



**Easy
Read**

The FreeStyle Libre 2 Plus sensor

Getting started guide

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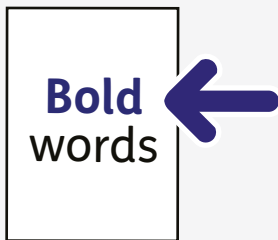
Easy Read



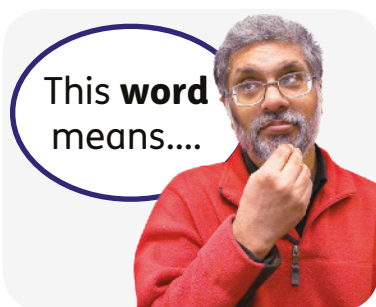
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



In this easy read document, difficult words are in **bold and navy blue**. We explain what these words mean in the sentence after they have been used.



Sometimes if a bold word is hard to understand, we will explain what it means.



Some of these **bold and navy blue** words are links which will go to another website that has more information.

What is in this booklet

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About this booklet



This booklet is a guide on how to get started with the FreeStyle Libre 2 Plus sensor.

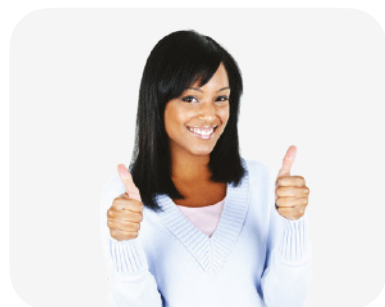


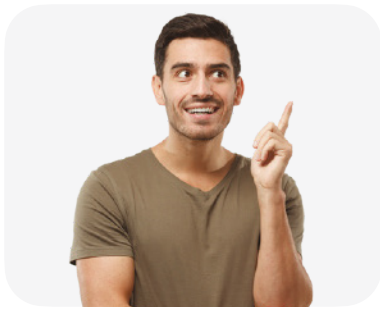
The FreeStyle Libre 2 system is an easy way for people with **diabetes** to manage their diabetes.



This guide explains:

- more about the FreeStyle Libre 2 Plus sensor, and
- how to use the FreeStyle Libre 2 system to manage your diabetes.





The pictures in this booklet are only there to help you understand the sentences.



The people in the pictures are not real people who live with diabetes.

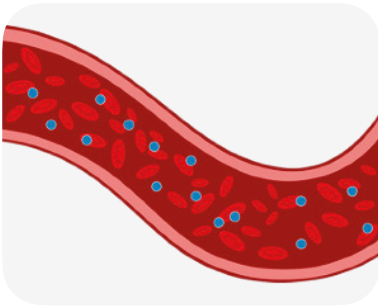


The sugar level numbers in the pictures are not real.

About diabetes

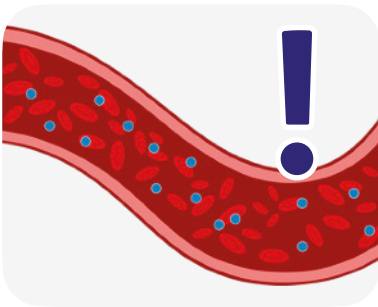


Sugar comes from the food we eat.

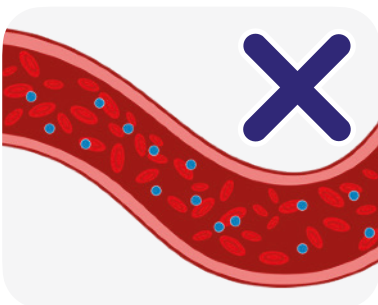


Our bodies turn sugar into energy using something called **insulin**.

Most people's bodies make insulin, but diabetes is a disease where your body either:



- cannot make enough insulin or



- cannot make any insulin at all.

People with diabetes have to:



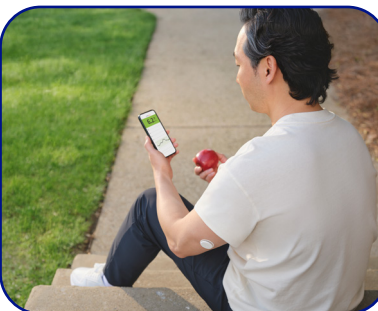
- check the sugar levels in their blood



- then inject the right amount of insulin that their body needs to turn the sugar into energy.



People with diabetes usually check their sugar levels by pricking a finger and testing their blood.



The FreeStyle Libre 2 system can check your sugar levels without a finger prick test.

About the FreeStyle Libre 2 system



The **FreeStyle Libre 2 system** is an easy way for you to manage your diabetes.



It can check your sugar levels without you having to do anything.

