

TC	Audio Transcript	Visual Description
00:00	<music throughout>	<p>On-screen titles: GETTING STARTED WITH THE FREESTYLE LIBRE 2 APP</p> <p>Visuals: FreeStyle Libre 2 sensor, iPhone image, FreeStyle Libre2 logo</p>
00:03	Get ready to spend more time focusing on your daily activities, because you're about to enjoy the added freedom of checking your glucose with your phone.	<p>Disclaimer: The FreeStyle Libre 2 flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in people aged 4 years and older with diabetes mellitus. Always read and follow the label/insert.</p> <p>Visuals: phone, sensor, and FreeStyle Libre 2 app icon Visuals: hands typing on laptop</p>
00:12	With enhanced accuracy and optional glucose alarms for caregivers, the FreeStyle Libre 2 system empowers you to take even more control of managing your diabetes on your terms –without finger pricks![*]	<p>Visuals: phone and FreeStyle Libre 2 app icon joined by pack shot</p> <p>Disclaimer: Finger pricks are required if glucose readings and alarms do not match symptoms or expectations.</p>
00:25	<p>Now, using the FreeStyle Libre 2 app, [*]you can conveniently check your glucose with a quick scan using your phone.</p> <p>Getting started is easy and set-up is quick.</p>	<p>Visuals: iPhone showing FreeStyle Libre 2 app</p> <p>Disclaimer: The FreeStyle Libre 2 app and the FreeStyle Libre 2 reader have similar but not identical features. Finger pricks are required if readings do not match symptoms or expectations. The FreeStyle Libre 2 sensor communicates with the FreeStyle Libre 2 reader that started it or the FreeStyle Libre 2 app that started it. The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Please check MyFreeStyle.ca for more information about device compatibility before using the app. Use of FreeStyle Libre 2 requires registration with LibreView.</p>
00:35	First, make sure you are using a compatible Apple or Android device and ensure it is connected to the internet.	<p>Visuals: zoom into Wifi icon on mobile phone</p> <p>Disclaimer: The FreeStyle Libre 2 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 Libre 2 requires registration with LibreView.</p>

00:42	Then, go to the App Store or Google Play to search and download the FreeStyle Libre 2 app.	Visuals: phone screen navigates to App store icon with typing in of Freestyle Libre 2
00:48	Once the download is complete, tap the OPEN button to launch the app.	Visuals: app download is progressed
00:52	Next, tap the GET STARTED NOW button at the bottom of your screen to begin setting up your device.	Visuals: "Get Started Now" button on screen is tapped
00:58	Confirm your country and tap NEXT to continue.	Visuals: Country selection screen on mobile app, "NEXT" option is tapped
01:01	To go on, read and accept the Terms of use and Privacy notice.	Visuals: terms & conditions and privacy screens are shown, "ACCEPT" option is tapped
01:06	Next, enter the name and date of birth of the person who will be wearing the sensor, and tap NEXT.	Visuals: DOB & name screen is shown on mobile app, "NEXT" option is tapped
01:12	Then, you will need to create your LibreView account. It's how you'll use the app and its features to conveniently manage your diabetes.	Visuals: Login screen, "SIGN IN" option is tapped
01:20	Now, confirm the glucose unit of measurement based on your country of residence and hit NEXT to proceed.	Visuals: Unit of Measurement Metrics screen is shown, "NEXT" option is tapped
01:26	More great news! The FreeStyle Libre 2 app makes counting carbs easier than ever, too. Just select how you count carbohydrates – in grams or portions – and hit NEXT to continue.	Visuals: Count type as grams is selected, "NEXT" option is tapped
01:38	You're almost done! The app is now set to display the data you'll see when reviewing your glucose readings. To explore details about the four data points the app will provide you, tap NEXT.	Visuals: My Glucose screen with 4 glucose data sets highlighted on screen, "NEXT" option is tapped
01:49	Now, explore how your data will be displayed once you start scanning, and see how it will help you make timely decisions. The background colour will change to reflect your current range.	Visuals: "NEXT" option is tapped to show the Glucose colour legend
02:00	An arrow will indicate your recent glucose trend.	Visuals: "NEXT" is tapped to show the Glucose Trend Arrow Legend
02:04	If you see the Check Blood Glucose symbol, it means your sensor glucose reading may not be accurate.	Visuals: Treatment Decisions Screen, warning symbol is highlighted

02:10	<p>If how you feel doesn't match your sensor reading, you'll be advised to do a blood glucose test.</p> <p>Once you finish reviewing how your data will be displayed, tap DONE.</p>	<p>Visuals: "NEXT" option is tapped to show the Treatment Decisions Screen with an image of a finger prick test. "DONE" option is tapped.</p>
02:20	<p>For more control and peace of mind, the FreeStyle Libre 2 has optional glucose alarms. Tap NEXT to explore how to receive them.</p>	<p>Visuals: "NEXT" option is tapped through first 4 Alarms screens</p>
02:29	<p>Once you've learned about alarms, the FreeStyle Libre 2 app will now ask if it can send you Critical Alerts, like optional alarms, even if your device is muted or Do Not Disturb is on.</p> <p>You'll also be able to have your phone share these alerts with family or caregivers, for added peace of mind.</p>	<p>Visuals: "NEXT" option is tapped through to show the Alarms, the "Do Not Disturb" alarm is shown on screen then "DONE" option is tapped</p>
02:46	<p>Congratulations! Your FreeStyle Libre 2 app is set up and ready to go. How easy was that?</p>	<p>Visuals: Setup complete screen with "DONE" icon/prompt highlighted</p> <p>On-screen titles: Congratulations!</p>
02:53	<p>Now, it's time to apply the new sensor.</p>	<p>Visuals: Apply sensor screen shows man with sensor on arm</p>
02:55	<p>The FreeStyle Libre 2 sensor kit comes in two parts – the Sensor Applicator and the Sensor Pack. It also contains an alcohol wipe and product insert.</p>	<p>Visuals: sensor & applicator</p> <p>Disclaimer: CAUTION: The Sensor Pack and Sensor Applicator are packaged as a set and have the same Sensor code. The Sensor code should be checked to match before using Sensor Pack and Sensor Applicator. Do not use Sensor Packs and Sensor Applicators with different Sensor codes together as this will result in incorrect glucose readings.</p>

