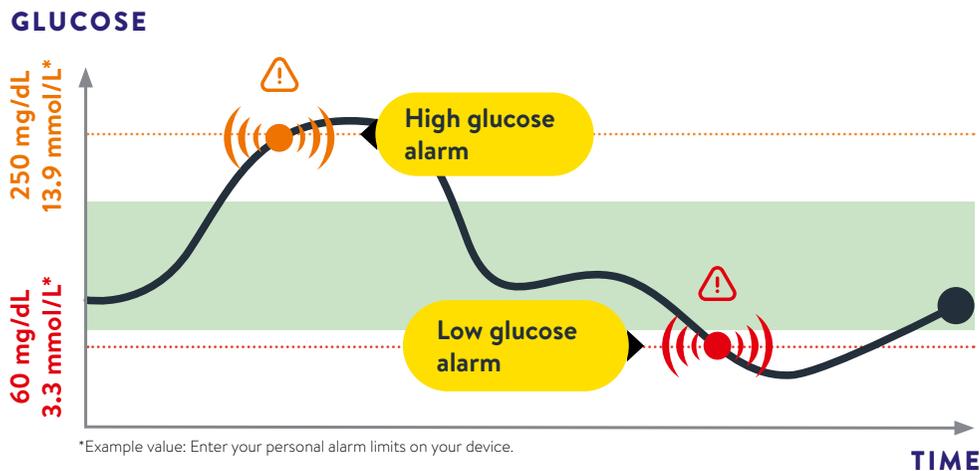


Do Not Miss Alarms¹⁵ Thanks to the Sound and Vibration Setting.

The alarms have a sound and vibration setting.

The settings for volume and vibration follow the settings of your smartphone⁶.

- 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 Alarm²⁹ - If There is No Connection Between the Sensor and Smartphone⁶.

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

Your readings will always be displayed **in their entirety** as they are stored within the sensor.¹⁸ It may happen that your FreeStyle Libre 3 App⁶ **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.

More than 10 Meters*
More than 20 Minutes

If you are more than 10 meters away from your smartphone:
Shorten 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.*

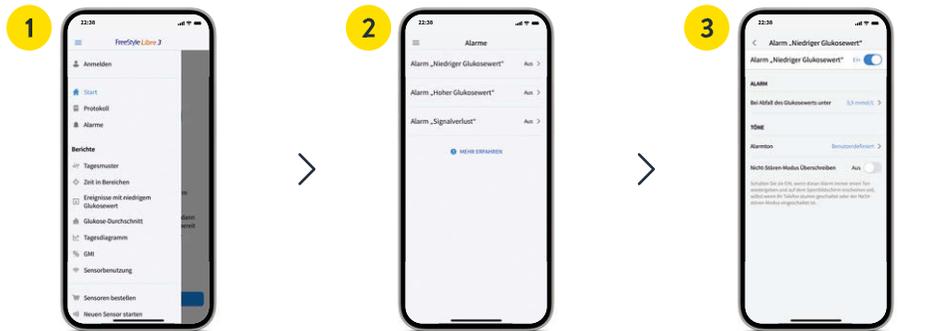
Your smartphone can receive glucose alarms¹⁵ from up to 10 meters away*.
The Signal Loss alarm is automatically activated the first time a glucose alarm is turned on. You can turn the Signal Loss alarm off and on again at any time.

*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 or 15 days.^{11,12}

You Decide Whether and How You Want to Use the Alarms¹⁵.

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

IT'S THAT SIMPLE:

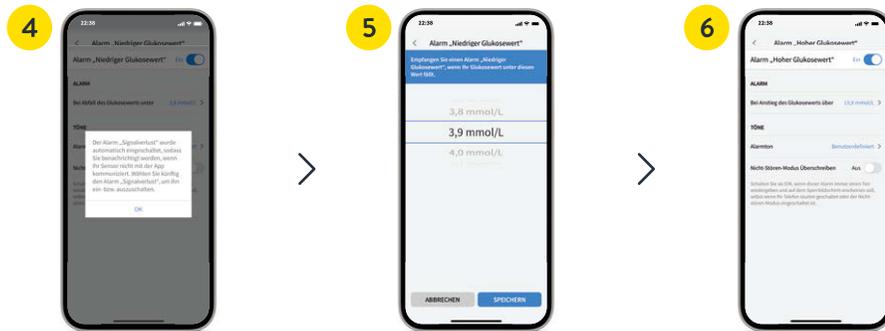


Tap the **“Alarmer”** item in the menu.



Select the desired **alarm**.

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



The **“Signal Loss”** alarm²⁹ automatically informs you in case of loss of connection if the alarm is activated.

