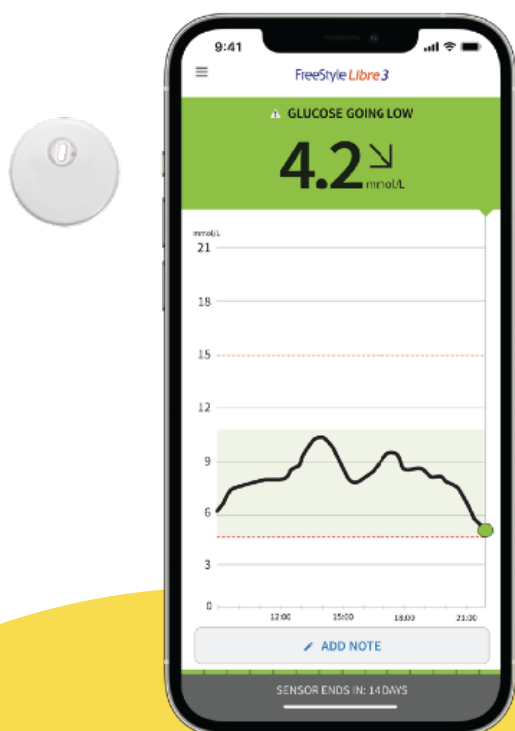




The FreeStyle Libre 3 System

Getting started guide

The pictures in this document are only to help you understand it. The people are not real patients or healthcare professionals. The sugar levels are not the real numbers from patients.



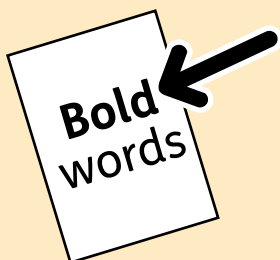
Easy Read



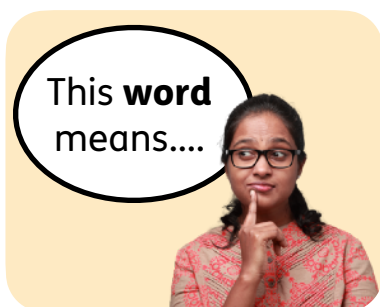
This is an Easy Read version of some information. It may not include all of the information, but it will tell you about the important parts.



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



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



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



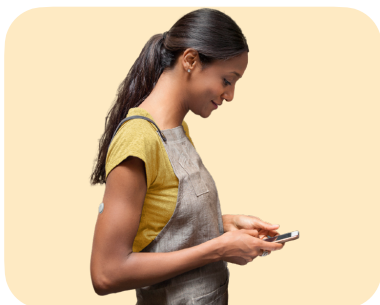
Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

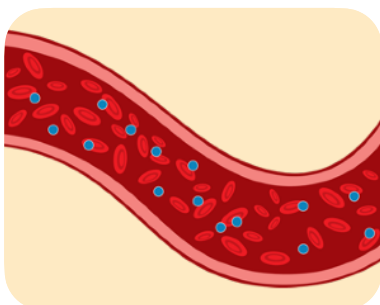
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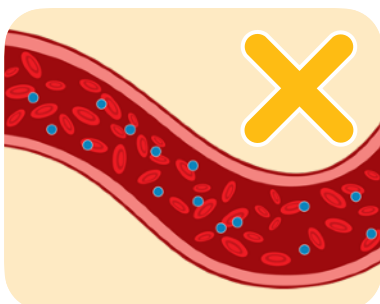
About this booklet



The FreeStyle Libre 3 system is a new way for people with **diabetes** to check their sugar levels.



Sugar comes from the food we eat, and our bodies turn it into energy using something called **insulin**.



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 their sugar levels and inject the right amount of insulin to deal with it.



People check their sugar levels by pricking their finger and testing their blood.



The FreeStyle Libre 3 system uses a **sensor** on the back of your upper arm.



The **sensor** is a small device that can read changes in the liquid just underneath your skin.



