FreeStyle Libre 3

Continuous Glucose Monitoring System

App Quick Reference Guide

For use with

FreeStyle Libre 3 Sensor and FreeStyle Libre 3 Plus Sensor

FreeStyle Libre 3

App Quick Reference Guide

You've come to the right place for quick access to the essentials! Below you'll find an overview of the most important things you need to know about using Libre app with your Sensor.

Important Safety Information

Get Informed

- Before using the App, please review the complete product information in the User's Manual and take a look at the Interactive Tutorial posted at www.FreeStyleLibre.com. Tips for Kids are there too if you need.
- Be safe and follow the instructions properly. Using the System incorrectly could cause you to miss a severe low or high glucose event and/or make a harmful treatment decision.
- You'll always find the latest version of the User's Manual, including performance data at www.FreeStyleLibre.com. If you need a free printed copy, just call Customer Service: 1-855-632-8658, 7 days a week from 8 a.m. to 8 p.m. Eastern Time; excluding holidays.
- Talk to your health care professional about how to use your Sensor glucose information to help manage your diabetes.
- During the first 12 hours of Sensor wear the 🔍 symbol will display, and you cannot use Sensor values to make treatment decisions during this time. Confirm Sensor glucose readings with a blood glucose test before making treatment decisions during the first 12 hours of Sensor wear when you see the 🔍 symbol.

Compatible Sensors

Libre app works with either the FreeStyle Libre 3 Sensor or the FreeStyle Libre 3 Plus Sensor (simply referred to as Libre 3 Sensor and Libre 3 Plus Sensor).

Libre 3 Sensor

- 14 day wear
- Can be used by people age 4 and older
- Do not use with automated insulin dosing (AID) systems
- Taking more than 500 mg of Vitamin C per day may affect Sensor readings. This could cause you to miss a severe low glucose event.

Libre 3 Plus Sensor

- 15 day wear
- Can be used by people age 2 and older
- Can be used with compatible automated insulin dosing (AID) systems
- Taking more than 1000 mg of Vitamin C per day may falsely raise Sensor readings. This could cause you to miss a severe low glucose event. You can take up to 1000 mg of Vitamin C per day and still use the Sensor readings to make treatment decisions.

Indications for Use

Libre 3 Sensor users:

The FreeStyle Libre 3 Continuous Glucose Monitoring System is a real time continuous glucose monitoring (CGM) device with alarms capability indicated for the management of diabetes in persons age 4 and older. It is intended to replace blood glucose testing for diabetes treatment decisions, unless otherwise indicated.

The System also detects trends and tracks patterns and aids in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments. Interpretation of the System readings should be based on the glucose trends and several sequential readings over time.

The System is also intended to autonomously communicate with digitally connected devices. The System can be used alone or in conjunction with these digitally connected devices where the user manually controls actions for therapy decisions.

Libre 3 Plus Sensor users:

The FreeStyle Libre 3 Continuous Glucose Monitoring System is a real time continuous glucose monitoring (CGM) device with alarms capability indicated for the management of diabetes in persons age 2 and older. It is intended to replace blood glucose testing for diabetes treatment decisions, unless otherwise indicated.

The System also detects trends and tracks patterns and aids in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments. Interpretation of the System readings should be based on the glucose trends and several sequential readings over time.

The System is also intended to autonomously communicate with digitally connected devices, including automated insulin dosing (AID) systems. The System can be used alone or in conjunction with these digitally connected devices for the purpose of managing diabetes.

Contraindications

Diathermy: Remove all parts of your System before high-frequency electrical heat (diathermy) treatment. The effect of diathermy on the System hasn't been tested. The exposure may damage the Sensor, which could impact proper device function and cause inaccurate readings.

Automated Insulin Dosing (AID): The Libre 3 Sensor must not be used with AID systems, including closed loop and insulin suspend systems.