The FreeStyle Libre 2 system includes:

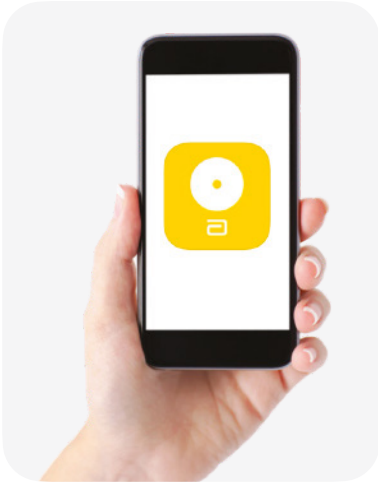


- A **sensor** - a small device that attaches to your skin and reads your sugar levels.



- An **applicator** - a device that you use to attach the sensor to your skin.

The FreeStyle Libre 2 system also includes:



- A FreeStyle LibreLink app - an **app** on your phone that will show you information about your sugar levels.

An **app** is a computer programme that you have on your phone to help you do something.



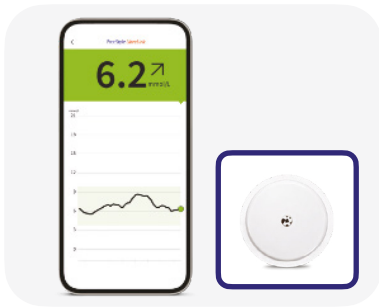
- A **reader** - a device with a screen that will show you information about your sugar levels.

How does it work?



Instead of pricking your finger, you will attach the sensor to the back of your upper arm.

You will then either:



- connect your sensor to your phone and use the FreeStyle LibreLink app to see information about your sugar levels, or



- connect your reader to your sensor and see information about your sugar levels on the reader's screen.



Only certain phones work with the FreeStyle LibreLink app.



You can get more information about which phones work with the app on our website:

www.diabetescare.abbott/support/manuals/uk.html



If you do not have the right kind of phone, you will need to use your reader instead.



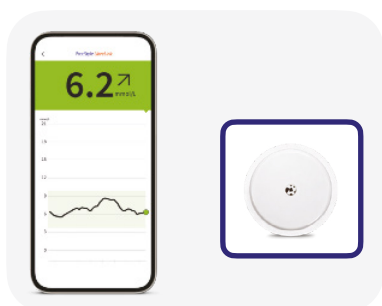
You can use both your phone and your reader if you like.



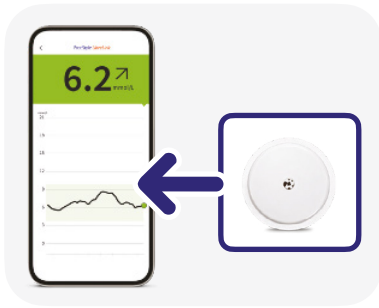
To use both your phone and your reader, scan the new FreeStyle Libre 2 Plus sensor with the reader first and then with the app.



Alarms will only appear on the reader, so you need to scan your sensor every time you want to check your glucose levels or get a glucose reading.



If you use your phone to start your sensor only, your phone needs to be close to you to be able to get information from your sensor.



Your sensor will send information to your phone on its own.



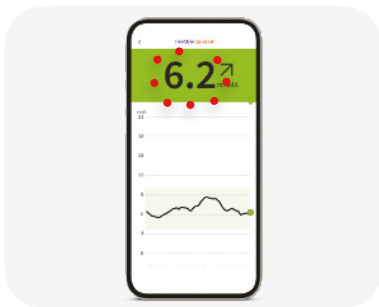
But you can also scan your sensor to get information about your sugar levels.



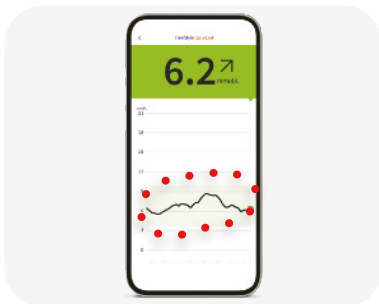
You can do this with your phone even if it does not have any signal.

Understanding information about your sugar levels

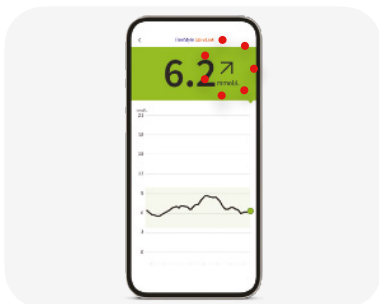
When you check your sugar levels on your phone or reader, you will see:



- a number at the top - this number is your 'reading', which tells you what your sugar levels are



- a graph which shows how your sugar levels have changed over the last 8 hours

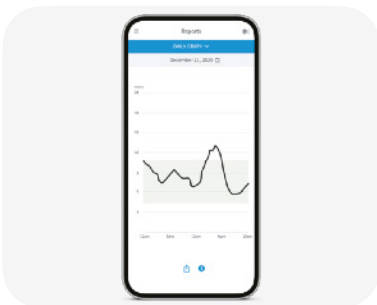


- an arrow which tells you if your sugar levels are going up, down or staying the same.