Sometimes you will still need to do a finger prick test if you feel different to what the reading and alarm are saying.

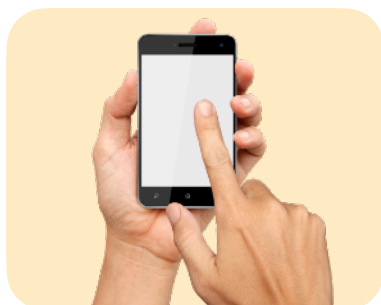


This guide will help you get started with the FreeStyle Libre 3 system.

How the FreeStyle Libre 3 system works

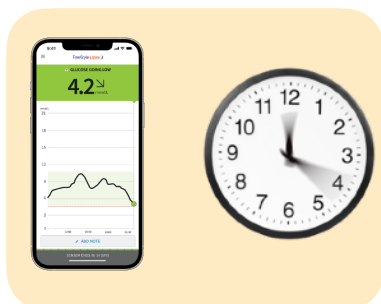


Your FreeStyle Libre 3 Plus sensor will send information about your sugar levels to the FreeStyle Libre 3 **app** on your phone every minute.



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

On your app, you can:



- Look at your sugar level information every minute.



- Look at your sugar level information from the past.



- Set alarms to tell you when your sugar levels are too high or too low.

Setting up the app



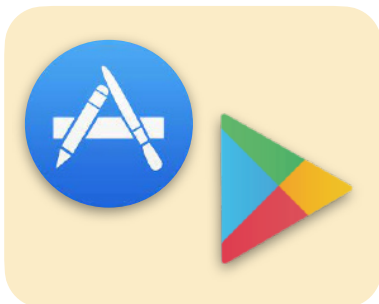
You can get the FreeStyle Libre 3 **app** online.

Once the **app** is on your phone, you can get information about your sugar levels.

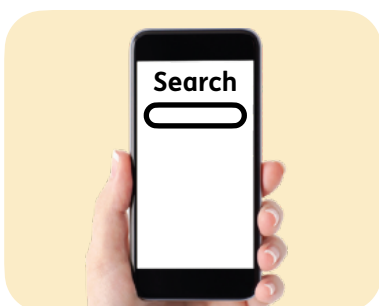


To start using the FreeStyle Libre 3 app, you need to set it up on your phone.

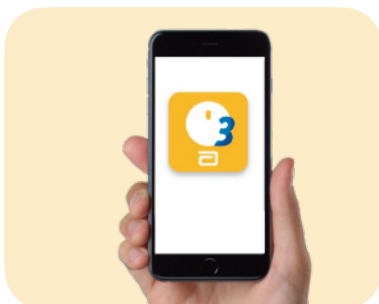
Follow these steps to set up the app:



1. Go to your phone's app store.

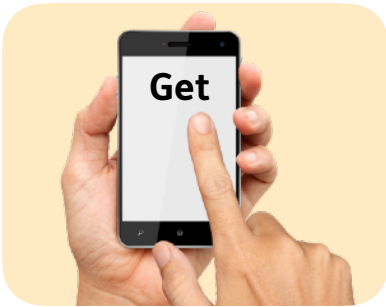


2. Type **FreeStyle Libre 3** where it says **Search**.



3. Look for FreeStyle Libre 3 - GB and tap it.

To set up the app, you should then:



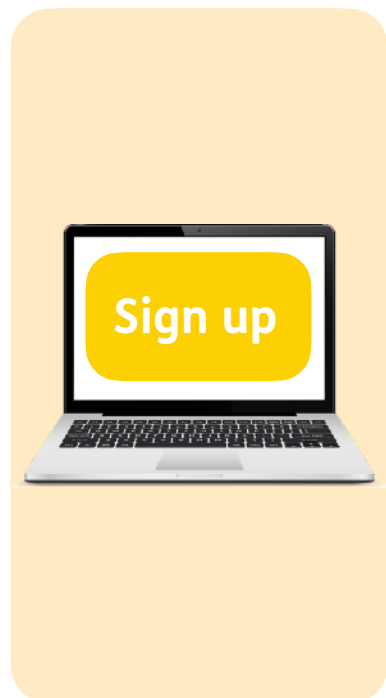
4. Tap **Get** - the app is free to get and use.