Warnings

- **Don't ignore low or high glucose symptoms.** Use your blood glucose meter to make treatment decisions when your Sensor readings don't match your symptoms or expectations. Get medical attention when appropriate.
- Use your blood glucose meter to make treatment decisions when your Sensor reading doesn't match how you feel, has no number, or you see the symbol during the first 12 hours of Sensor wear. You cannot use Sensor values to make treatment decisions during the first 12 hours.
- **Choking hazard:** The System has small parts that may be dangerous if

swallowed.

- You must have access to a blood glucose monitoring system. One is not provided when you use the App.

Cautions - Overall System

What to know before using the System:

- Avoid infection by taking standard precautions for bloodborne pathogens.
- Don’t share the App with another person to avoid confusing glucose information.
- The App doesn’t share data with your System’s Reader. Before you start a Sensor, you must choose whether to use the Reader or the App with the Sensor. Once you start a Sensor, you cannot switch your device.
- Make sure that your phone and Sensor Kits are kept in a safe place and under your control. This is important to help stop anyone from accessing or tampering with the System.

Who should not use the System:

- **Don’t use in people under the age in the Indications for Use.** The System is not cleared for use under this age.
- **Don’t use if you are on dialysis or critically ill.** The System hasn’t been evaluated in these groups. Sensor readings may be inaccurate.
- The System hasn’t been evaluated when used with other implanted medical devices, such as pacemakers.

When is Sensor glucose different from blood glucose:

- Glucose levels in interstitial fluid (what your Sensor measures) can be different from blood glucose levels (what your meter measures). You may notice this when your glucose is changing quickly. For example, after eating, taking insulin, or exercising.

Cautions - App Use

What to know about the App:

- Disable your phone's automatic operating system (OS) updates. Before updating your phone's OS or the App, check the Phone and OS Compatibility Guide to see if the App is compatible. This Guide is available in the App's Help menu and also at www.FreeStyleLibre.com. Check it regularly to make sure that your phone and OS remain compatible with the App.
- We may contact you if an App or OS update will make your previously compatible phone incompatible. Make sure that your LibreView account has your current email address to receive important information.
- After an OS update, open the App and check your device settings to make sure it's working properly. Some OS features may impact your ability to get alarms or glucose readings. For example, if you use the iPhone Screen Time feature, add Libre app to the list of Always Allowed apps to ensure that you get alarms. Or, if you use an Android phone, don't use the Android Digital Wellbeing app.
- If you restart your phone, open the App to make sure it's working properly.
- During setup, the App asks for phone permissions. Please allow these. If your phone is not set up properly, you will not be able to use the App and may not get alarms. Refer to the User's Manual for details of what settings and permissions to enable on your phone.

For you to receive alarms:

- Keep your phone charged and turned on.
- Don't force close the App. The App must be running in the background to get alarms.
- Always keep your phone within 33 feet of you, with no obstacles between you. The Sensor itself will not issue alarms! If you're out of range, you may not get alarms. If you want to use the App's optional alarms, keep these turned on.
- Disconnect headphones or speakers from your phone when not in use. You may miss alarm sounds if you don't.
- Remember that if you have accessories connected to your phone (like wireless headphones or a smartwatch), you may get alarms on only one device, not all.

Cautions - Sensor Use

What to know before you apply the Sensor:

- The Sensor inserts just under your skin. You may have some bruising or bleeding.
- Clean your hands before handling the Sensor Kit contents. This will help prevent infection.
- Carefully follow the instructions to prepare the application site on the back of your upper arm. This will help your Sensor stay on for the full wear time and not fall off early. Wash the site using a plain soap. Then, dry and clean with an alcohol wipe. This removes any oily residue and helps the Sensor stick. Allow the site to air dry before applying the Sensor.
- Only apply the Sensor to the back of your upper arm. The Sensor may not work properly in other areas. Avoid scars, moles, stretch marks, and lumps. Choose an area that stays mostly flat (no bending or folding) during your day. Keep at least 1 inch away from insulin injection sites.
- Change sites between Sensors so your skin can recover.

