

TC	Audio Transcript	Visual Description
00:00	- [Lori] Hi, and welcome to part five of the "Scanning with Meaning" video series, featuring the FreeStyle Libre Flash Glucose Monitoring System.	<p>On-screen titles "Hi", "PART 5 SCANNING WITH MEANING FIVE-PART VIDEO SERIES"</p> <p>FreeStyle Libre monitor and app, FreeStyle Libre logo and butterfly.</p> <p>On-screen titles "FLASH GLUCOSE MONITORING SYSTEM"</p> <p>On-screen titles "The FreeStyle Libre flash glucose monitoring system is indicated for measuring interstitial fluid glucose in adults aged 18 years and 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 or impending hypoglycemia is reported by 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 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 the device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView."</p>
00:09	My name is Lori Berard. I'm a nurse and certified diabetes educator. In this video, we're going to talk about FreeStyle Libre system reports, and how they can help you with your diabetes management.	<p>On-screen titles "Lori Berard"</p> <p>Visuals of nurse and scanner</p> <p>On-screen titles "VIDEO 5 FreeStyle Libre Reports"</p>
00:22	Let's start by reviewing your glucose readings. First, you want to look for hypoglycemia or low glucose events. Second, you want to increase your time and range. Third, you want to reduce	<p>On-screen titles "How to review your glucose readings", "1. Look for hypoglycemia or low glucose events", "2. Increase time in range (3.9 - 10</p>

	your glucose variability, those up and down waves.	mmol/L) <b>Ref 1</b> On-screen title in footnote “Reference 1 Battelino T, Danne T, Bergenstal RM, et al. Clinical targets for continuous glucose monitoring data interpretation: recommendations from the international consensus on time in range. <i>Diabetes Care</i> . 2019, 42(8): 1593-1603” On-screen titles “3. Reduce glucose variability (ups and downs in your glucose)
00:41	International recommendations suggest a target range of 3.9 to 10 or the individual target range given to you by your healthcare professional. You can check your target settings by going to Menu, Settings, Report Settings.	On-screen titles “International recommendations suggest a target range of 3.9 - 10 mmol/L 1” (1 indicating reference to previous screen footnote)” Visual of Reports screen on mobile app Visual highlights Target range of 3.9 - 10 on mobile screen On-screen titles “FreeStyle LibreLink App” Visuals show menu dropdown on app, choosing settings and report settings Visual of FreeStyle monitor showing the Home button, then Target Range
01:12	FreeStyle Libre reports quickly give you the answers you are looking for. To see your reports, click the menu button in your FreeStyle Libre Link app or access the menu on your reader.	On-screen titles “Reports can quickly provide the answers you are looking for” Visuals show mobile app and monitor side by side, how to choose the menu button on the app and on the monitor/reader.
01:23	The reports we're going to look at are: sensor usage, low glucose events, time in target, and daily patterns.	On-screen titles “1. Sensor Usage”, “2. Low Glucose Events”, “3. Time in Target”, “4. Daily Patterns” Visuals of mobile app and monitor side by side.
01:34	The Sensor Usage Report shows you how much of your glucose data was captured. You'll see your total number of scans, an average of how many times you scanned your sensor each day, and the percentage of possible sensor data captured from your scans.	On-screen titles “Sensor Usage” Visuals mobile app and monitor side by side On-screen visuals “Scan at least every 8 hours to capture all of your glucose readings”, “Capture 70% of data over 14 days”

		On-screen visuals footnote “Product ranges are for illustrative purposes only. The examples provided are not intended to be a substitute for professional medical advice. Please consult your physician or qualified health provider regarding your condition and appropriate diabetes management plan. Individual symptoms, situations and circumstances may vary.”
01:54	The Low Glucose Events Report tells you when you've experienced a low glucose event. Let's look at the last seven days.	On-screen titles “Low Glucose Events” Visuals mobile app showing low glucose events timeline
02:01	The FreeStyle Libre system will record a low glucose event when your glucose readings are lower than 3.9 for longer than 15 minutes. Your total number of low glucose events are displayed in the graph. The bar graph tells you what time of day they're occurring.	On-screen titles “Recorded when glucose readings are lower than 3.9 mmol/L for longer than 15 minutes” Visuals FreeStyle monitor/reader comes into view showing low glucose events over the last 7 days.
02:18	Next, let's have a look at the Time in Target Report. Time in target shows the percentage of time your glucose readings were below, above, or within your target glucose range.	On-screen titles “Time in Target” Visual mobile app showing Time in Target report highlighting time above, below and in target by red, green and yellow colours on chart.
02:30	Here's an example of someone who spent 75% of their day in their target range.	On-screen titles “This person spent 75% of their day in target range”. Visual mobile app showing report where 75% is green in target range.
02:36	Orange shows you when your glucose is high, yellow is when you're above target range, green is when you are in range, and red represents low glucose.	On-screen titles “This person spent 75% of their day in target range”. Visual mobile app showing report where 75% is green in target range. Visuals focus on Orange being high, Yellow above, Green in range, Red low glucose.
02:46	If you use a reader, you can see when you were above, below, or within your target range.	On-screen titles “This person spent 75% of their day in target range”. Visual mobile app showing report where 75% is green in target range. Monitor comes into view and highlights the Above, In Target and Below ranges shown on the monitor.
02:53	The Daily Patterns Report shows you a summary of your glucose on a typical day.	On-screen titles “Daily Patterns” Visuals mobile app and monitor showing Daily Patterns report on each.
02:57	Your sensor is reading your glucose every minute. That's a lot of information.	On-screen titles “Daily Patterns” Visuals mobile app and monitor showing Daily Patterns report on each.
03:02	This report helps summarize information on one simple graph. You can choose how the	On-screen titles “Daily Patterns”

