

TC	Audio Transcript	Visual Description
00:00	- Hi, and welcome to part four of the "Scanning with Meaning" video series, featuring the FreeStyle Libre system.	On-screen titles "Hi", "PART 4 SCANNING WITH MEANING FIVE-PART VIDEO SERIES" Visuals FreeStyle Libre app, FreeStyle Libre logo and butterfly
00:11	My name is Lori Berard. I am a nurse and certified diabetes educator. In this video, you're going to learn how to read your scan.	On-screen titles "Lori Berard" and image of nurse and scanner
00:19	We'll talk about how food, activity and medication can change your readings. So let's get started.	On-screen titles "VIDEO 4 Interpreting your scan" Visuals of food, lady cycling and pill
00:25	You've scanned your sensor, and now what? Your current glucose reading tells you where you are: it says 6.2.	Visuals of Freestyle app on mobile, scanner and monitor On-screen titles "Where you are: your glucose is 6.2 and in range" Visuals focus in on mobile app screen showing Current Glucose reading 6.2
00:33	The trend arrow tells you where you're going. Ask yourself: are your readings rising, changing slowly or falling? Here you can see it's changing slowly.	On-screen titles "Where you're going: What does my trend arrow tell me?" Visuals Glucose trend arrow on mobile app. Glucose trend arrow changes to rise, fall and remain steady. On-screen title added "It's changing slowly"
00:45	The glucose graph tells you where you've been. Ask yourself: how much time am I spending in my target range? And think about when you were out of target range.	On-screen titles "Where you've been. How much time am I spending in my target range?" Visual mobile app shows Glucose Graph and Glucose reading 6.2 and target range. Visuals then show areas Above target range and Below target range.
00:57	That big hill between 4:30 and eight o'clock is when your glucose readings were above target range but you're back in target now. You were in target about half the time.	On-screen titles "Glucose above target range from 4.30 - 8:00am." Visuals show mobile app with glucose reading 6.2 and glucose graph.
01:10	Finally, this is your glucose message and the background color. They confirm you're in range.	Visuals focus in on mobile app and Glucose message with reading showing 6.2. On-screen titles "Glucose message D", "Green means you're in range"
01:18	What could have changed your glucose in the middle of the night? It is important to consider the effects of food, activities, medication, illness, stress and alcohol in your readings.	On-screen titles "What can change your glucose?" Visuals of food, lady cycling, medication, man with thermometer, person feeling street, glass of beer and glass of wine with on-screen titles "Food", "Activities", "Medication", "Illness", "Stress", "Alcohol"

01:34	Did you know that carbohydrates have the biggest impact on your readings? Part of diabetes self-management is following a healthy eating plan and paying attention to carbohydrates.	Visual of various foods. On-screen titles "Food: How does it change your glucose?" Visuals focus on image of food, connector from food to on-screen titles "Carbohydrates have the biggest impact on your readings", "Follow a healthy eating plan"
01:45	Eating more carbohydrates than usual can make your numbers rise. Too little can make it fall.	On-screen titles "Carbohydrates have the biggest impact on your readings", "Follow a healthy eating plan"
01:51	Let's say your usual breakfast is two slices of toast with peanut butter and half a banana. This is what your scan could look like after breakfast. Your glucose is 6.2 and remaining steady.	On-screen titles "Breakfast: Example #1", "Carbohydrates as usual", "Glucose changing slowly" Visuals of Toast, peanut butter in tub and banana. Mobile app comes into view showing 6.2 glucose reading and arrow showing steady reading. On-screen titles in footnote "Product images 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."
02:05	Maybe you were craving waffles instead so you had two waffles with strawberries and syrup, containing more carbohydrate than usual. Later you scan and you see your glucose is rising.	On-screen titles "Breakfast: Example #2", "More carbohydrates than usual", "Glucose is rising". Visuals of pancakes, syrup and strawberries. Mobile app comes into view showing 13.2 glucose reading and arrow rising.
02:17	Another day you were out of toast so you make yourself bacon and eggs, lots of protein but fewer carbohydrates. Two hours later you scan and your glucose is falling.	On-screen titles "Breakfast: Example #3", "Fewer carbohydrates than usual", "Glucose is falling". Visuals bacon and eggs. Mobile app comes into view with glucose reading showing 4.4 and arrow falling.
02:31	Can you see how the amount of carbohydrates can change your readings?	Visuals Mobile app showing glucose reading 6.2 with toast, peanut butter and banana and words "Normal Carbohydrates", mobile app showing 13.2 glucose reading with pancakes, syrup and strawberries and words "More Carbohydrates", mobile app showing 4.4 glucose reading with egg and bacon and words "Less Carbohydrates."

