

TC	Audio transcript	Visual Description
00:00	(soft music)	A picture of a phone showing the FreeStyle Libre app and a butterfly with the on-screen titles "Applying the sensor - FreeStyle Libre Flash Glucose Monitoring System" appears.
00:05	- [Sarah] When I graduated from art school I knew I wanted to be a designer. I really loved making homes come to life.	A woman browses through a rack of fabrics while holding samples. A disclaimer across the bottom of the screen in a white rectangle: "Actor portrayal. The case scenario provided is intended for educational purposes, individual symptoms, situations and circumstances may vary. Please consult with your physician or qualified health provider regarding your condition and appropriate medical treatment."
00:10	I work at my clients' homes quite a lot, and I was uneasy about pricking my finger and checking my glucose around them. I'd have to find someplace private.	The woman grabs a specific piece of fabric, holds it, and compares it with a sample. A disclaimer across the bottom of the screen in a white rectangle: "Actor portrayal. The case scenario provided is intended for educational purposes, individual symptoms, situations and circumstances may vary. Please consult with your physician or qualified health provider regarding your condition and appropriate medical treatment."
00:19	Now, since I use the Freestyle Libre system, I don't worry about any of that. I can check my glucose with a discreet scan without anyone even knowing. It's easy to put on a new sensor.	She looks at the fabric and the sample. Next, she is in her living room, sitting on the couch with a coffee table in front of her. A disclaimer across the bottom of the screen in a white rectangle: "Actor portrayal. The case scenario provided is intended for educational purposes, individual symptoms, situations and circumstances may vary. Please consult with your physician or qualified health provider regarding your condition and appropriate medical treatment." She puts the FreeStyle Libre components on the table and rips open a pouch containing an alcohol wipe. A disclaimer across the bottom of the screen in a white rectangle: "Products pages are for illustrative purposes only". Sarah takes the alcohol wipe and rubs it against the back of her left arm in a circular motion

00:30	- [Instructor] Here's how Sarah puts on the sensor. Select the site on the back of your upper arm where you will clean it with the alcohol wipe and let it dry.	Resumes to Sarah takes the alcohol wipe and rubs it against the back of her left arm in a circular motion A disclaimer across the bottom of the screen in a white rectangle: "Avoid areas with scars, moles, stretch marks, or lumps. Select an area of skin that generally stays flat during your normal daily activities (no bending or folding). Choose a site that is at least 2.5 cm (1 inch) away from an insulin injection site. To prevent discomfort or skin irritation, you should select a different site other than the one most recently used. The area must be clean and dry, or the sensor may not stick to the site."
00:38	The Freestyle Libre sensor kit comes in two parts. The sensor applicator and the sensor pack. It also contains an alcohol wipe and product insert.	The FreeStyle Libre box appears on the screen. It is followed by a close-up shot of the sensor applicator and the sensor pack.
00:47	Peel the lid completely off of the sensor pack and unscrew the cap from the sensor applicator.	Sarah peels the lid off the sensor pack and unscrews the cap of the sensor applicator. A disclaimer across the bottom of the screen in a white rectangle: "CAUTION: Do NOT use if the Sensor Pack or the Sensor Applicator seemed to be damaged or already opened. Do NOT use if past expiration date."
00:52	Place the sensor applicator into the open sensor pack and line up the dark mark on the applicator with the mark on the pack. Then press down firmly on the sensor applicator until it comes to a stop.	Sarah places the sensor applicator into the sensor pack. The image pauses and we see that the dark mark is lined up with the mark on the pack, with both marks indicated by yellow arrows. The image resumes and we see Sarah pressing down on the sensor applicator. The image pauses.
01:03	Simply place the sensor applicator over the site you cleaned with the alcohol wipe. Push down firmly until the sensor is in place. Make sure the sensor is secure after application.	Sarah removes the sensor applicator and applies it to the back of her left arm. There is a close-up shot of this application. We see that the sensor sticks to her arm. Sarah pats around the sensor with her finger. A disclaimer across the bottom of the screen in a white rectangle: "The Sensor Applicator now contains a needle. Do not touch inside the Sensor Applicator or put it back into the Sensor Pack." followed by "Do not push down on the Sensor Applicator until placed over prepared site to prevent unintended results or injury" and "Applying the sensor may cause bruising or bleeding. If there is bleeding that does not stop, remove the sensor and apply a new one at a different site."

01:14	All that's left is to start the sensor. Just press the blue home button to turn on your reader. It's the only button. All other actions are done on the touch screen.	Close-up shot of the reader in Sarah's hand. Sarah pushes the blue button. The screen lights up, showing the applications. Sarah holds the reader.
01:23	Tap "Start new Sensor" on the screen. An image of a hand holding the reader next to a sensor on the arm will appear. Hold the reader within four centimeters of the sensor to scan it.	Sarah taps on "Start new Sensor". An image of a reader next to a sensor on an arm appears on the reader screen. A disclaimer across the bottom of the screen in a white rectangle: "If the sensor is not successfully scanned within 15 seconds, the reader displays a prompt to scan the sensor again. Touch OK to return to the Home Screen and touch Start New Sensor to scan your sensor."
01:34	If sounds are turned on, the reader beeps when the sensor has been successfully activated.	Sarah brings the reader over the sensor that she applied to her arm earlier. She holds it in this position, then she removes it. Close-up of the sensor located on Sarah's arm.
01:39	Sarah can get her glucose reading in one hour. And the sensor is discreet. It's similar to the size of a loonie.	Close-up of the sensor located on Sarah's arm.
01:46	It's water resistant so you can swim, shower or exercise.	Close-up of the sensor located on Sarah's arm. Then, we see Sarah talking and laughing with a street florist while holding flowers. A disclaimer across the bottom of the screen in a white rectangle: "Sensor is water resistant in up to 1 metre (3 feet) of water. Do not immerse longer than 30 minutes. Not to be used above 10,000 feet."
01:51	(upbeat music)	Sarah is sitting on a restaurant terrace outside and she holds the reader over the sensor on her left arm.
01:56	The Freestyle Libre system liberates you from the hassles of routine finger pricks. Why prick when you can scan?	She brings the reader in front of her and looks at the screen. She has a sip of a cup of coffee while looking at the menu. Then she gazes at the horizon. On-screen title: "Why prick when you can scan?" A disclaimer across the bottom of the screen in a white rectangle: "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 system or when symptoms do not match the system readings."

02:04	(upbeat music)	Another screen appears with a picture of a phone showing the Freestyle Libre App and the title "FreeStyle Libre Flash Glucose Monitoring System." and a text explaining the details about the product: "The FreeStyle Libre flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in adults aged 18 and older with diabetes mellitus. Always read and follow the label/insert."
02:12	(soft music)	Screen with a sign and "Life. to the fullest. Abbott. @ 2021 Abbott. FreeStyle, Libre, and related brand marks are marks of Abbott. Products images are for illustrative purposes only. ADC-33625".