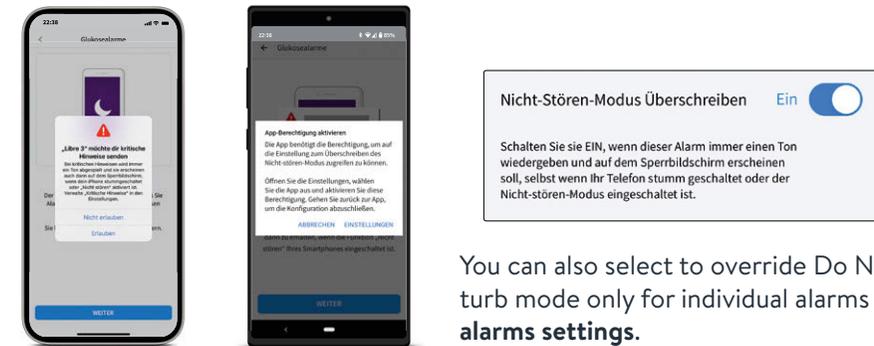
You can then set your personal **alarm limit**.

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

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

Allow access to the app⁶ to the **Do Not Disturb** mode as well as **Critical Alerts** in order to receive an alarm¹⁵ even when your smartphone⁶ 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. Therefore, they should be set so that you can hear them and will not 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.

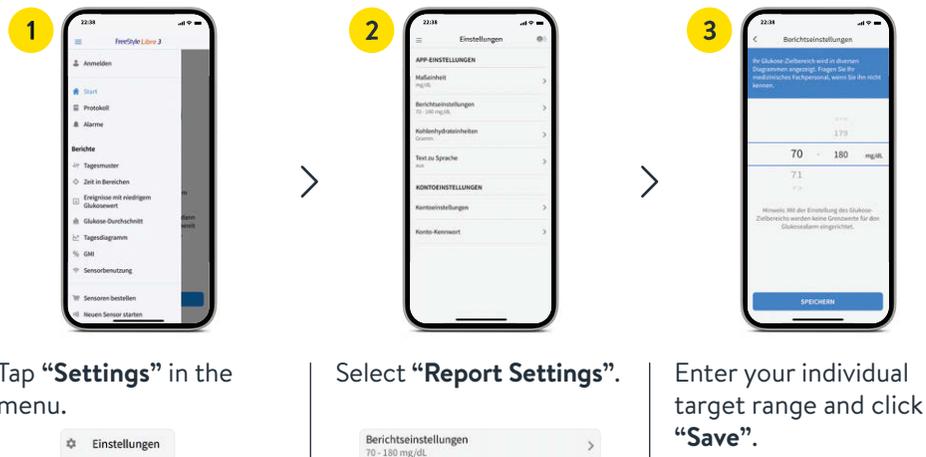
Your Target Glucose Range is Already Preset.

The Target Glucose Range in your FreeStyle Libre 3 app⁶ is preset to 70 to 180 mg/dL (3.9 – 10 mmol/L).³²

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.

Note: Your individual target glucose range does not correspond to your alarm¹⁵ limits.

Get Detailed Reports on Your Glucose Readings.

Reviewing and understanding your glucose history can be helpful in improving your glucose control.^{33,34}



REPORT: “Time in Ranges”

You can see the time evaluation in the target range set individually under “Custom” or set according to the recommended values of international guidelines under “Standard”.³²

HISTORY:

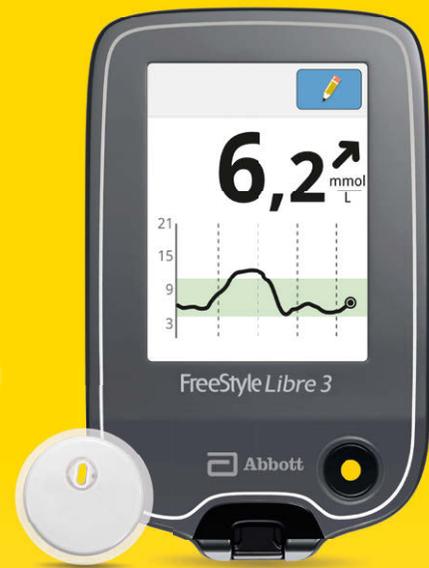
Under History, you will find all notes and alarms¹⁵ sorted by time and labeled with the corresponding glucose reading. You can also add notes later by tapping “Add note” on the home page or under History at the bottom of the page.

REPORT:

“Average Glucose”

Shows information on your average glucose readings, also for different periods of the day. Values in the target range are green, values above your target range are yellow or orange; values below your target range are red.

The FreeStyle Libre 3 Reader – the Perfect Alternative for Those Without a Compatible Smartphone^{6,7}.



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



Discover All of Your Reader's Features.



Keep an Overview With Your Reader.