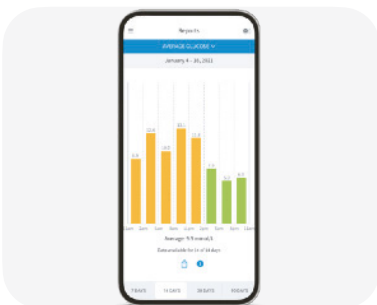
You will also be able to look at reports that show:



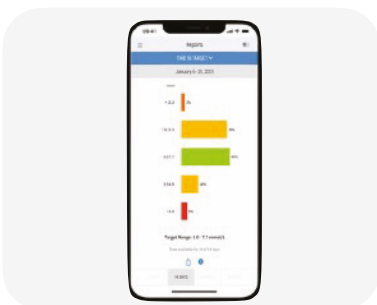
- patterns in how your sugar levels change



- all your readings from a certain day

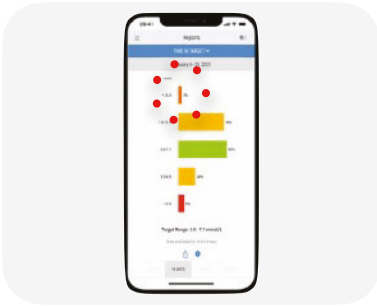


- your average readings over a certain amount of time.

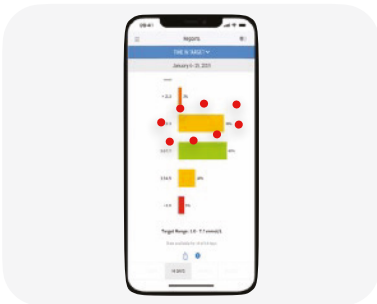


You will also be able to look at a colourful graph that shows you information about your sugar levels over the last 7, 14, 30 or 90 days.

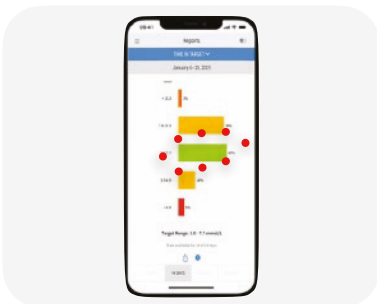
On the graph, you will see:



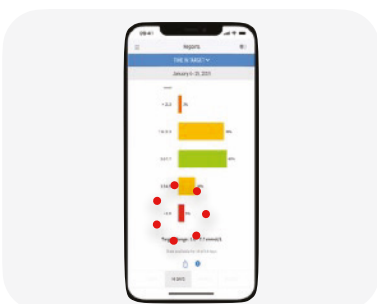
- an orange bar - this shows how often your sugar levels have been very high



- 2 yellow bars - these show how often your sugar levels have been too high or too low



- a green bar - this shows how often your sugar levels have been just right



- a red bar - this shows how often your sugar levels have been very low.

Getting started

To get started and use the FreeStyle Libre 2 Plus sensor, you need to:



- attach your sensor to your arm and,



- connect your sensor to your phone or reader.

Attaching your sensor

Before attaching your Libre 2 Plus sensor:



- choose a place on the back of your upper arm where it is less likely that your sensor will get knocked off



- do not use lotion or cream on the skin where you are going to attach the sensor



- shave any hair on the skin where you are going to attach the sensor.



To attach the sensor, follow these steps:

1. Wash, clean and dry an area on the back of your upper arm where you will attach your sensor.

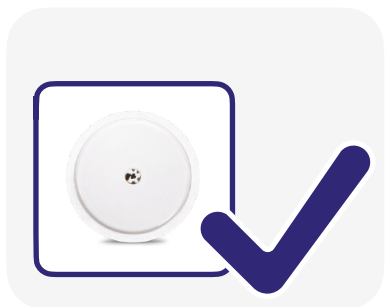
2. Get the applicator ready by:



- peeling back the lid and unscrewing the cap



- lining up the dark mark on the applicator with the dark mark on the sensor



- pressing down firmly and then lifting. The sensor should come out of its plastic cover.