What to know about wearing a Sensor:

- Your Sensor's product insert tells you how long you can wear your Sensor. Remember to always have your next Sensor on hand before your current one ends so you can keep getting your glucose readings.
- If your Sensor stops working and you don’t have another Sensor, use another method to check your glucose and make treatment decisions.
- The App can detect when the Sensor isn’t working properly. It will shut your Sensor off and tell you to replace it. This may happen if the Sensor gets knocked off your body, or if there’s a problem with it. Call us if you receive a Replace Sensor message before the end of your wear time. Customer Service: 1-855-632-8658. Available 7 days a week, 8 a.m. to 8 p.m. Eastern Time; excluding holidays.
- Some people may be sensitive to the adhesive that keeps the Sensor attached to the skin. If you notice significant skin irritation around or under your Sensor, remove the Sensor. Contact your health care professional before continuing to use the System.

- Intense exercise may cause your Sensor to loosen due to sweat or Sensor movement. If the Sensor gets loose or its tip comes out of your skin, you may get no readings or unreliable low readings. Remove your Sensor and apply a new one. Don’t attempt to reinsert the old one! Call us if any Sensor gets loose or falls off before the end of your wear time. Customer Service: 1-855-632-8658. Available 7 days a week, 8 a.m. to 8 p.m. Eastern Time; excluding holidays.
- Don't reuse Sensors. The Sensor and Sensor Applicator are designed for single use. Reuse may result in no glucose readings and infection. Not suitable for re-sterilization. Further exposure to irradiation may cause unreliable low results.
- If a Sensor breaks in your body, call your health care professional.

How to store the Sensor Kit:

- Store between 36°F and 82°F. Storing outside this range may cause inaccurate Sensor glucose readings.
- If you think that the temperature may exceed 82°F (for example, in an un-airconditioned home in summer), you should refrigerate your Sensor Kit. Don’t freeze your Sensor Kit.
- Store in a cool, dry place. Don’t store in a parked car on a hot day.
- Store between 10-90% non-condensing humidity.

When to remove the Sensor:

- If the Sensor is becoming loose or if its tip is coming out of your skin, you may get no readings. Or, you may get unreliable readings that don’t match how you feel. Check to make sure your Sensor is not loose. If it’s loose, remove it and apply a new one. Please call Customer Service.
- If you think your glucose readings are incorrect or don’t match how you feel, do a blood glucose test on your finger to check your glucose. If the problem continues, remove the Sensor and apply a new one. Call Customer Service: 1-855-632-8658. Available 7 days a week, 8 a.m. to 8 p.m. Eastern Time; excluding holidays.

When not to use the Sensor:

- Don’t use if the Sensor Kit carton or Sensor Applicator look damaged or if

tamper label indicates Sensor Applicator has already been opened. Infection may result.

- Don’t use if Sensor Kit contents have expired.

MRI safety information:

- You can safely have a 1.5T or 3T MRI exam while wearing your Sensor, under the conditions listed in the User's Manual. Injury may result if the conditions are not followed. Leave your phone and Reader outside of the exam room. Sensor readings may be inaccurate during the MRI, but System function returns fully back to normal after 1 hour.

Interfering Substances

Libre 3 Sensor

Taking Vitamin C supplements while wearing the Sensor may falsely raise Sensor glucose readings. Taking more than 500 mg of Vitamin C per day may affect the Sensor readings. This could cause you to miss a severe low glucose event. Vitamin C can be found in supplements including multivitamins. Some supplements, including cold remedies such as Airborne® and Emergen-C®, may contain high doses of 1000 mg of Vitamin C. These should not be taken while using the Sensor. See your health care professional to understand how long Vitamin C is active in your body.

Libre 3 Plus Sensor

Taking more than 1000 mg of Vitamin C per day may falsely raise your Sensor readings. This could cause you to miss a severe low glucose event. Vitamin C can be found in supplements including multivitamins and cold remedies such as Airborne® and Emergen-C®. See your health care professional to understand how long Vitamin C is active in your body.

