AUDIO
This video will show you how to use alarms on your mobile phone, with the FreeStyle Libre 2 app.
I was excited to learn that my FreeStyle Libre 2 system gives me the option of using glucose alarms to let me know when my glucose is high or low. Using the alarms can be a helpful way to better manage my diabetes.
The FreeStyle Libre 2 app can automatically alarm you with a notification along with a sound or vibration when your glucose has gone above or below the level you set.
To get glucose alarms on your phone with the FreeStyle Libre 2 app, you will first need to start your FreeStyle Libre 2 sensor with your phone. Be sure to turn on Bluetooth before starting a new FreeStyle Libre 2 sensor. When your phone and your sensor are within 6 meters, unobstructed, they will automatically communicate to give you low and high glucose alarms if you have turned alarms on.
Setting up the alarms in the FreeStyle Libre 2 app is easy. After opening the app on your phone, tap Alarms in the menu.
Music only
There are three alarms: Low Glucose, High Glucose, and Signal Loss. These will be automatically set to On when you first open the app. Whenever the low or high glucose alarms are turned On, check to ensure your Signal Loss Alarm is also turned On. The Signal Loss alarm lets you know when your sensor is not communicating with your phone.
On the alarms screen, touch Low Glucose Alarm, which takes you to the next screen.
Next, we'll set the low glucose alarm level. Touch the arrow to get to the next screen, then scroll up or down to select a low glucose value. My doctor and I have chosen 3.9 mmol/L. Once you've chosen your glucose level, save it. This will take you back to the screen where you can set your alarm tone.
Press the arrow to see your tone choices and choose the one you prefer. Then hit Save. Keep in mind the sound level on your alarms will follow the volume and vibration settings for your phone.
You can also set up your High Glucose Alarm using the same steps.

Make sure you have the FreeStyle Libre 2 app running in the background; otherwise, you won't receive glucose alarms.

alarm tone

When the alarm presents a notification on your phone,
just swipe to open the notification… and then see your current glucose reading.