- 1  **Home-Button**
Press the yellow home button to turn on the reader and see your current glucose reading.
- 2  **Current glucose readings**
are automatically updated every minute⁵ when you press the home button. No fingerstick calibration is required.^{11,12,23}
- 3  **Trend Arrow**
shows how your glucose levels change in the short term..
- 4  **Target Range**
is highlighted in light green to help you see whether your glucose readings are in the range.
- 5  **Glucose Graph**
displays the glucose readings for the last 12 hours without any data gaps.
- 6  **Alarm Limits**
for high and low alarm¹⁵.
- 7  **Notes**
can be added by touching.
- 8  **Notifications**
(e.g. sensor status)
- 9  Symbol for **Sound / Vibration**
- 10  Symbol for **Signal Status**
- 11  Measure **Blood Glucose and Ketones.**

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

-  **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

Pay attention to your current trend arrow. Especially when 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.

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

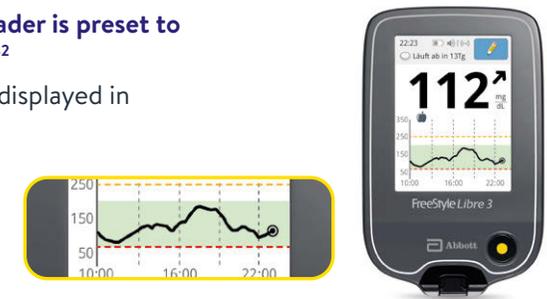
5 Hold the reader screen close to the sensor on your upper arm to activate the sensor.

6 Your sensor is ready after 60 minutes.⁵

Your Target Glucose Range is Already Preset.

The Target Glucose Range in your reader is preset to 70 to 180 mg/dL (3.9 – 10 mmol/L).³²

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 settings icon top right.

2 Select “Report Settings”.

3 Enter your individual 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.

Note: Your individual target glucose range does not correspond to your alarm limits¹⁵.

Use the Notes Feature to Better Understand Your Glucose Levels.

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



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 Alarms¹⁵ Directly to Your Reader.



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



On alarm, your reader displays your current glucose reading and trend arrow to help you reacting.



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 loss²⁹
alerts if there has not
been any communi-
cation between your
reader and the sensor
for over 20 minutes.



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



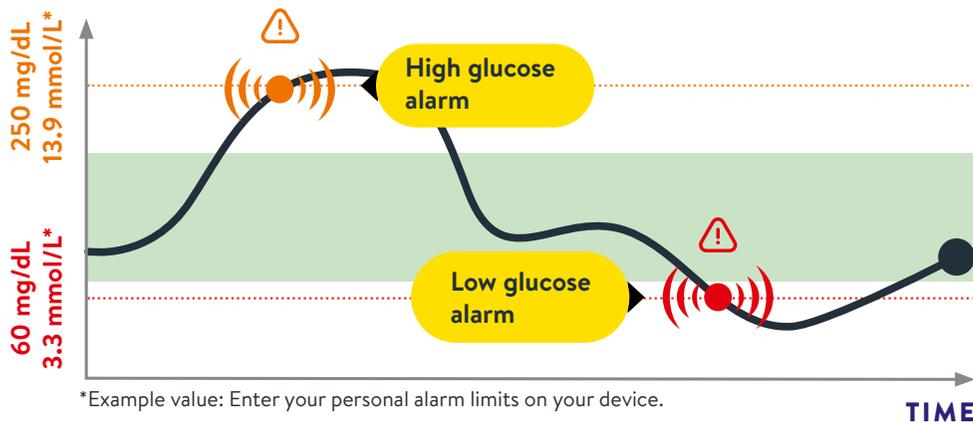
Discuss with your healthcare providers how high or low your alarm limits should be. You can write down your personal alarm limits on the last page.

Do Not Miss Alarms¹⁵ 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.

GLUCOSE



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 Alarms¹⁵.

Alarms can be easily turned on and off.

Would you like to switch on the alarms? It's that simple:

- 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"**.

Signal Loss Alarm²⁹ – When There is No Connection Between Sensor and Reader.

The **Signal Loss alarm** informs you if there is no connection between the sensor and your reader for more than 20 minutes, or as soon as your reader 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.¹⁸ It may happen that your reader **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 reader. It could take **a few minutes** until the signal is re-established.

**More than 10 Meters*
More than 20 Minutes**

If you are more than 10 meters away from your reader:
Shorten your distance to re-establish connection.

If your reader cannot establish a connection to the sensor for more than 20 minutes:
Check if there are any massive objects between you and your reader* and press the Home button.

Your reader can receive glucose alarms¹⁵ 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 turn on and off the Signal Loss alarm at any time.