Be careful not to touch the sensor or inside the applicator. Do not put the applicator back into the sensor pack. This could damage the sensor.



3. Put the sensor on the back of your upper arm by pressing the applicator onto your skin firmly.



Listen for the click.



Wait for a few seconds and pull the applicator back slowly, leaving the sensor on your skin.



You can begin to get glucose readings after one hour.

Keeping your sensor on



You can keep your Libre 2 Plus sensor on for up to 15 days before you need to change it.

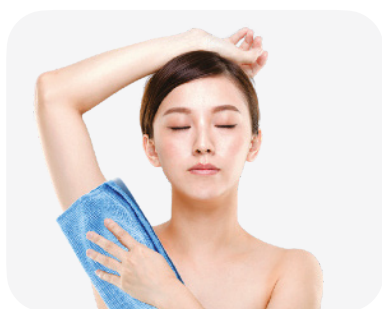


Your sensor can only go in up to 1 metre of water for 30 minutes.

To help stop your sensor from being knocked off:



- be careful not to catch your sensor on a doorway, car door, seat belt or the edge of your furniture

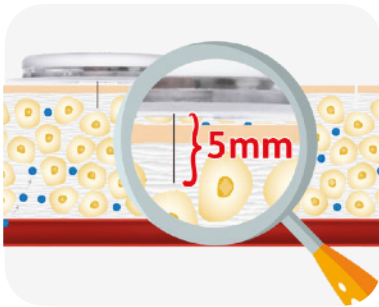


- be careful when you dry yourself after a bath or shower so that you do not catch your sensor on your towel



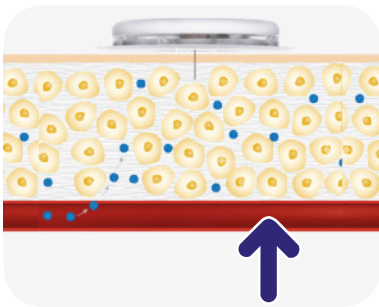
- be careful when you get dressed or undressed so that you do not catch your sensor on your clothes.

How the sensor works



Your sensor has a thin, 5mm long fibre that can read your sugar levels in the liquid just underneath your skin.

This liquid is called **interstitial fluid**



When you check your sugar levels by pricking a finger, you are reading the sugar levels in your blood, not your interstitial fluid.



So sometimes a sensor reading and a finger prick test will give slightly different sugar levels.

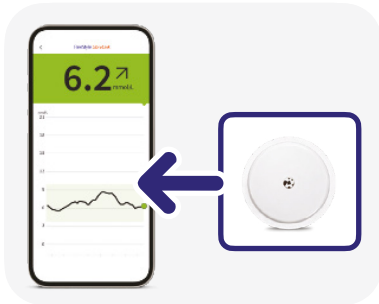


But the amount of sugar in the interstitial fluid is a good guide to your overall sugar levels.



The FreeStyle Libre 2 Plus sensor is accurate all over the 15 days.

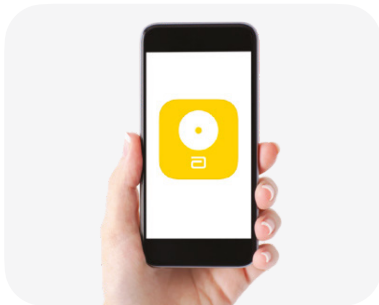
Connecting your sensor to your phone



You need to start your Libre 2 Plus sensor with the App to get glucose readings and alarms on your phone.



You can connect your phone to your Libre 2 Plus sensor by scanning it.



To do this, you need to get the FreeStyle LibreLink app.

iPhones

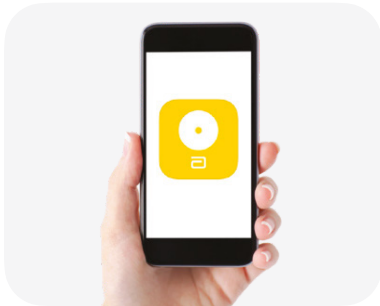


If you have an iPhone, you can get the FreeStyle LibreLink app by scanning this QR code with the camera on your phone.



Or go to the App Store and search for 'FreeStyle LibreLink'.

Then, follow these steps to scan and connect your sensor:



- Open the FreeStyle LibreLink app on your phone and tap the scan button.



- Touch your sensor with the top of your iPhone.



- Wait until you hear a sound and feel a vibration. This means that the connection has worked on your iPhone.

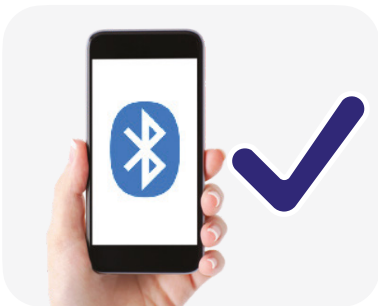
You will need to have the sound on your phone switched on to hear it.