Using Your Glucose Reading to Make a Treatment Decision

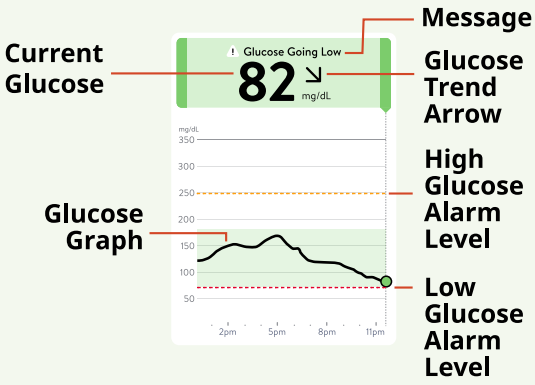
Use all of the information on the screen when deciding what to do or what

treatment decision to make.

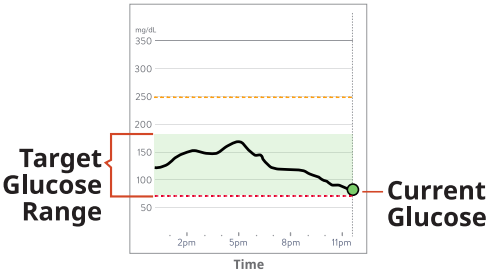
IMPORTANT: Don’t take a correction dose within 2 hours of your meal dose. This may result in “insulin stacking” and low glucose.

Glucose Trend Arrow
Direction your glucose is going

Arrow	What it means
↑	Glucose rising quickly
↗	Glucose rising
→	Glucose changing slowly
↘	Glucose falling
↓	Glucose falling quickly



Glucose Graph
Graph of your current and stored glucose readings



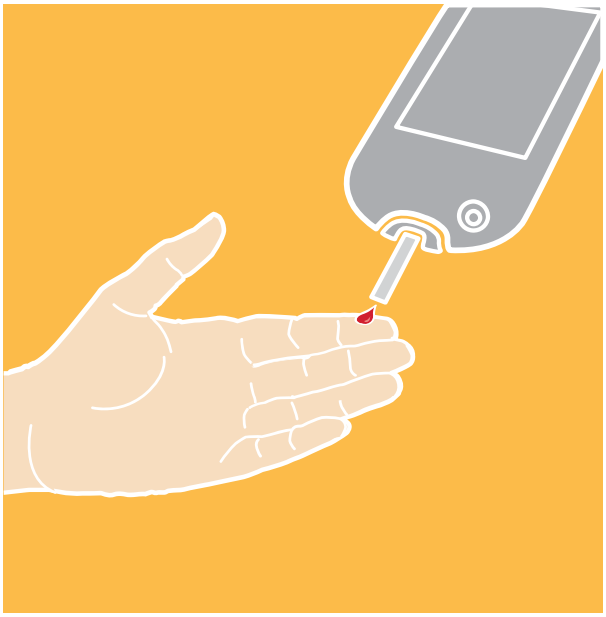
WARNING:

Your System can replace blood glucose testing except in the below situations. These are the times when you need to do a blood glucose test before deciding what to do or what treatment decision to make as Sensor readings may not accurately reflect blood glucose levels:

Do a blood glucose test if you think your glucose readings are not correct or do

not match how you feel. Do not ignore symptoms that may be due to low or high glucose.