	information is summarized by selecting 7, 14, 30, or 90 days. I suggest you look at your last 14.	Visuals focus in on mobile app and the Daily Pattern graph, choosing the 7 day, 14 day, 30 day and 90 day view options, suggesting optimum view is 14 days.
03:17	The green horizontal band is your set glucose target range. Looking at your target range, check to see if there are times of the day when your glucose results are below or above your target. Look at the times of the day this is happening.	On-screen titles "Daily Patterns" Visuals focus in on mobile app and highlight the green horizontal band. On-screen titles "Your Target Range" with connector to green line.
03:32	The thick black line shows the middle point of your glucose readings. It's also important to look at the curves on this line. When you're going up or down, or above or below your target range, the flatter, the better.	On-screen titles "Daily Patterns" Visuals highlight the black line and curves on the mobile app screen.
03:46	Look at the light blue and dark blue areas. If you are using your reader, this area is grey. You want to keep these areas narrow, meaning fewer highs and lows.	On-screen titles "Daily Patterns" Visuals highlight the black line and curves on the mobile app screen. On-screen titles "Look at the light blue and dark blue areas" Visuals highlight light blue and dark blue areas on mobile app.
03:59	It helps you see where you can reduce low glucose events, increase time in target, and reduce your ups and downs.	On-screen titles "Daily Patterns" Visuals of mobile app and monitor screens
04:06	Let's summarize.	On-screen titles "Let's summarize"
04:08	When reviewing your glucose readings, you want to look for hypoglycemia or low glucose events. Second, you want to increase your time in range. And third, you want to reduce your glucose variability, those up and down waves.	On-screen titles "Let's summarize" On-screen titles "1. Look for hypoglycemia or low glucose events", "2. Increase time in range (3.9 - 10 mmol/L Ref 1" (1 indicating reference to previously seen footnote), "3. Reduce glucose variability (ups and downs in your glucose)"
04:23	FreeStyle Libre can quickly summarize your readings so you can find the answers you're looking for.	On-screen titles "Let's summarize" On-screen titles "1. Look for hypoglycemia or low glucose events", "2. Increase time in range (3.9 - 10 mmol/L Ref 1" (1 indicating reference to previously seen footnote), "3. Reduce glucose variability (ups and downs in your glucose)"
04:29	The Sensor Usage Report shows you how much of your glucose readings are being captured.	On-screen titles "Sensor Usage" Visuals of mobile app and Sensor Usage screen On-screen titles "See how much of your glucose readings are being captured"
04:35	The Low Glucose Events Report gives you information on how many lows you are having, and when they are happening.	On-screen titles "Low Glucose Events" Visuals show Low Glucose Events screen on mobile app

		On-screen titles "How many lows? When are they Happening?"
04:42	The Time in Target report shows the percentage of time that you spend in, above, and below your target glucose range.	On-screen titles "Time in Target" Visuals show Time in Target screen on mobile app On-screen titles "The time you spend in your target glucose range"
04:51	Finally, the Daily Patterns Report summarizes your readings over a typical day so you can see patterns.	On-screen titles "Daily Patterns" Visuals show Daily Patterns screen on mobile app On-screen titles "Daily summary of readings over a typical day"
04:59	Thank you for watching the FreeStyle Libre "Scanning with Meaning" video series. To learn more about how to use your FreeStyle Libre system, visit myFreeStyle.ca.	Visuals FreeStyle Libre Logo and butterfly with words "FLASH GLUCOSE MONITORING SYSTEM" Mobile app screen, monitor and scanner. On-screen titles "Thank you" On-screen titles "To learn more about how to use your FreeStyle Libre System, visit myFreeStyle.ca"
05:07	(cheerful music)	On-screen titles "YOU CAN DO IT WITHOUT LANCETS" Visuals FreeStyle Libre Logo and butterfly with words "FLASH GLUCOSE MONITORING SYSTEM"
05:14	(upbeat piano jingle)	On-screen titles "life. to the fullest. Abbott" Visual Abbott logo On-screen titles "Copyright Abbott. FreeStyle., Libre, and related brand marks are marks of Abbott. Product images are for illustrative purposes only. ADC-19141"