

# Talk to Your Doctor About Life Without Fingersticks\*

A continuous glucose monitoring (CGM) system helps you stay in the moment with a simple scan. Follow these three steps to get the conversation started with your doctor and say goodbye to fingersticks.



## 1. Understand Your Challenges

Managing diabetes can be hard. Do you have any of these common challenges? Check those that apply.

- I'm not on track with my A1c goal.
- I don't always recognize when I have low glucose.
- I don't check my glucose enough.
- It's difficult to make treatment decisions to stay in range.
- It's hard to see how what I eat affects my glucose levels.
- I find it challenging to track my glucose readings in a log book.

## 2. See What Your Doctor Has to Say

The FreeStyle Libre 2 system might help with some of the challenges. Start by discussing these questions with your doctor:

- Can CGM help me deal with my challenges?
- How can using CGM help us work better together?
- Can we set a target range and figure out how I can stay within it?
- Can the FreeStyle Libre 2 system help me better manage my diabetes?



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### 3. Consider the FreeStyle Libre 2 System to Help with Challenges

Conveniently and accurately<sup>1</sup> track your glucose readings and see trends without needing fingersticks.\* The FreeStyle Libre 2 system includes two components:

#### Innovative sensor technology

- Can be worn on the back of the upper arm for up to 14 days
- No fingersticks required\*
- Automatically measures glucose readings day and night<sup>†</sup>

#### Convenient Smartphone app or reader

- Painless,<sup>‡2</sup> one-second scan—even through clothing<sup>§</sup>
- Real-time glucose alarms<sup>||</sup>
- Trends and patterns for better treatment decisions
- Download the FreeStyle Libre 2 app<sup>¶#</sup> from the App Store or use the reader



#### Questions?

Visit [FreeStyleLibre.us](https://www.FreeStyleLibre.us). Contact our Customer Care Team for product support at 1-855-632-8658. The team is available 7 days a week from 8 AM to 8 PM Eastern Time, excluding holidays.

**YOU  
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The product images are for illustrative purposes only.

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**References:** 1. FreeStyle Libre 2 User's Manual. 2. Haak, T. Diabetes Therapy (2017): <https://doi.org/10.1007/s13300-016-0223-6>.

#### Important Safety Information

Failure to use FreeStyle Libre 2 system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If glucose alarms and readings do not match symptoms or expectations, use a fingerstick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or <https://www.FreeStyle.libre.us/en/safety-information.html> for safety info.

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