5. Sign in or set up a LibreView account on your computer or phone.

If you already have a LibreView account, then use the same email and password.

If you need to set up a LibreView account, you should:



- Go to our website: libreview.com
- Look for a button that says **Sign up**.
- Click on the button and then choose LibreView account.
- Follow the instructions on the screen to set up your account.

To set up the app, you should then:



6. Read and accept the agreement after you have set up your account or logged in.



You will now be ready to start your new sensor!

Putting on your Libre 3 Plus sensor



To start using your Libre 3 Plus sensor, you need to attach it to the back of your upper arm.

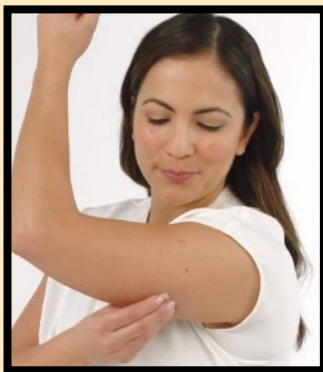


The sensor will already be set up with a sensor applicator.

You will use this to put the sensor on the back of your upper arm.

Follow these steps to put on your Libre 3 Plus sensor:

1. Clean a flat area on the back of your upper arm by:
 - Washing the area with soap and water.
 - Drying it.
 - Wiping the area with an alcohol wipe.
 - Leaving it to dry before the next step.



Follow these steps to put on your Libre 3 Plus sensor:



2. Unscrew the cap of the sensor applicator and put it to one side.



3. Place the sensor applicator over the area on your arm that you have cleaned and dried.



4. Push down firmly to put the sensor onto the back of your upper arm.



5. Listen for the click and then wait a few seconds.

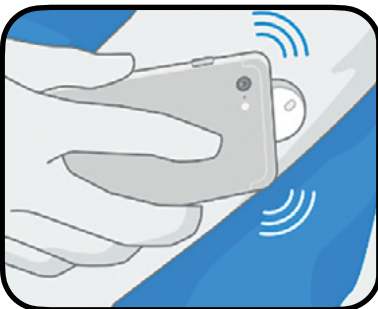


6. Gently and slowly pull the sensor applicator away from your arm.



You should make sure the sensor is stuck tight to your arm.

Starting your sensor

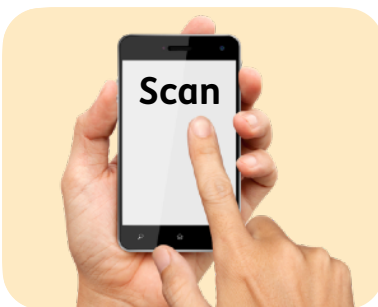


To start getting information from your sensor on your phone app, you need to scan your sensor.

If you have an iPhone, follow these steps to scan and start your sensor:



1. Open the FreeStyle Libre 3 app.



2. Go to the app's **Main Menu** and tap **Scan New Sensor**.

If you have an iPhone, you should then:



3. Touch the sensor with the top of your iPhone.

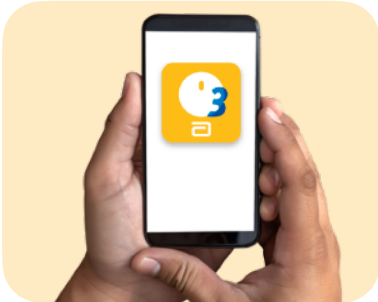


4. Wait until you hear a tone and feel a vibration. This means that it has worked okay.

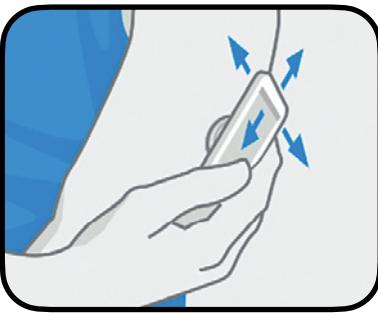


5. The sensor will begin to send your sugar level information to your phone after an hour of setting it up.

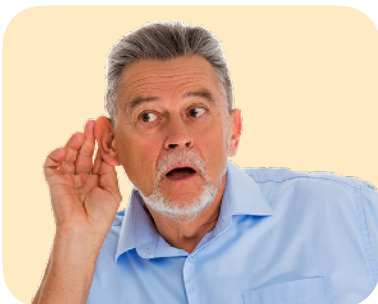
If you have any other kind of phone, follow these steps to scan and start your sensor:



1. Open the FreeStyle Libre 3 app.



2. Hold the back of your phone near the sensor.



3. Wait until you hear a tone and feel a vibration. This means that it has worked okay.

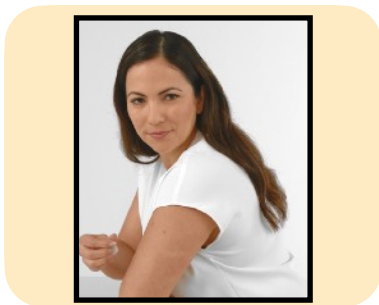


The sensor will begin to send your sugar level information to your phone after an hour of setting it up.

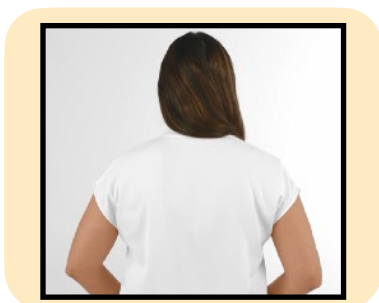
Taking off your sensor



You must put a new sensor on your arm every 15 days.



To take off your sensor, slowly peel it off your skin and then put on a new one.

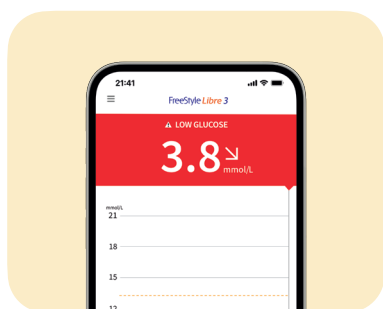


Remember to choose a different area on the back of your upper arm, or your other arm.

Understanding your app

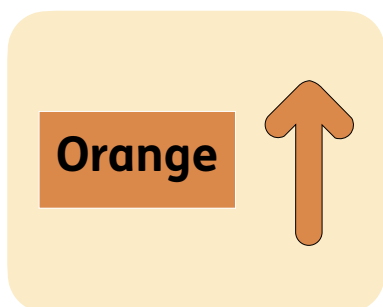


Here is how to understand your sugar level information on your FreeStyle Libre 3 app.

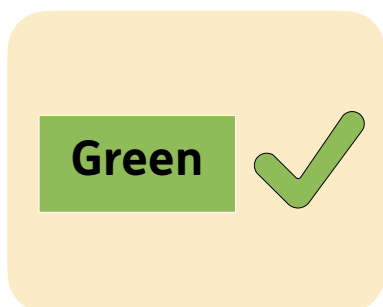


The background colour of your app tells you where your sugar levels are.

