

## SETTING UP YOUR FREESTYLE LIBRE

Congratulations on getting the FreeStyle Libre 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 has trend arrows to show you which direction your glucose is heading.

You can use the FreeStyle Libre with:

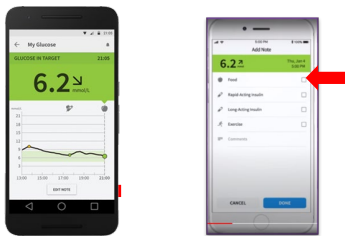
- A reader, your phone using the FreeStyle LibreLink app, or both.
- Phone only: scan your sensor with your phone to get started
- If you are using both, **always scan your reader first**, then your phone after inserting a new sensor.

### Getting started:

<https://www.freestyle.abbott/content/dam/adc/freestylelibreca/files/Getting%20Started%20uide-EN.pdf>





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

On LibreLink app



On Reader

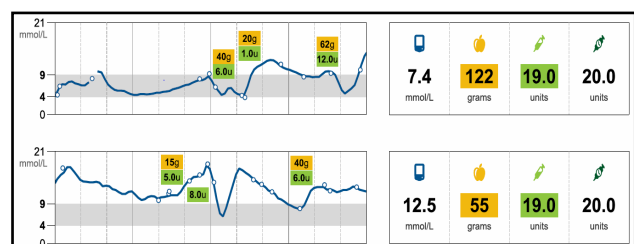
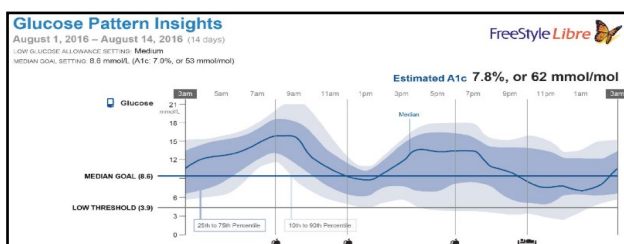


	Notes
	Add more information to notes
	Food note
	Rapid-acting insulin note

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 apps/software: <https://myfreestyle.ca/en/products/libre/software>



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:

[https://www.freestyle.abbott/content/dam/adc/freestylelibreca/files/ADC-12207-v4.0-ART-02-C02399-TearPad-E\\_Digital.pdf](https://www.freestyle.abbott/content/dam/adc/freestylelibreca/files/ADC-12207-v4.0-ART-02-C02399-TearPad-E_Digital.pdf)

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 LibreLink **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](http://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**