Your FreeStyle Libre 3 Reader Can Also Measure Blood Glucose and Blood Ketones.

The FreeStyle Libre 3 reader can display your glucose levels in real time⁵ and measure your blood glucose or blood ketones.

To measure your blood glucose, use FreeStyle Precision blood glucose test strips or FreeStyle Precision β-ketone test strips.

Always make a blood glucose test in case your sensor glucose levels do not match with your health condition.²³

Compare your results 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 β-ketone test stripes
10 pcs. PZN: 06905386

The Reader

*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 or 15 days.^{11,12}

The FreeStyle Libre Product Range Helps You Managing Your Diabetes Every Day.

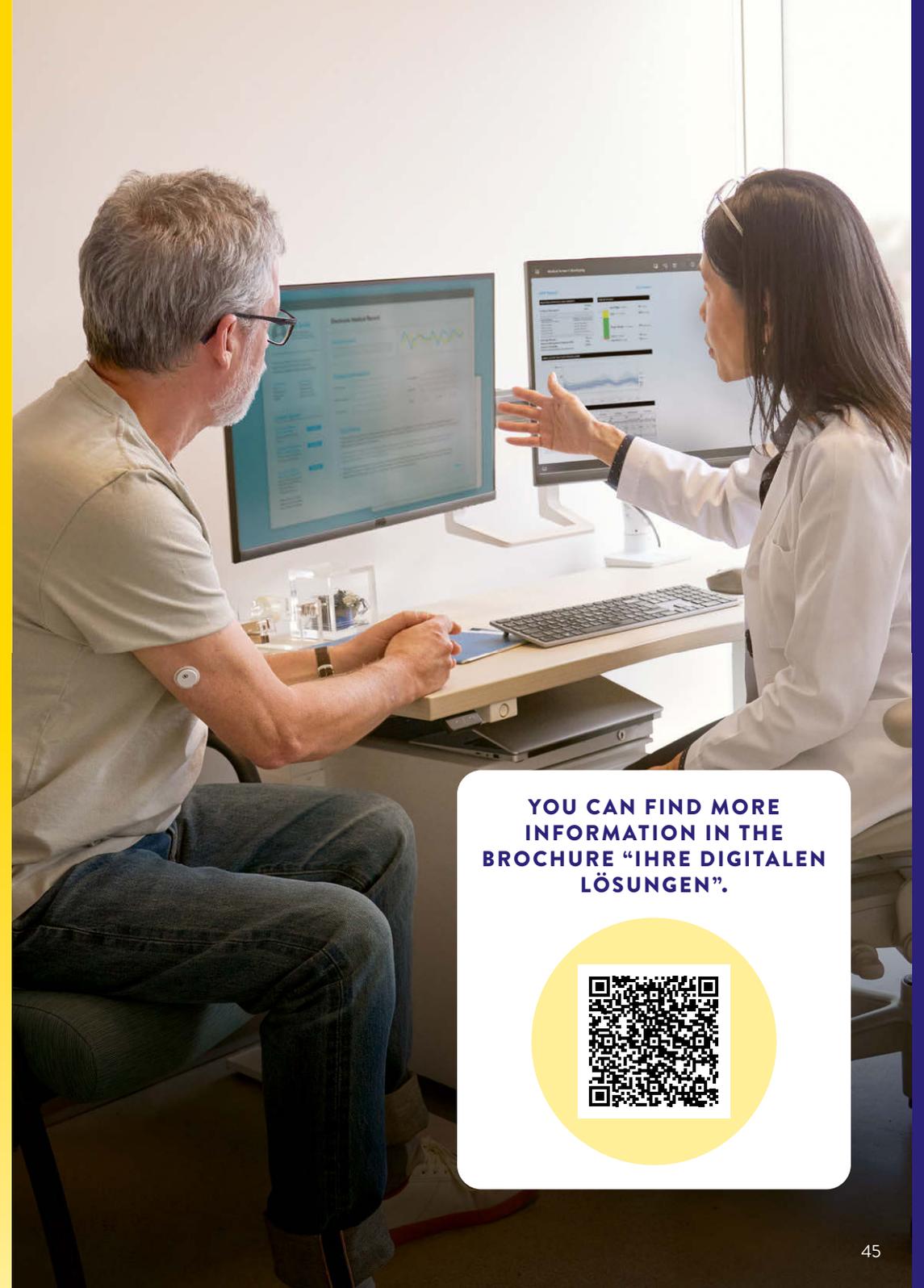


Take a look at our videos about digital diabetes management:



Scan QR code or visit:

www.FreeStyleLibre.de/hilfe/freestyle-libre-3-erklavideos



YOU CAN FIND MORE INFORMATION IN THE BROCHURE "IHRE DIGITALEN LÖSUNGEN".