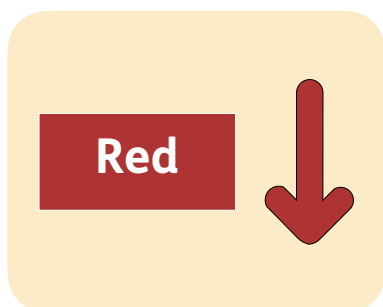
Here is what the colours mean:



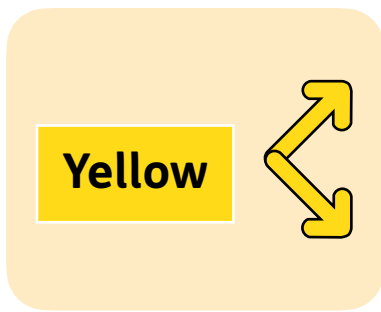
Orange means your sugar levels are too high.



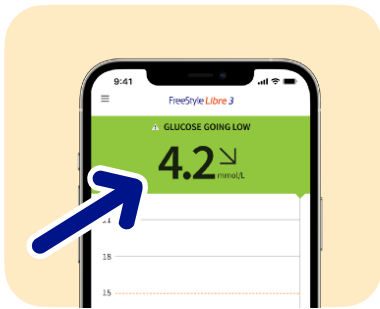
Green means your sugar levels are just right.



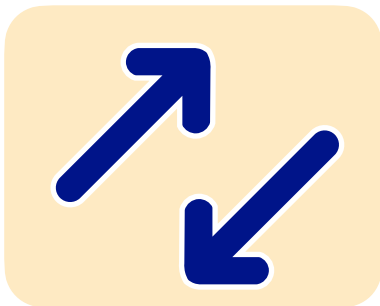
Red means your sugar levels are too low.



If the background colour on your app is **yellow**, it means your sugar levels are starting to get either too high or too low.



There is also a number on your app which tells you where your sugar levels are.



A message will tell you whether your sugar levels are going up or down.



If you are not sure about a message or reading, ask your doctor for advice.



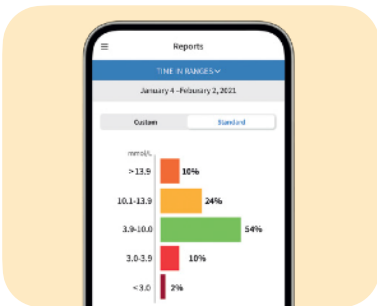
An arrow will tell you how quickly your sugar levels are going up or down.

Your sugar level information

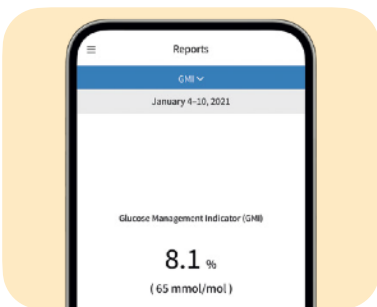


Your app will also give you information about your past sugar levels.

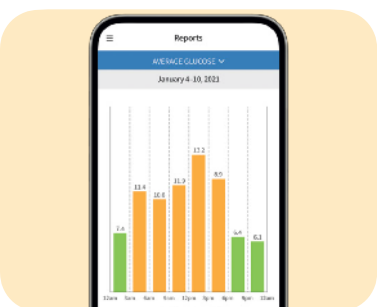
It will tell you:



- How many times your sugar levels were too high or too low.



- How well your sugar levels are being managed.



- Where your sugar levels have usually been during the day.

Sugar level alarms



You can set alarms on your Libre 3 app that will let you know when your sugar levels are too high or too low.

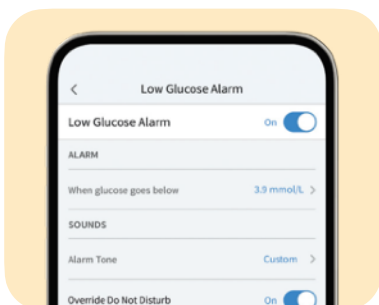
Follow these steps to set up an alarm on your app:



1. Make sure you have turned on **Bluetooth** and **Notifications** on your phone.



2. In the app go to **Main Menu** and tap **Alarms**.



3. Select the alarm you want to set. You can set an alarm for: too high, too low and internet connection loss.

Follow these steps to set up an alarm on your app:



4. Set your normal sugar level information - this is where your sugar levels should be.



The app will make a sound when your sugar levels go too high or too low.