It will take around an hour for your sensor to start working.



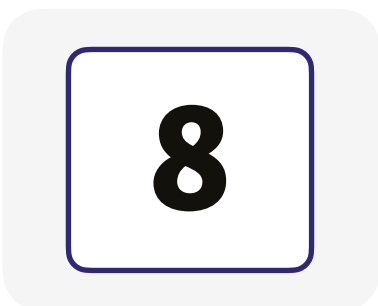
Then, you will start to get information about your sugar levels every minute on your phone.



Your phone needs to have Bluetooth turned on to get information. It also needs to be within 6 metres of the sensor with nothing blocking the signal.



If Bluetooth is ever turned off or not available, you will stop getting information, and you should scan the sensor again.



You will get up to 8 hours of any information that was missed.

Android smartphones

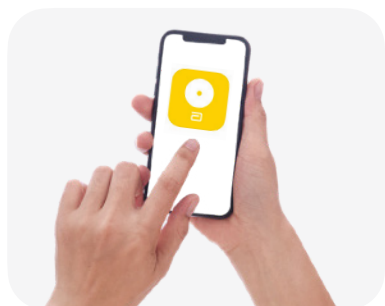


If you have an android smartphone, you can get the FreeStyle LibreLink app by scanning this QR code with the camera on your phone.



Or go to Google Play Store and search for 'FreeStyle LibreLink'.

Then follow these steps to scan and start your sensor:



- Open the FreeStyle LibreLink app on your phone



- Hold the back of your phone near your sensor.

Keep following these steps:

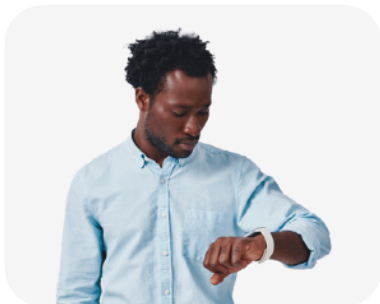


- Wait until you hear the first sound and/or feel a vibration.

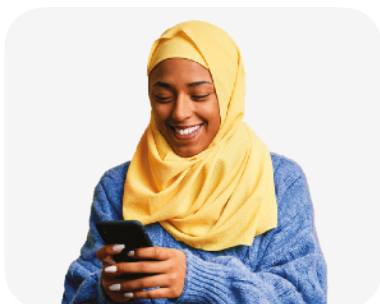


- Keep your phone near the sensor until you hear a second sound and/or feel a vibration. This means that the connection worked.

You will need to have the sound on your phone switched on to hear it.



It will take around an hour for your sensor to start working.



Then, you will start to get information about your sugar levels every minute on your phone.



Your phone needs to have Bluetooth turned on to get information. It also needs to be within 6 metres of the sensor with nothing blocking the signal.



If Bluetooth is not available, you will stop getting information, and you should scan the sensor again.



This will fill in up to 8 hours of any information that was missed.

Setting alarms



You can set alarms on your phone or reader that will go off when your sugar levels are too high or too low.



**Glucose
alarm**

They are called a **glucose** alarm.

Glucose is another word for sugar.



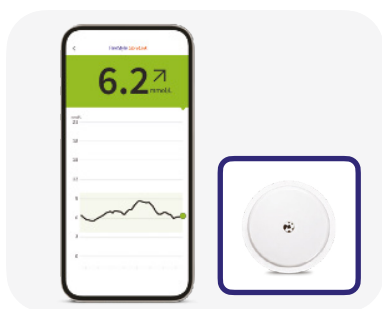
You can use both your sensor and reader to see information about your sugar levels.



But you can only set alarms on 1 of them.



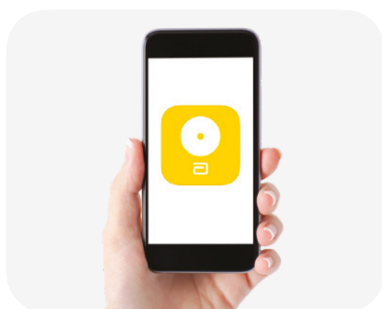
If you want the alarms on your reader, you need to start your sensor with your reader.