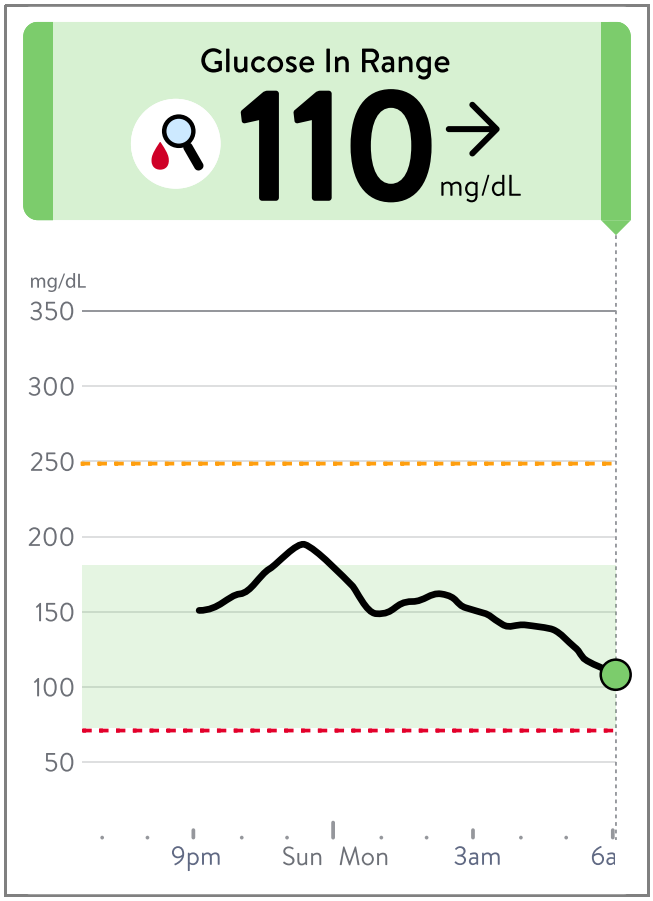
Do a blood glucose test when you see the symbol during the first 12 hours of wearing a Sensor or the Sensor glucose reading does not include a current glucose number.



Example Scenarios

Here are some example scenarios to help you understand how to use the information on your screen. Always use all of the information on the screen before deciding what to do or treatment decision to make. If you are not sure about what to do, consult your health care professional.

What you see - *When you wake-up*

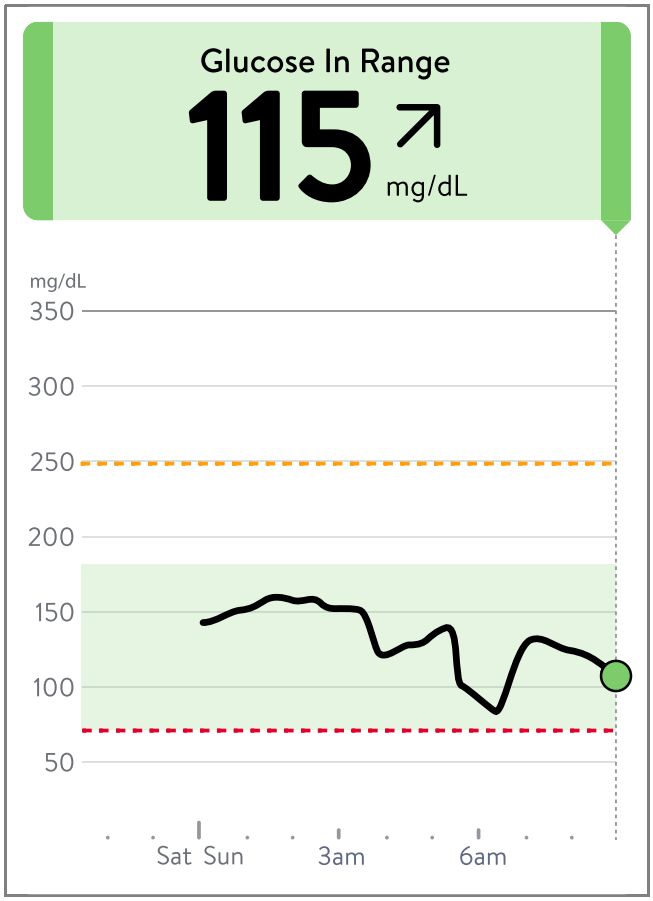


What it means

When you wake-up on your first day of wearing a Sensor, your current glucose is 110 mg/dL. There is also the symbol on the screen.

During the first 12 hours of Sensor wear the symbol will display, and you cannot use Sensor values to make treatment decisions during this time. Confirm Sensor glucose readings with a blood glucose test before making treatment decisions during the first 12 hours of Sensor wear when you see the symbol.