5. You can change the sound of the alarm if you would like.

Sharing your sugar level information with your doctor

LibreView



LibreView is a website that helps your doctor see your sugar level information.



Your app will send all of your sugar level information to your LibreView account when your phone is connected to the internet.

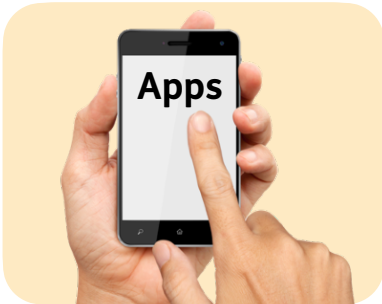


Only you and your doctor will be able to look at your LibreView account.



This can help you make decisions about your health together.

Follow these steps to set up sharing your sugar level information to LibreView:



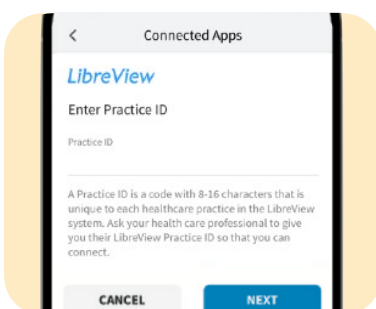
1. In the app go to **Main Menu** and tap **Connected Apps**.



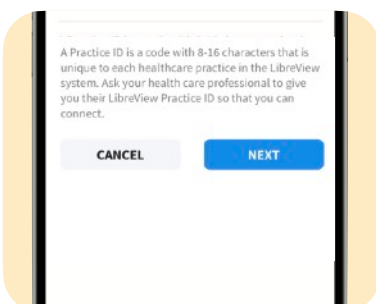
2. Then tap **Connect** or **Manage**.



3. Ask your doctor's surgery for their **LibreView Practice ID**.



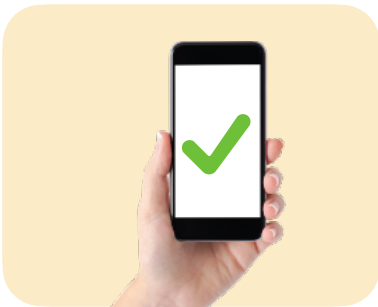
4. Type the **Practice ID** into your app.



5. Tap **Next** and then **Connect**.



Your doctor's surgery can also send you an invitation to share your information through email.



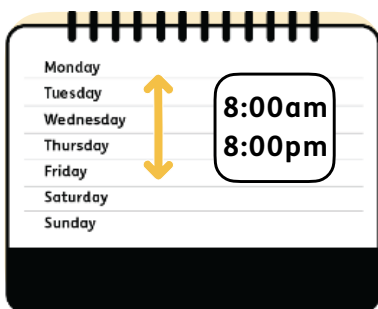
You can accept the invitation in your app by tapping **Accept Invitation**.

For more information

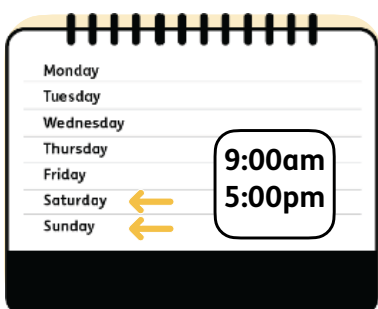


If you need more information, please call the Abbott Customer Careline for free on 0800 170 1177.

Our phone lines are open:



- Monday to Friday
8:00am to 8:00pm.



- Saturday, Sunday and bank holidays
9:00am to 5:00pm.

For more information



You can contact us by email at:
ADChelpuk@abbott.com



You can also go to our website:
www.freestyle.abbott

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ADC-2689088 v1.0 05/26.