03:06	<p>Select the application site on the back of your upper arm where the sensor will be applied. Wash the area with non-moisturizing, fragrance-free soap and water, then clean it with the alcohol wipe to remove any oily residue and let it completely dry.</p>	<p>Visuals: person cleaning back of arm with alcohol wipe</p> <p>On-screen titles: Wash application site using a plain soap, dry and then clean with an alcohol wipe. This will help remove any oily residue that may prevent the Sensor from sticking properly. Allow site to dry before proceeding.</p> <p>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.</p>
03:22	<p>Peel the lid completely off the Sensor Pack and unscrew the cap from the Sensor Applicator. Place the Sensor Applicator into the open Sensor Pack and line up the dark mark on the Applicator with the mark on the Pack.</p> <p>Then press down firmly on the Sensor Applicator until it comes to a stop.</p> <p>Lift the Sensor Applicator out of the Sensor Pack.</p>	<p>Visuals: person opening sensor pack, person lining up sensor within applicator using guide lines, sensor is pressed down and then lifted out of the sensor pack</p> <p>Disclaimer: CAUTION: The Sensor Pack and Sensor Applicator are packaged as a set and have the same Sensor code. The Sensor code should be checked to match before using Sensor Pack and Sensor Applicator. Do not use Sensor Packs and Sensor Applicators with different Sensor codes together as this will result in incorrect glucose readings.</p> <p>Disclaimer: CAUTION: Do NOT use if the Sensor Pack or the Sensor Applicator seem to be damaged or already opened. Do NOT use if past expiration date.</p>

03:44	<p>Simply place the Sensor Applicator over the site you cleaned with the alcohol wipe.</p> <p>Push down firmly until the Sensor is in place.</p> <p>Gently pull the Sensor Applicator away and make sure the sensor is secure.</p>	<p>Visuals: person applying sensor to arm</p> <p>Disclaimer: CAUTION: The Sensor Applicator now contains a needle. Do NOT touch inside the Sensor Applicator or put it back into the Sensor Pack. Do NOT push down on the Sensor Applicator until placed over prepared site to prevent unintended results or injury. Applying the Sensor may cause bruising or bleeding. If there is bleeding that does not stop, remove the Sensor, and contact your healthcare professional.</p>
03:56	All that's left is to start the Sensor!	Visuals: sensor seen on person's arm
03:59	<p>Open the FreeStyle Libre 2 app on your phone and tap NEXT to get set up for your first scan.</p> <p>Go to Starting Your Sensor.</p>	Visuals: Apply sensor screen is shown on mobile app, "NEXT" option is tapped
04:07	To scan your sensor, tap the SCAN NEW SENSOR button. You can either tap the blue box on the home screen or the icon on the top right.	Visuals: "SCAN NEW SENSOR" button is tapped. Both blue box and icon are shown along with an image of a man holding a sensor to his arm
04:16	<p>A Ready to Scan pop-up will appear on your screen. Now, hold the top of your phone near the sensor – this can be easily done over clothing – and don't move the phone until you hear the tone or feel the vibration.</p> <p>That's it. Your set-up is complete!</p>	Visuals: Ready to Scan pop-up appears on mobile app
04:30	Once the sensor has adapted to your body for one hour, ^[*] you're all ready to do your first scan!	<p>Visuals: iPhone timer shown with 60 minutes remaining</p> <p>Disclaimer: 60-minute warm-up required when applying the sensor.</p>
04:36	Now you've got everything you need to check your glucose readings for the next 14 days ^[*] , plus the added security of knowing your caregivers will receive real-time glucose alarms.	<p>Visuals: sensor is shown in place on arm</p> <p>Disclaimer: To get a complete glycemic picture over the last 3 months, the sensor must be replaced every 14 days and the sensor must be scanned at least once every 8 hours.</p>

04:46	With the FreeStyle Libre 2, you can do it – anytime, anywhere.	<p>Visuals: Sensor & iPhone image FreeStyleLibreLink logo FreeStyle LibreLink app icon Get it on Google Play icon Download on the app store icon</p> <p>On-screen titles: YOU CAN DO IT ANYTIME,* ANYWHERE!†</p> <p>Download the FreeStyle Libre app today!</p> <p>Disclaimer: * 60-minute warm-up required when applying the sensor. † 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. © 2021 Abbott. FreeStyle, Libre, and related brand marks are marks of Abbott. Product images are for illustrative purposes only. ADC-35707</p>
04:53		Visuals: Abbott Life to the fullest® sonic logo