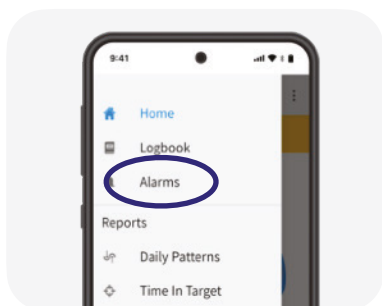
If you want your alarms on your phone, you need to start your sensor with your phone

Setting alarms on your phone

To set an alarm on your phone that will go off when your sugar levels are too **low**, follow these steps:

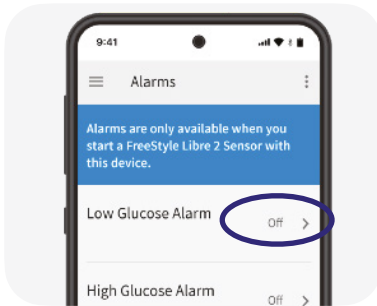


- Open the FreeStyle LibreLink app.

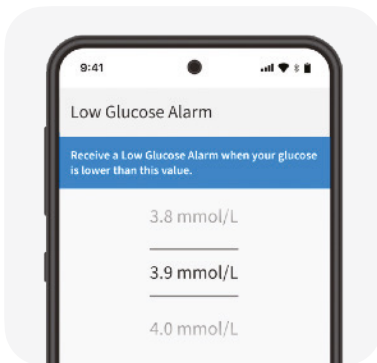


- Tap 'Alarms' in the menu.

Keep following these steps:



- Tap 'Low Glucose Alarm' and turn on alarm.

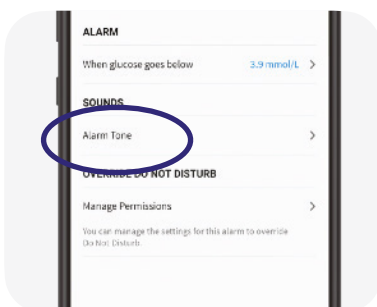


- Scroll to select your '**Low Glucose Value**'.

Your **Low Glucose Value** is the reading that shows your sugar levels are too low.

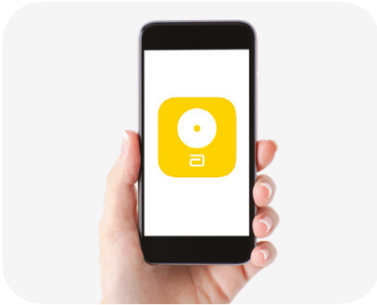


If you are not sure what your Low Glucose Value is, you can ask your doctor.

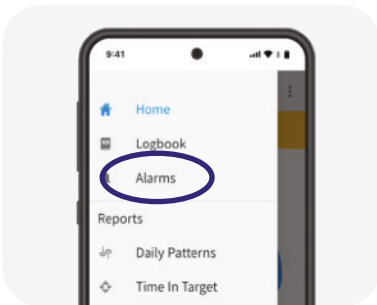


- Tap 'Alarm Tone' and choose what sound you want to hear when the alarm goes off.

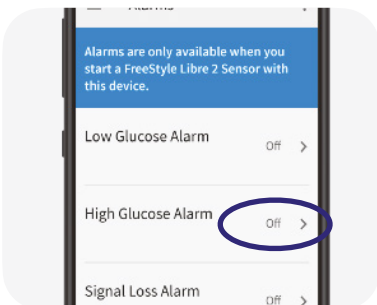
To set an alarm on your phone that will go off when your sugar levels are too **high**, follow these steps:



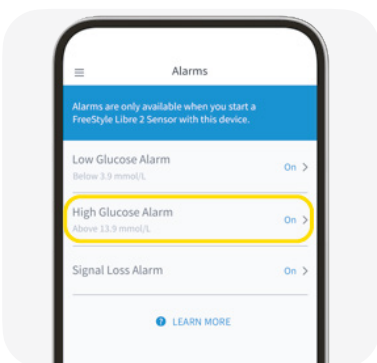
- Open the FreeStyle LibreLink app.



- Tap 'Alarms' in the menu.

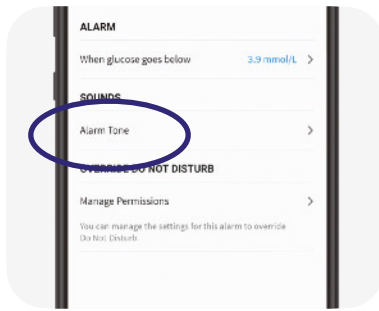


- Tap 'High Glucose Alarm' and turn on alarm.



- Scroll to select your '**High Glucose Value**'.

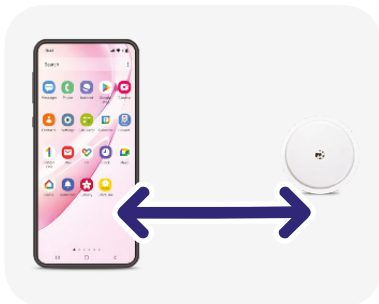
Your **High Glucose Value** is the reading that shows your sugar levels are too high.



