

TC	Audio transcript	Visual Description
00:00	- Hi, my name is Melanie and welcome to my home.	Melanie is speaking and sitting on her couch. On-screen titles: Freestyle Libre, Flash Glucose Monitoring System A Free-Style freedom story Melanie, Living with diabetes Disclaimer across bottom of screen: The views expressed are not intended to be used for medical treatment or as a substitute for medical advice. Please consult with your physician or qualified health provider regarding your condition and appropriate medical treatment. Individual symptoms, situations and circumstances may vary.
00:03	I maintained as much of my routine as I could until pretty much the state of emergency was declared and all non-essentials were closed, including all gyms.	Melanie lifts weight in a gym. Melanie is speaking and sitting on her couch. Melanie uses a rowing machine in the gym, jumps, and returns to the rowing machine. Disclaimer across bottom of screen: The Freestyle Libre Flash Glucose monitoring system is indicated for measuring interstitial fluid glucose levels in adults aged 18 years and older with diabetes mellitus. Always read and follow the label/insert.
00:12	I'm very thankful that the owners of my gym are letting members borrow equipment. I was able to get my barbell, my plates, and a spin bike.	Melanie is speaking sitting on her couch. She does jumping lunges on a yoga mat and lifts weights in her living-room.
00:22	My goal is to break a sweat once a day at least, sometimes two, depending on how I feel that day.	Melanie uses a stationary bike and stretches on a yoga mat in her living-room.
00:28	I just had my six-month checkup with my endocrinologist, and we were able to do that all over the telephone. And she had access to everything on my FreeStyle Libre app: daily graphs, estimated A1C, target blood sugar levels. Everything you can think of, she has all that information.	Melanie is speaking sitting on her couch, she speaks on the phone while leaning back against the kitchen counter. Melanie is speaking sitting on the couch, showing the reader of her sensor that indicates "6.2". Disclaimer across bottom of screen: "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."
00:46	She helped me set up a great routine for my daily schedule.	Melanie lifts weights in her living room.
00:49	It takes three seconds in order to open the app, scan your sensor, and take your blood sugar. You can't beat the simplicity of it.	Melanie holds her purse, looks at her reader and holds it over the sensor on her left arm. She shows the reader of her sensor that indicates "6.2". Pictures of the sensors with the sentence "You

		<p>can do it without lancets”. “Talk to your healthcare professional” is in a yellow rectangle. Disclaimer across bottom of screen: “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.” Ending with the sentence “Abbott. life to the fullest” and the logo.</p>
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