Share Your Glucose Values^{16,17} With Your Medical Practice – Easily and Securely³⁵.



Share your complete¹⁸ glucose data in accessible reports with LibreView¹⁹.

With the help of these reports, your healthcare providers can make better individualized treatment decisions.



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

- 1 Go to www.LibreView.com.
- 2 Enter your FreeStyle Libre 3 app⁶ login information. If you have not opened an account in the app and do not have a LibreView¹⁹ account yet, create a new one.
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^{16,17} to LibreView and presented in easy-to-understand reports and analyses.



HIGH STANDARDS OF DATA PROTECTION³⁵

With LibreView, you keep control of your data anywhere, anytime^{16,17}: you decide which medical practices get access. LibreView stores your data in compliance with the highest security standards, exclusively encrypted on servers within Germany.



ALWAYS UP-TO-DATE

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



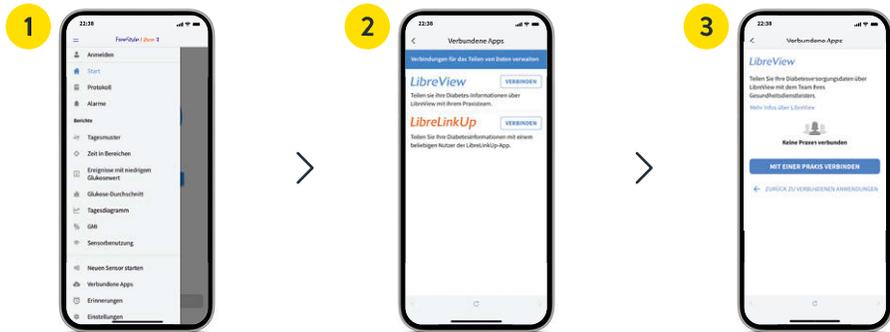
Register for free at www.LibreView.com

How to Easily Connect Your FreeStyle Libre 3 App⁶ to Your Medical Practice.

OPTION 1:

Start sharing^{16,17} your glucose data with the FreeStyle Libre 3 app.

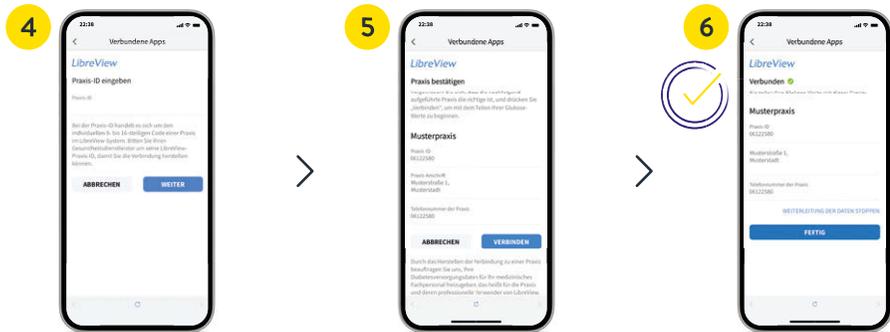
Ask your medical practice for the LibreView¹⁹ practice ID³⁶ and write it down on the last page. Enter the medical practice ID in the FreeStyle Libre 3 app.



Tap on “Menu” and go to “Connected Apps”.

Select “LibreView”.

Tap on “Connect to a practice”.



Enter the practice ID and tap “Next”.

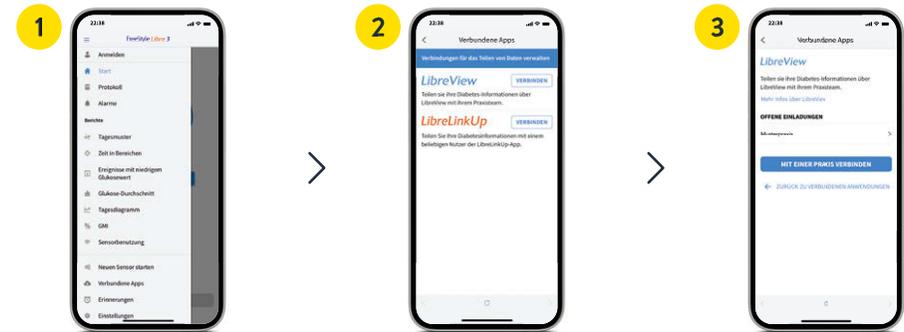
Check the contact information of your practice and select “Connect”.

Done! You are now connected to your medical practice.

OPTION 2:

Your medical practice sends you an invitation to share^{16,17} your glucose data.

