# SETTING UP YOUR FREESTYLE LIBRE 2

Congratulations on getting the FreeStyle Libre 2 flash glucose monitoring system. Here are a few things to help you maximize the information you will now be receiving:

- You can wear the sensor on your arm for up to 14 days.
- The FreeStyle Libre 2 has trend arrows and customizable low and high alarms. You can use the FreeStyle Libre 2 with a reader, your phone using the Libre 2 app, or both.
- Phone only: scan your sensor with your phone to get started
- If you are using both, **always scan your reader first**, then your phone after inserting a new sensor.

**Getting started**: www.freestyle.abbott/ca-en/home/apps-and-software/freestyle-libre-2.html
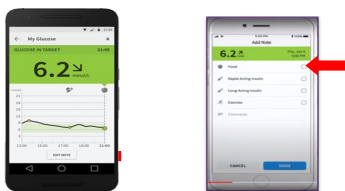
Suggested starting settings: (these should be set so an action can be taken. They can be adjusted as you become more used to the alarms)

- Low alarm: between 4.0 – 4.5 mmol/L
- High alarm: 15 mmol/L or higher

If you receive an alarm: swipe the phone to open, then scan to see the number.

If you are **not** on a pump, carbohydrates and insulin doses should be entered into the *FreeStyle Libre 2* app or the FreeStyle Libre 2 reader. Enter this information right away.
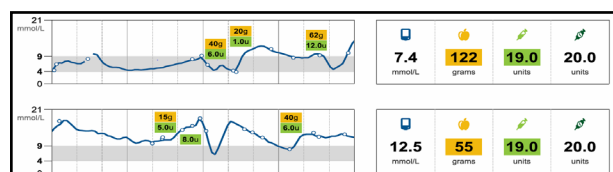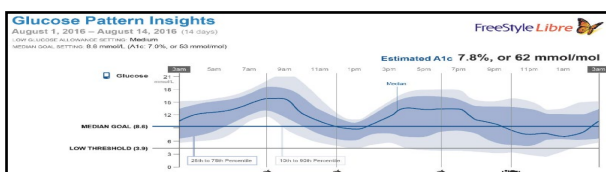
On Libre2 app             On reader



Review sensor information at home on a weekly basis.

- This helps guide you with making informed adjustments.
- Regular review of this information is required to help maximize the benefits of this technology, and it will help you build your confidence in making ongoing adjustments.

**Abbott FreeStyle Libre 2 apps/software**: www.freestyle.abbott/ca-en/home/apps-and-software/freestyle-libre-2.html

The *LibreLink Up* app allows you to share your data with up to 20 people. To add a connection, click on "Share" in the main menu and follow the instructions.

**To share your data with the clinic: read below or see attached tearsheet**

Let your health care team know when you have started to use the sensor. We will provide you with our practice ID number. Sharing does not mean the clinic automatically reviews the readings!

If you use the *FreeStyle Libre 2* app, the results are automatically uploaded to LibreView.



If you use a **reader**, you need to set up a LibreView account before you can share your data:

**Go to www.libreview.com:**

- Click on "Sign Up".
- Choose the "LibreView Account for Patients" and follow on screen instructions.
- Connect your FreeStyle Libre reader.
- Press "Upload Data" and follow on screen instructions.

**You can share data with a reader two ways:**

- You can ask for an email invitation (must be the email that will be using the account).
- If you received an email invitation from your healthcare professional, follow the instructions in the email to allow the connection.

**Otherwise, follow these steps to initiate the connection yourself.**

1. Ask your healthcare professional for their Practice ID. A Practice ID is a unique code associated with each LibreView Practice. BC Children's Diabetes Clinic's access code is **12684972**.
2. In LibreView go to the Settings Menu and select "Account Settings".
3. Click "My Practices".
4. Enter the Practice ID from your healthcare professional and click "Add". You should now see their information in your "My Practices" list.
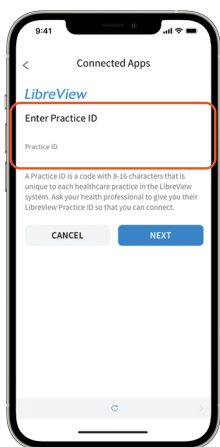
This should be uploaded prior to your appointments.

**FreeStyle Libre Customer Support**: 1-800-461-8481

# You can share readings directly with your healthcare provider through LibreView*

**FreeStyle Libre 2**
FLASH GLUCOSE MONITORING SYSTEM

## Use the FreeStyle Libre 2 app† to easily share your glucose data with your healthcare provider.

### Option 1: Connect with your healthcare provider

Ask your healthcare provider or office staff to provide their LibreView Practice ID, which is a code specific to your healthcare provider's practice.
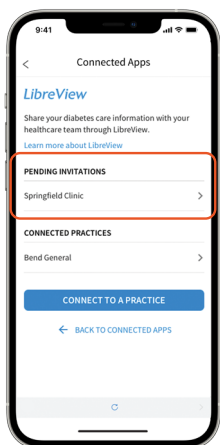
Then simply enter the ID in the FreeStyle Libre 2 app.

Go to:
*Menu > Connected Apps > LibreView > Connect to a Practice > Enter Practice ID*

**BCCH Practice ID 12684972**

Click **Next** and then **Connect** after viewing your healthcare provider's practice contact information.

### Option 2: Accept practice invitation

Your healthcare provider's office will send an invitation to share your glucose data that can be accepted in two ways:

1. Click **Accept Invitation** in the email

2. Accept the invitation directly in the FreeStyle Libre 2 app

Go to:
*Menu > Connected Apps > LibreView > Pending Invitations > Accept*

Download on the App Store

GET IT ON Google Play

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Need help? Contact Abbott Customer Care
at **1-888-205-8296** or visit **MyFreeStyle.ca**
for more information and helpful videos.

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# You can also share glucose data from the FreeStyle Libre 2 reader with your healthcare provider.

## If you scan with the FreeStyle Libre 2 reader, you need to create a LibreView account BEFORE you can share your data:

- Go to **www.LibreView.com**
- Click on **Sign Up**
- Choose the **LibreView Account for Patients** and follow on-screen instructions
- **Connect** your FreeStyle Libre 2 reader
- Press **Upload a device** and follow on-screen instructions

## There are two easy ways to share data from your reader with your healthcare provider.

### Option 1: Connect with your healthcare provider

Ask your healthcare provider or office staff to provide their LibreView Practice ID.
Practice ID: _____

Log in to your LibreView account. Click on the ☰ icon at the top right of the screen and select **Account Settings**.

Then click on **My Practices** and enter your healthcare provider's Practice ID.

### Option 2: Accept practice invitation

Ask your healthcare provider to invite you to share your data. You will receive an email inviting you to share.

Click **Accept Invitation** in the email and you'll be directed to the LibreView website, where you can log in to your LibreView account.

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Need help? Contact Abbott Customer Care at **1-888-205-8296** or visit **MyFreeStyle.ca** for more information and helpful videos.

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