You can tap 'Alarm Tone' and choose what sound you want to hear when the alarm goes off.



Bluetooth on your phone needs to be turned on for the alarms to work.



Your phone must also be within 6 metres of your sensor, with nothing in the way that might block the signal.

Setting alarms on your reader

To set alarms on your reader:



- Tap the 'Settings' symbol.



- Tap 'Alarms' then change 'Alarm Settings'.

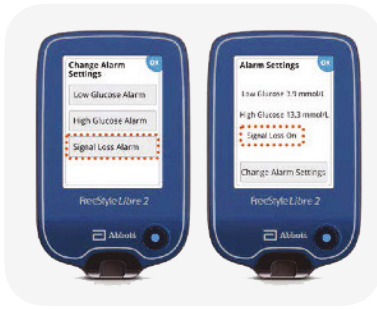


- Turn on the alarm.

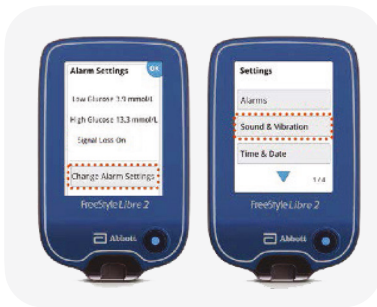


- Use the arrows to set your low and high Glucose Values.

Keep following these steps:



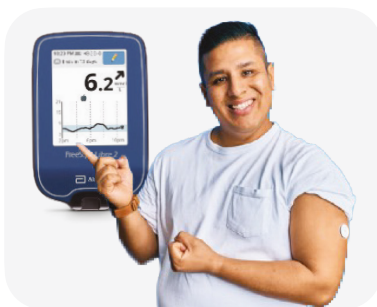
- Check your alarm settings.



- Change the sound and vibration. This is where you can choose what sound you hear when the alarm goes off.



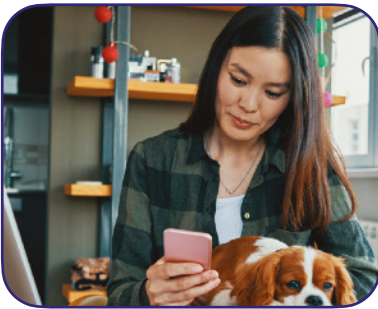
For the alarms to work, your reader must also be within 6 metres of your sensor, with nothing in the way that might block the signal.



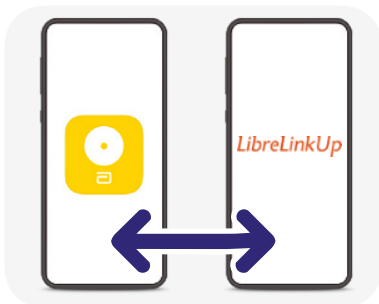
When you receive an alarm on your reader, you need to scan the sensor to get your glucose reading.

Other online services

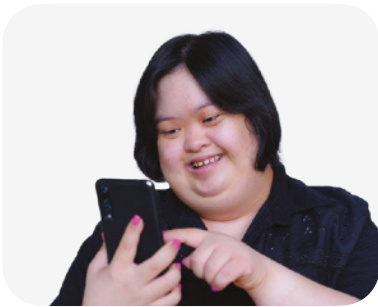
LibreLinkUp



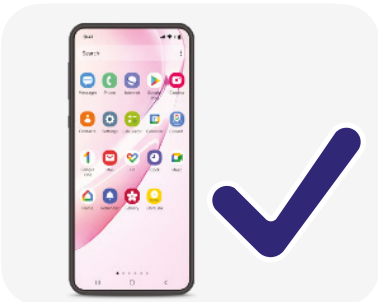
LibreLinkUp is an app that your friends and family can use on their phones.



You can then connect your FreeStyle LibreLink app with their LibreLinkUp app.



Using the LibreLinkUp app, they will be able to see information about your sugar levels as well.



Only certain phones work with the LibreLinkUp app.



You can get more information about which phones work with the app on our website:

www.LibreLinkUp.com

See Compatibility Guide here:

<https://librelinkup.com/articles/qsg#Minimum-System-Requirements>



If you have an iPhone, you can get the LibreLinkUp app by scanning this QR code with the camera on your phone.



If you have an Android phone, you can get the LibreLinkUp app by scanning this QR code with the camera on your phone.



To use the LibreLinkUp app, you also need to have a LibreView account.