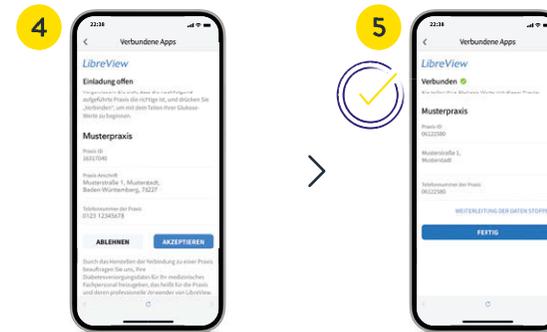
Your medical practice can send you an invitation to share your glucose data. Accept the practice invitation directly in the app⁶ or in the invitation email.



Tap on “Menu” and go to “Connected Apps”.

Select “LibreView”¹⁹.

Tap on the practice under “Open invitations”.



Review your practice’s contact information and tap “Accept” to accept the invitation.

Done! You are now connected to your medical practice.

Transfer¹⁶ Data via LibreView¹⁹ – For a Secure Data Backup³⁵.

1 CREATE A LIBREVIEW ACCOUNT

- Go to www.LibreView.com, click “Sign Up” and choose the top option, “LibreView Account”.
- You will be guided now through the registration process. During the process you will receive an e-mail asking you to confirm your e-mail address. Confirm your e-mail address. Then set up the 2-factor authentication.
- You can then familiarize yourself with LibreView and go to your profile.

2 INSTALL DEVICE DRIVER ONCE

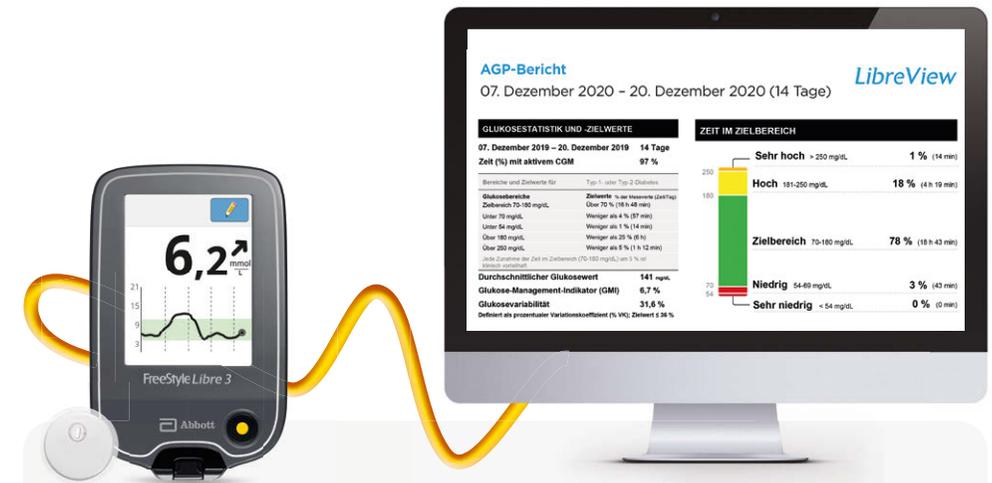
In order to recognize the reader, it is necessary to install the LibreView device driver on your computer. You can find the download link in your LibreView account.*

3 TRANSFER DATA VIA CABLE AND CONNECT TO YOUR MEDICAL 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 medical practice, follow these steps: Click settings menu > click “Account Settings” > click “My Practices” > enter your medical practice ID³⁶ > click “Add”.

*Administrator rights are required to install the drivers.

With the FreeStyle Libre 3 reader, you can evaluate your complete¹⁸ blood glucose data with LibreView¹⁹ only.



Note: Your healthcare providers are able to evaluate your data without your registration. However, this data is not stored permanently and cannot be assigned to a patient profile.



You can find out more about LibreView and watch a helpful video that explains how to connect to your reader via the QR code or at: www.FreeStyleLibre.de/produkte/libreview.html

Involve Your Loved Ones In Your Diabetes Care – For More Safety From a Distance.^{3,4,16,17,21}

LibreLinkUp

Using the LibreLinkUp app²⁰, your loved ones can remotely track your glucose levels and alarms^{15,37}, giving you more safety^{3,4} and additional support in managing your diabetes.²¹

HOW YOU CAN BENEFIT FROM THE LIBRELINKUP APP



Your glucose readings, trend arrows and alarms are automatically forwarded out of the FreeStyle Libre 3 App⁶ after a one-time authorization^{16,17}.



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



More safety during day and night with individually customizable alarms³⁷ – enabling faster responses in emergencies.



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

DOWNLOAD THE LIBRELINKUP APP FOR FREE:



LibreLinkUp²⁰ Can Only Be Used With the FreeStyle Libre 3 App⁶.

