

Abbott FreeStyle LibreLink and LibreLinkUp Apps User Manual

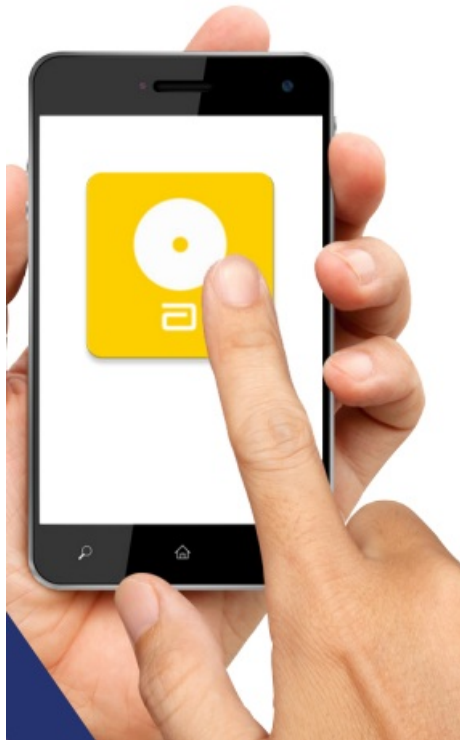
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Abbott FreeStyle LibreLink and LibreLinkUp Apps



Introduction

- The FreeStyle Libre System will help you to manage your diabetes.
- The System uses a small device called a 'sensor' to check your sugar levels.
- You put the sensor on your body, on the back of your upper arm.
- FreeStyle LibreLink and LibreLinkUp are apps.
- An app is a computer programme that you have on a smartphone to help you do something.
- A smartphone is a phone that connects to the internet.
- This information explains:
 - more about Freestyle LibreLink and LibreLinkUp
 - how to get started using them.



The FreeStyle LibreLink app

- FreeStyle LibreLink is a new app that you can download onto your smartphone to read information from your sensor.
- Before the app, people used a special device called a 'reader' to get information from their sensor.
- The app does more things than the reader. The reader doesn't share your sugar levels with family and friends.
- You can choose to use a sensor with both the app and the reader. To do this, you must scan the sensor with the reader first and then scan with the app.
- Remember to scan with each device once at least every 8 hours.

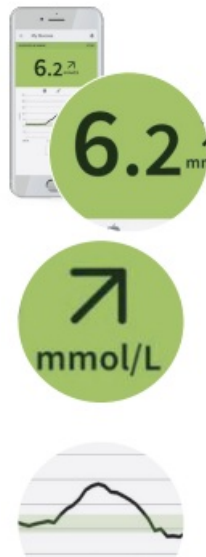


- You can get more information about which phones work with this system on our website:
<https://freestylediabetes.co.uk/landing/smartphone-compatibility-guide>
- You need to register with LibreView to use the FreeStyle LibreLink app.



What does the app show you?

- Your current sugar reading.
A reading is a number which tells you what your sugar levels are.
- An arrow which tells you if the amount of sugar is going up, down or staying the same.
- A graph which tells you how the amount of sugar has changed over the last 8 hours.



- Your reading and where your sugars are going can be read out aloud by your smartphone. You have to go to 'settings' and click the 'text-to-speech' option to make this work.
- After you have been using the FreeStyle Libre System for 5 days, the app will also show you:
- how your reading changes day by day
- how much of the time your sugar level has been OK, and how much of the time it has been too low
- when your reading has been very low
- the average reading.



When to scan your sensor

- You should scan your sensor at least every 8 hours.
- If you have wi-fi, the information from your FreeStyle LibreLink app will be put onto the internet automatically. You can see it on your computer using your LibreView account.



LibreLinkUp

- LibreLinkUp is just for the people you want to access your sugar levels.
- The people you want to share information with can download it in the same way as the FreeStyle LibreLink app.
- You can share your sugar levels with up to 20 other people.
- You can get more information about which phones work with LibreLinkUp app on this website:
www.LibreLinkUp.com



- People will be able to see:
 - your current reading
- if the amount of sugar is:
 - too high
 - too low
 - OK.
- an arrow which shows if your reading is going up or down
- information from your last 100 scans.



With LibreLinkUp:

- your reading is automatically sent to the phones of your friends, family or carers if you are all connected to the internet
- parents can watch their children's readings day or night
- parents will get messages if readings are too high or too low
- your friends and family can help you manage your diabetes in the way your doctor says.



How to start sharing

- In your FreeStyle LibreLink app:
 - go to the 'Menu'
 - tap the 'Share' button.



- You can then choose which of your contacts you want to share with.
- Contacts are the people that you have saved on your phone.
- Your friends and family will then go to their LibreLinkUp app.
- They will get a message asking them if they are happy to get information about your diabetes.
- If they tap 'yes' they will start getting the information.

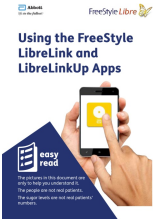


If you need help

- For help with the app, please call 0800 170 1177.
- This telephone line is open Monday to Friday 8:00am to 8:00pm.
- Or you can email: adchelpuk@abbott.com



Documents / Resources

	<p>Abbott FreeStyle LibreLink and LibreLinkUp Apps [pdf] User Manual FreeStyle LibreLink and LibreLinkUp Apps, LibreLink and LibreLinkUp Apps, LibreLinkUp Apps, Apps</p>
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References

-  [Home | Easy Read Online](#)
-  [LibreLinkUp](#)
-  [FreeStyle Glucose Meters | Official FreeStyle Diabetes UK Website](#)

Manuals+.