

TC	Audio Transcript	Visual Description
00:00	- [Lori] Hi, and welcome to part three of the scanning with meaning video series, featuring the FreeStyle Libre system, the world's first flash glucose monitoring system.	On-screen titles "Hi, Part 3 Scanning with meaning five-part video series", The FreeStyle Libre flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in adults aged 18 years or older with diabetes mellitus. Always read and follow the label/insert. The FreeStyle LibreLink app and the FreeStyle Libre reader have similar but not identical features. A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycemia is reported in the FreeStyle LibreLink app or when symptoms do not match the app readings. The FreeStyle Libre sensor communicates with the FreeStyle Libre reader that started it or the FreeStyle LibreLink app that started it. A sensor started by the FreeStyle Libre reader will also communicate with the FreeStyle LibreLink app. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView." Visuals FreeStyle Libre mobile app, reader and sensor, FreeStyle Libre Flash Glucose Monitoring System logo.
00:11	My name is Lori Berard. I'm a nurse and certified diabetes educator. In this video, we're gonna talk about your first scan, and every time you scan for the next 14 days.	On-screen titles "Lori Berard", "Video 3 Your first scan", "24 Hours a day for up to 14 days*", "*sensor must be scanned at least once every 8

		hours for complete glycemic picture.” Visuals image of nurse, image of calendar
00:25	Once you've applied the sensor on the back of your upper arm, you can start your sensor by scanning it with the FreeStyle LibreLink app on your phone or your FreeStyle Libre reader.	On-screen titles “Start your sensor using the FreeStyle LibreLink app or your FreeStyle Libre reader.” Visuals images of sensor being applied to the arm and the sensor being scanned by the FreeStyle app. Image of the mobile app and the reader both showing a reading of 6.2 and an image of a man scanning the sensor on his arm with the mobile app.
00:36	You have to wait 60 minutes before your sensor is ready for scanning. There will be a countdown on your screen.	On-screen titles “Wait 60 minutes” Visuals image of the mobile app counting down from 60 minutes.
00:43	Once the countdown is complete, you can scan your sensor to get your first glucose reading.	Visuals the mobile app counting down from 60 minutes remains, there is also an image of lady sitting down looking at the mobile app.
00:48	Let's talk about what to expect with your first scan.	On-screen titles “Your first scan”
00:52	Bring the phone or reader to your sensor to scan it.	On-screen titles “Getting started” Visuals a hand reaches around the body to take the mobile app to the sensor on the arm to take a reading.
00:56	On the first scan, you will see your current glucose number and a trend arrow. Your trend arrow shows you what direction your glucose levels are heading in (changing slowly, rising, falling, falling quickly, and rising quickly), allowing you to act instead of react.	Visuals the mobile app takes a reading from the sensor on the arm, the mobile app screen shows a reading of 6.2. Close-up of the mobile app screen showing the My Glucose report and a Glucose in range reading of 6.2. On-screen titles “The Trend Arrow”, “Changing slowly”, “Rising”, “Falling”, “Falling quickly”, “Rising quickly” Visuals the mobile app is marked with Current Glucose as figure A marked on the left of the screen and Current Trend Arrow as figure B marked on the right of the screen.

		The trend arrow is pointing upwards and to the right.
01:20	Eight hours later, you'll see your first complete glucose graph. It plots your readings and shows you the last eight hours of readings. It also tells you how much time you were in or out of your target range. It helps you understand where your glucose levels have been.	On-screen titles "The Glucose Graph", "In target range", "Above target range", "Below target range" Visuals the mobile app My Glucose report is shown with a close-up of a graph marked as "Glucose Graph" figure "C".
01:39	The final piece of information on the screen is your glucose message.	On-screen titles "The Glucose Message"
01:43	A message may appear when glucose readings are high, low, or in range.	Visuals mobile app My Glucose reports screen showing high glucose of 16.1, low glucose of 3.6 and steady glucose of 6.2, figure "D" is marked as the "Glucose Message" at the left of the screen.
01:49	A glucose message may also appear if your glucose level is projected to be higher than 13.3 millimoles or lower than 3.9 millimoles within the next 15 minutes.	Visuals remain on the mobile app My Glucose screen where figure "D" is marked as the "Glucose Message" at the left of the mobile app screen. On-screen titles "Higher than 13.3 mmol / L" visuals of the glucose reading showing 13.2. "Lower than 3.9 mmol / L.
02:02	You'll also notice there are different background colors when using the app on your phone. Your current glucose values determines the background color.	On-screen titles "Understanding the background colours" Visuals remain on mobile app
02:10	Orange means your glucose is high. Yellow means you're above or below your target range. Green, you're within your target range. And red means your glucose is low.	On-screen titles "High glucose (above 13.3 mmol/L" Visuals glucose reading on mobile app showing high 16.1 reading in the colour orange. On-screen titles "Above or below your target range" Visuals glucose reading showing 13.2 in the colour yellow. On-screen titles "Within your target glucose range" Visuals glucose reading showing 6.2 in the green colour. On-screen titles "Low glucose (below

		3.9 mmol / L” Visuals glucose reading showing 3.6 in the colour red.
02:23	You can work with your healthcare professional to set your personalized target range.	Visuals image of Doctor next to mobile app screen.
02:27	To summarize, here's what you need to know.	On-screen titles “What you need to know”
02:30	A 60-minute countdown will begin once you start your sensor.	On-screen titles “ Visuals mobile app screen with countdown from 60 minutes.
02:34	You can scan the sensor as often as you like, but make sure you scan at least once every eight hours to capture all that your data.	On-screen titles “Scan as often as you like”, “*Sensor is water-resistant in up to 1 metre (3 feet) of water. Do not immerse longer than 30 minutes.” Visuals mobile app showing 6.2 glucose reading. Image of a cyclist scanning the sensor on his arm, a lady who is decorating walls wearing a sensor on her left arm and another wearing a sensor while swimming in a swimming pool. On-screen titles “But scan at least once every 8 hours” “*Sensor must be scanned at least once every 8 hours for complete glycemic picture.”
02:44	And remember, it's important to consider all four pieces of information that you get in a quick one-second scan: your current glucose, trend arrow, eight-hour graph, and glucose message.	On-screen titles “Consider all four pieces of information” Visual of phone with Freestyle Libre mobile app showing glucose in range and a reading of 6.2 mmol/L Labels A, B, C, D appear over the app screen with titles to indicate current glucose, glucose trend arrow, glucose graph, and glucose message. Then each label is highlighted as it is spoken.
02:59	In our next video, I'm going to take you through a few examples to help you learn how to interpret your scans.	On-screen titles “NEXT ON SCANNING WITH MEANING PART 4” “INTERPRETING YOUR SCAN’
03:08	Until next time.	Freestyle Libre Flash Glucose

		Monitoring System logo with butterfly
03:14	(upbeat music)	On-screen titles "YOU CAN DO IT WITHOUT LANCETS.*" "*Scanning the sensor does not require lancets"