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^{16,17}.
- 5 Confirm with “**Done**”. The invited person must accept your invitation before your glucose readings are available.²¹

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 LibreView¹⁹ account.
- 4 Accept the displayed invitation.²¹
- 5 From now on, they will receive your glucose readings.^{16,17}



Your Loyal Partner in Every-day Life With Diabetes.



YOUR PLATFORM THAT COMBINES DIABETES AND LIFESTYLE

Explore the world of FreeStyle plus Ich³⁸ and discover exciting diabetes and lifestyle articles, interactive e-learning and an exclusive rewards store.



Are you looking for more support for your everyday life with diabetes?

Discover the **magazine** full of useful articles and interesting videos about lifestyle and diabetes.



Would you like to get the most from your FreeStyle Libre system?

Learn all the features and benefits of your measurement system at your own pace with interactive **e-learning**.



Would you like to be rewarded for your progress?

The points you earn are saved in your account. You can redeem them for great rewards in the rewards store.

FreeStyle Libre 3 and the mylife Loop AID System.

ADVANTAGES OF COMBINING THE SYSTEMS

FreeStyle Libre 3 and FreeStyle Libre 3 Plus sensors are approved for use with the mylife Loop System for automated insulin delivery. The system consists of mylife CamAPS FX app³⁹ and mylife YpsoPump insulin pump.

FreeStyle Libre 3 sensor and FreeStyle Libre 3 Plus sensor



Easy and automatic

Easily and automatically adjust insulin delivery based on your FreeStyle Libre 3 or FreeStyle Libre 3 Plus glucose readings.



Discreet

Discreet remote bolus delivery controlled from your smartphone³⁹.



Comfortable

Comfortable bolus suggestions based on your continuous glucose readings.

FOR MORE INFORMATION SEE:

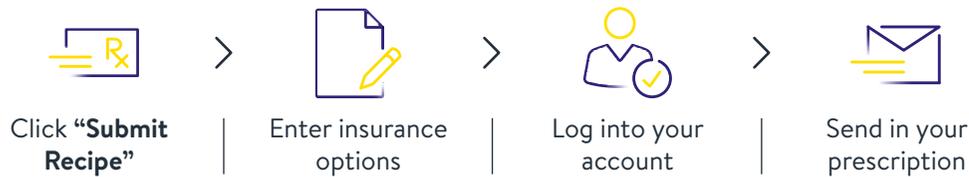
www.FreeStyleLibre.de/kooperationen/mylife-ypsopump.html

YOU CAN REGISTER FOR FREE AT:
MEIN.FREESTYLE.DE



Submit Prescription for Those with Public Insurance.

Start the process for cost coverage⁴⁰ online at www.FreeStyleLibre.de



Send your first prescription and all subsequent prescriptions 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 order your follow-up prescription **4-6 weeks** before the end of your current authorization period.

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

Order for Private Insurance or Self-Payers.

Clarify reimbursement with your private health insurance in advance.⁴¹

Start your order as a self-paying patient online at www.FreeStyleLibre.de



Tip: Activate the PlusService Abo and receive your next sensors automatically.

If you do not have internet access, ask your medical 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.

Discuss Your Personal Records with Your Medical Team.

My login information for the app⁶ and LibreView¹⁹

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

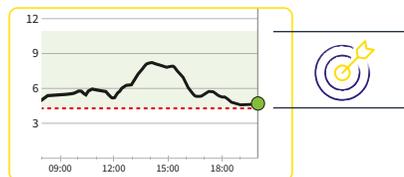
Download the FreeStyle Libre 3 app for free:



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.¹⁵

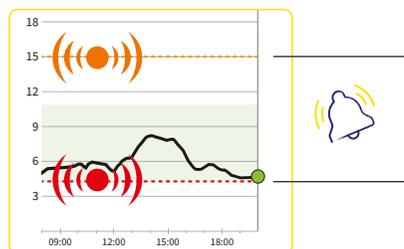


My alarm limits

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

High glucose:

Low glucose:



Practice ID³⁶ of my medical practice

You will receive the practice ID from your medical practice.

Register for free at:
www.LibreView.com



Use The Online Form to Submit a Complaint About Your Sensor.

If something is not working with your sensor, we are available online 24 hours for assistance.



We are available online 24 hours a day. Scan the QR code or visit us at: www.FreeStyleLibre.de/reklamation

If you need more support with your sensor complaint please 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.