What you see - *Before breakfast*



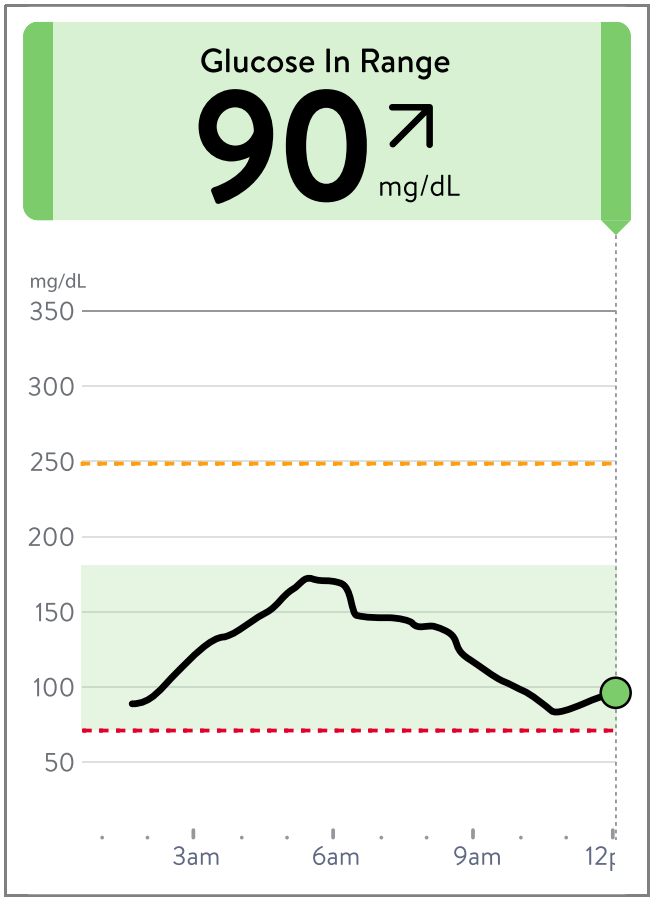
What it means

Before breakfast, your current glucose is 115 mg/dL. The graph shows that your glucose is going up and so does the trend arrow ↗.

Consider what might be causing your glucose to go up and what you might do to prevent a high glucose. For example:

- How much insulin should you take before your meal?
- Since you see ↗, should you consider taking a little more insulin?

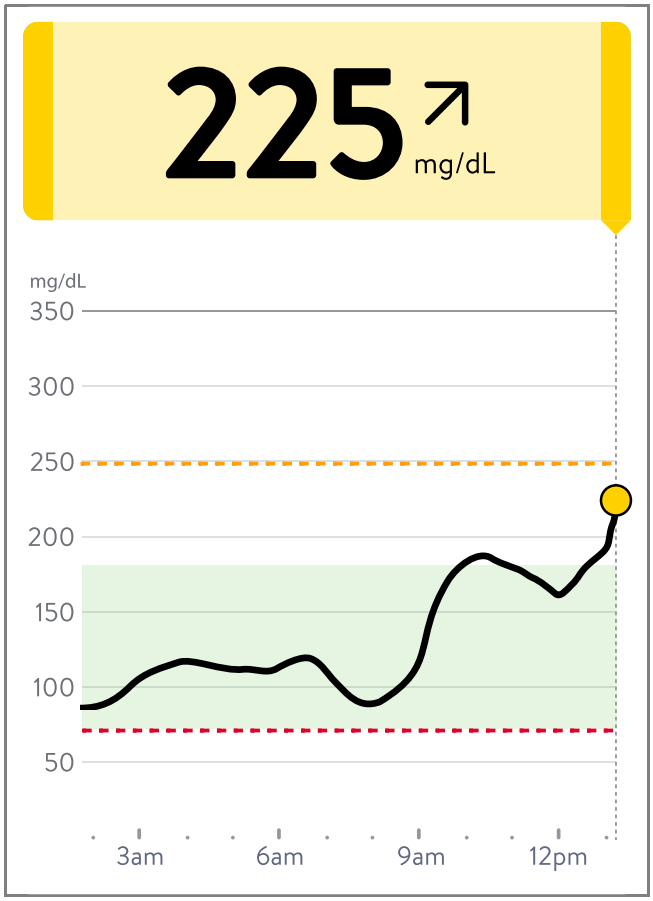
What you see - *Before lunch*



What it means

When you checked your glucose before lunch, it was 90 mg/dL and rising. Before eating lunch, you took enough insulin to cover the meal and a little more since your trend arrow was ↗.

