AUDIO
MUSIC UP & UNDER Hi, and welcome to part one of the
Glucose readings with meaning video series
featuring the FreeStyle Libre 2 system.
My name is Lori Berard.
I'm a nurse and Diabetes Educator.
In this video, I'm going to introduce you to the FreeStyle Libre 2 system. So, let's get started.
Did you know that two thirds of people living with diabetes report skipping blood glucose monitoring because it's invasive to their lives?
The FreeStyle Libre 2 system uses sensor-based technology.
Check your glucose with a 1-second painless scan or view directly on your smart phone
The FreeStyle Libre 2 system is accurate and delivers consistent results for up to 14 days.
Simply apply the sensor on the back of your upper arm.
The sensor stores up to 8 hours of data.
Be sure to scan or view to capture all of your glucose readings
You can scan or view right through your clothes.
You can even swim, shower, or exercise with it.
And when you download the FreeStyle Libre 2 app...
you can conveniently check

your glucose using your phone...
...measuring, capturing, and storing glucose data,
...which is automatically uploaded to LibreView, a secure cloud-based system.
If you choose to do so, you can share it with your healthcare team.
That quick 1-second scan or view shows you your current glucose, trend arrow, 8-hour graph and glucose message. You can see where you've been, where you are, and where you're going.
The FreeStyle Libre 2 system also has optional, real-time glucose alarms
that tell you the minute your glucose is too low or too high
even at night.
All this, in the palm of your hand.
With more information, you can manage your diabetes with confidence,   learn your glucose patterns,   see when you're in and out of target range...   and identify periods of glucose variability.
And with access to more glucose monitoring data, your healthcare provider can have greater insight into your diabetes management.
In our next video, you'll learn the difference between interstitial fluid glucose and blood glucose.
We'll also talk about something called LAG.   Until next time!