

Using the FreeStyle LibreLink and LibreLinkUp Apps

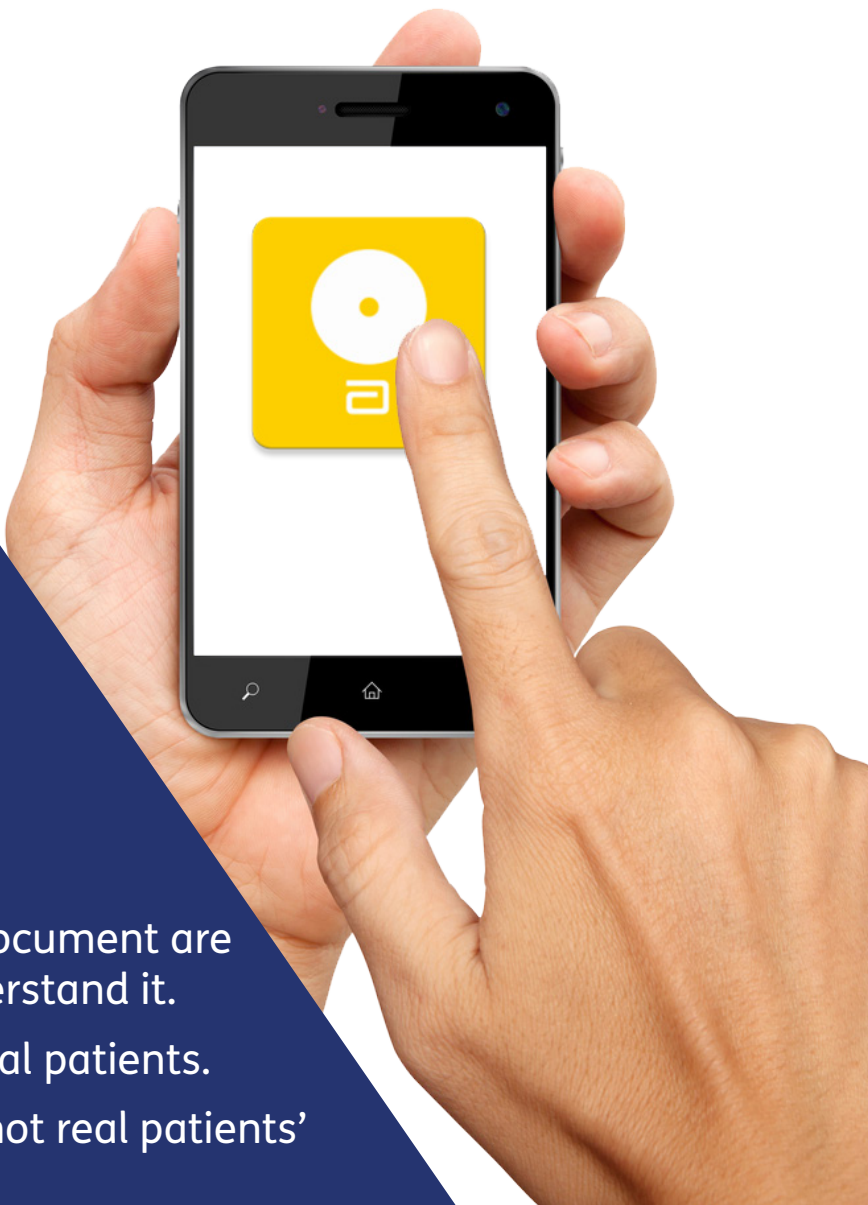


**easy
read**

The pictures in this document are only to help you understand it.

The people are not real patients.

The sugar levels are not real patients' numbers.



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.

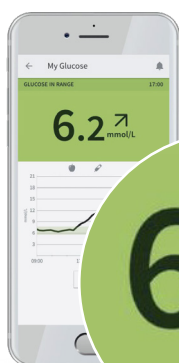


You can get more information about which phones work with this system on our website:

<https://freestylediabetes.co.uk/landing/smartphone-compatibility-guide>



You need to register with LibreView to use the FreeStyle LibreLink app.



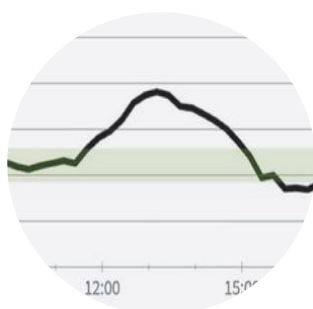
What does the app show you?

- 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.

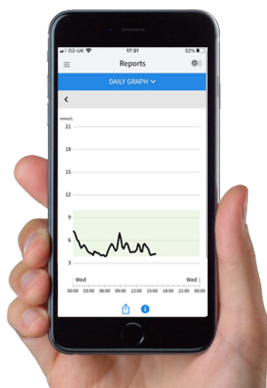


- A graph which tells you how the amount of sugar has changed over the last 8 hours.



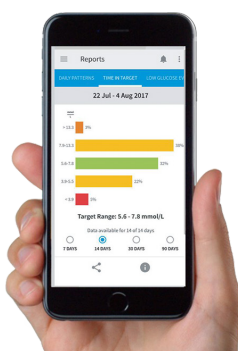
Your reading and where your sugars are going can be read out aloud by your smartphone.

You have to go to 'settings' and click the 'text-to-speech' option to make this work.

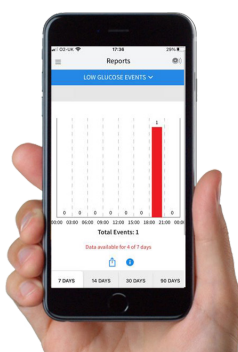


After you have been using the FreeStyle Libre System for 5 days, the app will also show you:

- 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



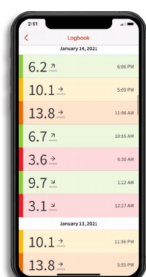
- too low



- OK.



- an arrow which shows if your reading is going up or down

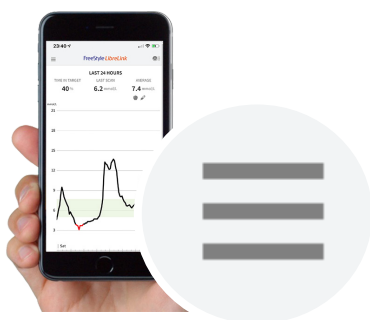


- information from your last 100 scans.



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

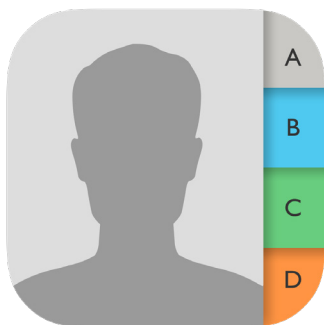
In your FreeStyle LibreLink app:

- 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.

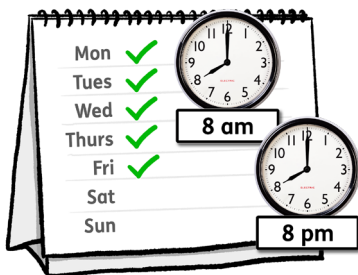


If they tap 'yes' they will start getting the information.

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

FreeStyle Libre 

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