What you see - *After lunch*



What it means

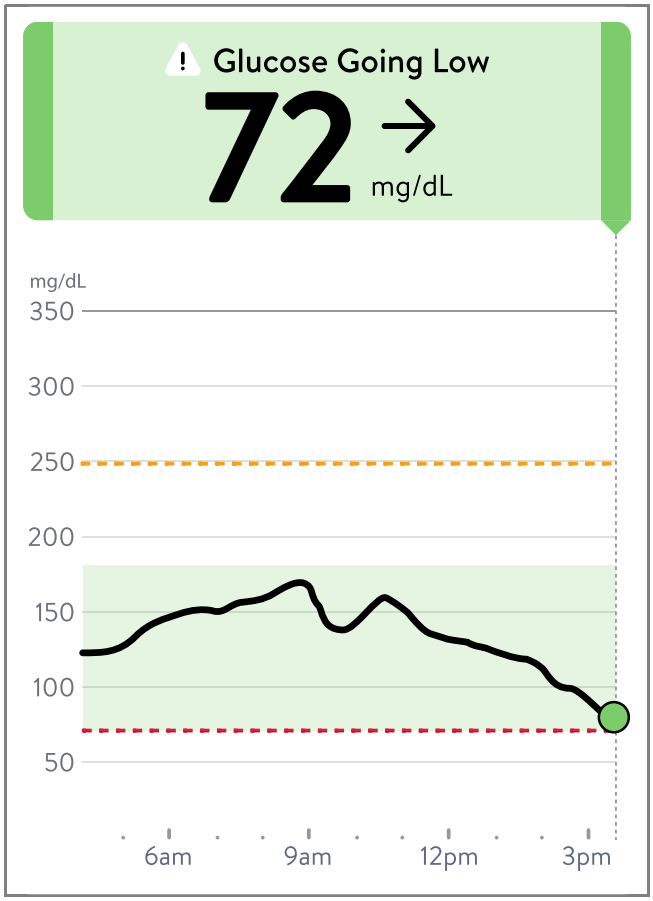
90 minutes later, your current glucose is 225 mg/dL. The graph shows that your glucose is still going up, and so does the trend arrow ↗.

Don’t take a correction dose within 2 hours of your meal dose. This may result in “insulin stacking” and low glucose.

Consider what might be causing your glucose to go up and what you might do to prevent a high glucose. For example:

- Has the insulin you took for your meal reached its full effect?
- Check your glucose again later.