		On-screen titles "Products are for illustrative purposes only"
02:37	Regular physical activity is part of diabetes self-management, but like carbohydrates, it can affect your readings.	On-screen titles "Exercise", "How does it change your glucose?" Visual of lady cycling
02:45	Let's say you walk daily for an hour after dinner. Here's what your scan could look like afterwards. Notice that your glucose came down, stayed in target range and your trend arrow is steady.	On-screen titles "Exercise: Example #1 Usual exercise Glucose is changing slowly" Visual of lady walking, mobile app comes into view showing 6.3 steady glucose reading
02:58	One day you return from your walk and decide to go for a bike ride. This is more exercise than usual. You scan and you see that your glucose is falling.	On-screen titles "Exercise Example #2 More exercise than usual Glucose is falling" Visual of lady cycling, mobile app comes into view showing 4.4 low glucose reading.
03:09	Another day it's raining and you decide to skip your walk. That evening you scan and notice that your glucose is rising.	On-screen titles "Exercise Example #3 Less exercise than usual Glucose is rising" Visuals lady sat at a computer indoors, mobile app comes into view showing high glucose reading at 9.6.
03:19	Looking at all three scans, can you see the difference between usual exercise, more or less exercise?	Visuals of lady walking with steady glucose reading 6.3 and words "Normal exercise", lady cycling with low glucose reading 4.4 and words "More exercise" and lady sitting at computer indoors with high glucose reading 9.6 and words "Less exercise"
03:29	Medication can also change your glucose.	On-screen titles "Medication: How does it change your glucose?" Visuals of pill jar and needle.
03:32	For example, you take your diabetes medication in the morning. Here is what your scan could look like. Note that your glucose is in range.	On-screen titles "Medication: Example #1 Medication is taken as usual Glucose is changing slowly" Visuals pill jar, needle and mobile app showing 6.3 steady glucose reading.
03:41	The next day you take more medication than required. You scan and you see that your glucose is falling and below target range.	On-screen titles "Medication: Example #2 More medication taken than usual Glucose is falling" Visuals pill jar, 2 needles and mobile app comes into view showing low 3.5 glucose reading
03:51	On a different day, you forgot to take your medication. You scan and your glucose is rising.	On-screen titles "Medication: Example #3 Less medication taken than usual Glucose is rising" Visuals pill jar and needle with red cross showing not used and mobile app comes

		into view showing high 9.6 glucose reading.
03:59	See how taking the right amount, too much or not enough medication can change your glucose?	Visuals of pill jar, needle and glucose reading 6.3 with words "Normal medication", pill jar with 2 needles and low glucose reading 3.5 with words "More medication" and pill jar and needle with red cross showing not used and high glucose reading 9.6 with words "Less medication"
04:07	Did you know stress, illness and certain medications can raise your glucose readings while alcohol can lower them?	Visual of stressed man with word "Stress", man with thermometer and word "Illness", Pill jar and needle with word "Medication", Glass of beer and glass of wine with word "Alcohol"
04:16	You've been great at playing along, so let's summarize.	On-screen titles "Let's summarize"
04:20	It is important to scan often so you can learn how different foods, types of exercise and medications can change your glucose.	Visual of person using scan on arm On-screen titles "Carbohydrates" Visual various food On-screen titles "Exercise" Visual lady cycling On-screen titles "Medication" Visual pill jar and needle
04:31	Your lifestyle changes can help you spend more time in target range and remember to look at all four elements of your scan: where you are, where you're going and where you've been. The more you scan, the more you'll learn and the better you'll do.	On-screen titles "Your lifestyle changes can help you spend more time in target range" On-screen titles "Consider all four pieces of information" Visual of mobile app showing normal glucose reading 6.2 and four elements A. Current Glucose, B. Glucose Trend Arrow, C. Glucose Graph, D. Glucose Message On-screen titles "THE MORE YOU SCAN", "THE MORE YOU'LL LEARN", "THE BETTER YOU'LL DO"
04:52	In our next video, I'm going to introduce you to reports that you can access right from your app or reader. Until next time.	On-screen titles "NEXT ON SCANNING WITH MEANING PART 5", "AN INTRODUCTION TO REPORTS" Visual FreeStyle Libre logo and butterfly On-screen titles "FLASH GLUCOSE MONITORING SYSTEM"
05:04	(lively music continues)	On-screen titles "YOU CAN DO IT WITHOUT LANCETS*" footnote "Scanning the sensor does not require lancets" On-screen titles "life. to the fullest. Abbott" Visual Abbott logo

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