1. Yaron et al. Diabetes Care 2019; 42 (7): 1178-1184. 2. Fokkert M. et al., BMJ Open Diab Res Care.2019. 3. Haak T et al. Diabetes Therapy. 2017; 8 (1): 55-73. 4. Bolinder J et al. The Lancet. 2016; 388 (10057): 2254-2263. 5. 60-minute warm-up required when starting the sensor. 6. The FreeStyle Libre 3 app is only compatible with certain mobile devices and operating systems. Please check our website www.FreeStyleLibre.de for more information about device compatibility before using the app. 7. FreeStyle Libre 3 sensors and FreeStyle Libre 3 Plus sensors can be read using either the FreeStyle Libre 3 reader or the FreeStyle Libre 3 app. Both devices cannot be used in parallel. 8. Alva S et al. Diabetes Therapy. 2023; 14:767-776 doi: 10.1007/s13300-023-01385-6. 9. Data on file. Abbott Diabetes Care. 10. Compared to other sensors to be attached by the patient. Data on file. Abbott Diabetes Care. 11. Placement of a sensor requires insertion of the sensor filament under the skin. The FreeStyle Libre 3 sensor can be worn for up to 14 days. 12. Placement of a sensor requires insertion of the sensor filament under the skin. The FreeStyle Libre 3 Plus sensor can be worn for up to 15 days. 13. The FreeStyle Libre 3 sensor is cleared for use in children 4 years of age and older and adults, including pregnant women. Supervision of use and evaluation of a FreeStyle Libre system for children up to 12 years of age is the responsibility of an adult. 14. The FreeStyle Libre 3 Plus sensor is certified for children 2 years and older and adults, including pregnant women. Supervision of the use and evaluation of a FreeStyle Libre system for children up to the age of 12 is the responsibility of an adult. 15. Alarms are off by default and must be turned on. 16. Sharing glucose data requires registration with LibreView. 17. The transfer of data between the apps requires an Internet connection. 18. For a complete glycemic profile, the FreeStyle Libre 3 sensor must be replaced every 14 days and the FreeStyle Libre 3 Plus sensor every 15 days. 19. LibreView is a cloud-based user application. The LibreView website is only compatible with certain operating systems and browsers. For more information, visit www.LibreView.com. 20. The use of LibreLinkUp requires registration with LibreView. 21. 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. 22. The sensor is waterproof in up to 1 m water depth for up to 30 minutes. 23. 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. 24. Bandage or tape for fixation must be applied when attaching the sensor, the hole of the sensor must not be covered. 25. Caution: DO NOT press the sensor applicator onto the skin until it is over the prepared area to avoid accidental misplacement or injury. 26. 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. 27. Compared to reader users. 28. Kao K., Journal of Diabetes Science and Technology. (2021): <https://doi.org/10.1007/s13300-022-01253-9>. 29. 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. 30. 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. 31. Compatible smartwatches are those that support notification mirroring. Please visit www.FreeStyleLibre.de to learn more about smartwatch compatibility. 32. Battelino, T., et al. Diabetes Care. 2019; 42(8): 1593-1603. 33. Evans M et al., Diabetes Ther. 2022. <https://doi.org/10.1007/s13300-022-01253-9>. 34. Lang, J., et al. Poster session ATTD19-0299 ATTD Berlin, Germany; 2019. 35. 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. 36. 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. 37. Glucose alarms from connected users are sent to the LibreLinkUp app when alarms are enabled in the FreeStyle Libre 3 app. 38. FreeStyle plus Ich is not a substitute for therapeutic advice from your healthcare providers. 39. Please be aware that you need a compatible myLife YpsoPump to use the myLife CamAPS FX app for automated insulin delivery. 40. 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. 41. 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 System?

Then give us a call:



0800 – 519 9 519*

Or get information under:



www.FreeStyleLibre.de

Visit us also at:

www.facebook.com/FreeStyleDeutschland

www.youtube.com/FreeStyleDeutschland

This training brochure is available digitally and in the following languages:



English

The FreeStyle Libre 3 training brochure is available in digital form at the following link.



Türkçe

FreeStyle Libre 3 eğitim broşürüne aşağıdaki bağlantıdan dijital olarak ulaşabilirsiniz.



Русский

Вы можете найти брошюру по обучению FreeStyle Libre 3 в цифровом виде по указанной ссылке.

العربية

يمكن العثور على كتيب التدريب FreeStyle Libre 3 في صورة رقمية على الرابط التالي.



Read the training brochure in the language of your choice by scanning the QR code:

www.FreeStyleLibre.de/produkte/freestyle-libre-3-sensor.html#material

FreeStyle
Libre 3

Abbott

*Available Monday to Friday from 8:00 to 18:00. Free of charge from the German domestic landline and mobile network. The images shown here are agency photos staged with models. 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 body, FreeStyle, Libre and related brand names are trademarks of Abbott. mylife Loop and YpsoPump are registered trademarks of Ypsomed AG. CamAPS is a registered trademark of CamDiab Ltd. Other trademarks and trade names are the property of their respective owners. To use the FreeStyle Libre sensors with mylife Loop, please consult the mylife CamAPSFx App user manual. 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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