What you see - *In the afternoon*

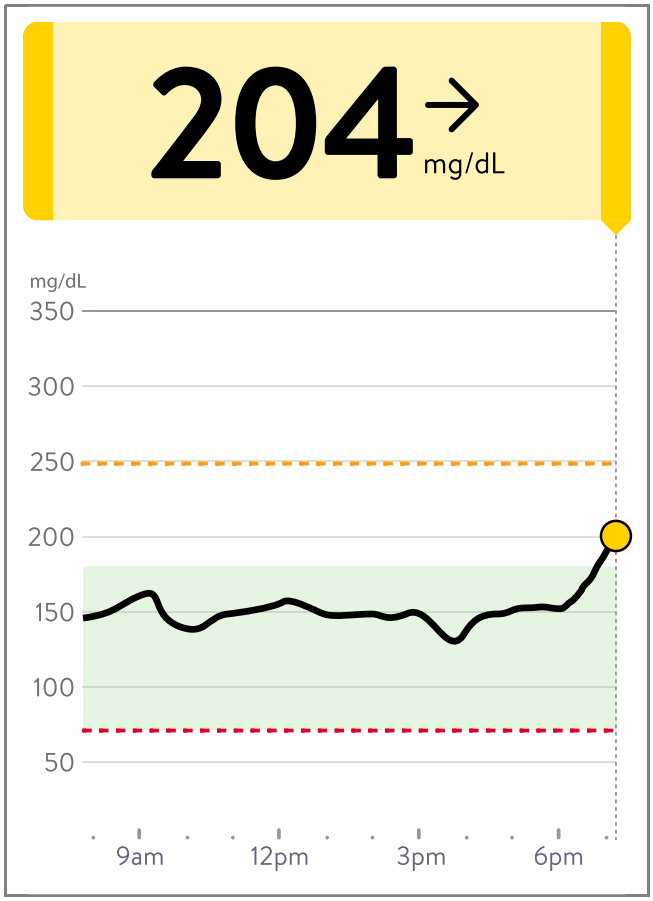


What it means

Between meals, your current glucose is 72 mg/dL. The Glucose Going Low message tells you that your glucose is projected to be low within 15 minutes.

Think about what might be causing your glucose to go low. Consider eating a snack to stay within target. **Avoid taking insulin as this can cause low glucose.**

What you see - *After exercising*

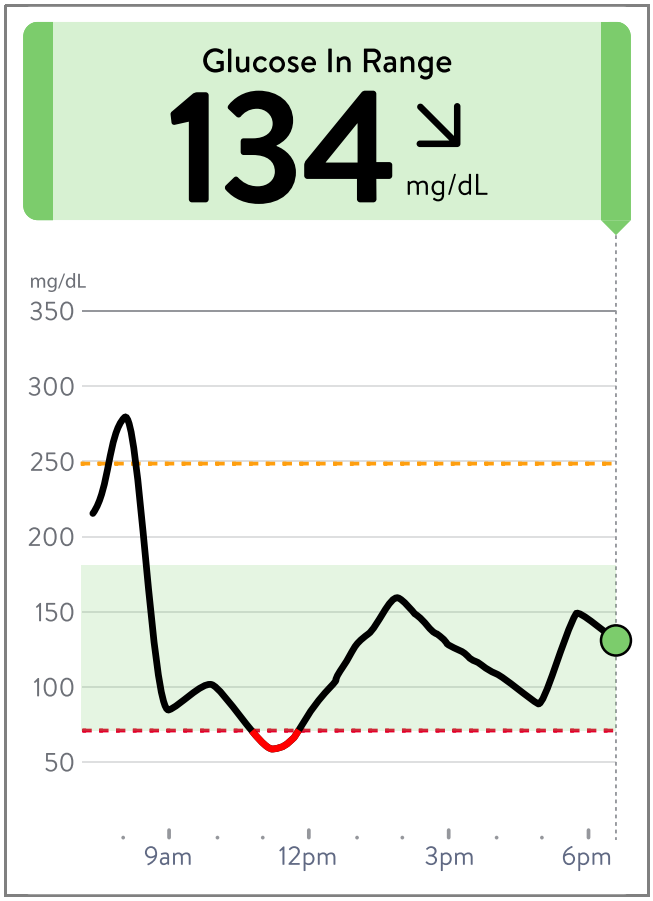


What it means

After exercising, you are feeling shaky, sweaty, and dizzy – symptoms you generally get when you have low glucose. But, your current glucose is 204 mg/dL.

Anytime you get a reading that doesn't match how you feel, do a blood glucose test.

What you see - *Before dinner*



What it means

Before dinner, your current glucose is 134 mg/dL. The graph shows that your glucose is going down and so does the trend arrow ↘.

Consider what might be causing your glucose to go down and what you might do to prevent a low glucose. For example:

- How much insulin should you take to cover your meal?
- Since you see ↘, should you think about taking a little less insulin?

Consult instructions for use

Manufacturer:

Abbott Diabetes Care Inc.
1360 South Loop Road
Alameda, CA 94502 USA

ART48699-001 Rev. A 06/24

Abbott