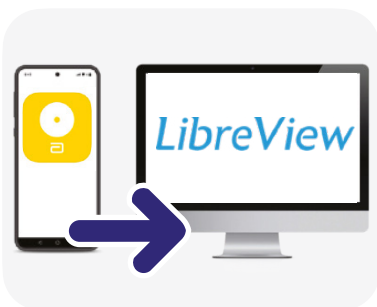
LibreView with your phone



LibreView is a website where you can see how well you are managing your diabetes.



You will have your own LibreView account on this website.



Information from your FreeStyle LibreLink app will be uploaded to your LibreView without you having to do anything.



But because you have your own account, this information will be private.



You can share information with your doctors if you would like.



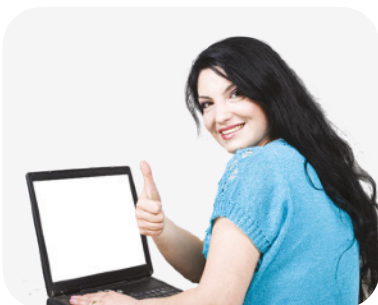
You will need to connect your account to your doctor's account on LibreView.



The website can show you and your doctor information about how you are managing your diabetes.



If you already have a FreeStyle LibreLink account, you do not need to make a new LibreView account.



You can just log in to your LibreView account by using your FreeStyle LibreLink account details.

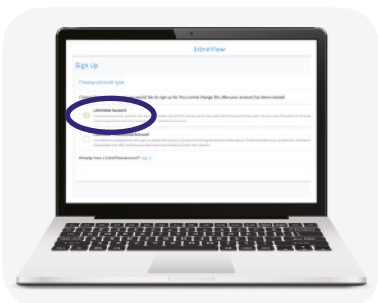
If you do not have a FreeStyle LibreLink account, you can make a LibreView account by:



- Going to this website:
www.LibreView.com



- Clicking on 'Sign up'.



- Choosing the LibreView account for patients and following the instructions on the screen.



Or you can scan this QR code with the camera on your phone.

LibreView with your reader



If you are using a reader, you will need to upload information from your reader to LibreView yourself.

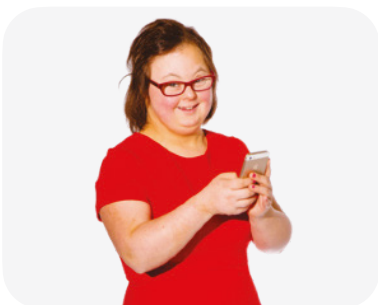
To upload information from your reader to LibreView, follow these steps:



- Connect your reader to your computer with the yellow cable you have been given.



- Press 'Begin upload'.



- Follow the instructions on the screen.



You should upload information from your reader to your LibreView account once every 90 days.

More information

Can I drive with the FreeStyle Libre 2 Plus sensor?



There are government rules about driving if you have diabetes.

You are allowed to drive a **Group 1** or a **Group 2** vehicle when using the FreeStyle Libre 2 system.



A **Group 1** vehicle is a smaller vehicle, like a car or motorbike.

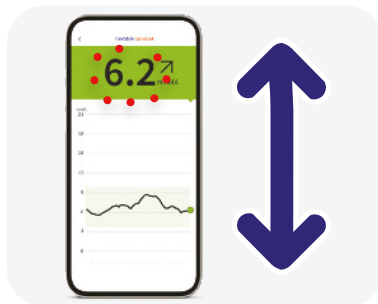


A **Group 2** vehicle is a larger vehicle, like a lorry or bus.

What you must do:



- You must **carry your monitor** at all times.



- You must check your sugar levels at least twice a day, even on non-driving days. Just before you start driving.



- You must make sure that there is **no more than 2 hours between sugar checks** at any time during your journey.



- Remember, you must **pull over safely** before testing or checking your sugar levels.



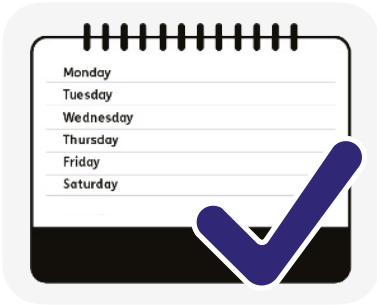
For more information, go to:
www.gov.uk/diabetes-driving

Help and training



If you need more information, please
call the Abbott Customer Careline on:
0800 170 1177.

The Abbott Customer Careline is open:



- Monday to Friday, 8:00am to 8:00pm.
- Saturday, Sunday and Bank Holidays, 9:00am to 5:00pm.



Or you can go to our website:
www.freestyle.abbott/uk-en



You can also get more information with our online training. You can find out more about this at:

www.freestyle.abbott/uk-en/myfreestyle/myfreestyle.html

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