



Discover the
FreeStyle Libre 2
system.

A short guide to help
you get started.



Images are for illustrative purposes only. Not actual patient or data.
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. Use of FreeStyle LibreLink may require registration with LibreView.

FREESTYLE LIBRE 2 SYSTEM

Meet the FreeStyle Libre 2 system.



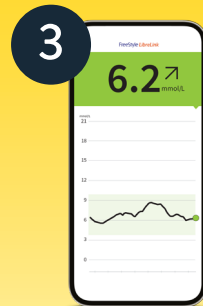
Applicator

Used to apply the sensor.



Libre 2 Plus sensor

Worn on the back of the upper arm.



The LibreLink app

Use your smartphone to see your data.¹ The LibreLink app is **free** to download.²

A revolutionary way to check your sugar levels and see where they're heading.



Real-time sugar readings

See your sugar values on your smartphone¹, automatically³ updated every minute.



Easy to use

Painless to apply and comfortable⁴ to wear for up to 15 days.



No more finger pricks⁵

Say goodbye to finger pricks⁵ with up to 15 days of continuous glucose monitoring.



Optional glucose alarms

Stay one step ahead with customisable minute-to-minute alarms⁶.

FREESTYLE LIBRE 2 SYSTEM

Three steps to apply the sensor and keep your sensor in place.



Wash, clean and dry

Select a site on the back of your upper arm that stays flat during normal activity. Clean skin with **non-moisturising, fragrance-free soap** and water. Use an alcohol wipe to clean the skin and **let air dry** before proceeding.



Prepare applicator

Unscrew cap from the sensor applicator. **Line up the dark mark** on the sensor applicator with the dark mark on the sensor pack. **Press down firmly** and then lift. **Note:** Do NOT put the applicator cap back on as it may damage the sensor filament.



Apply

Apply the sensor to the back of your upper arm by pressing firmly. **Listen for the click.** Wait for a few seconds and pull back slowly, leaving the sensor on the skin. It's that easy!



Easy does it

Be careful not to catch your sensor on a doorway, car door, seat belt, or furniture edges.



Pat dry

After a shower or swim, take extra care when towelling off to avoid catching or pulling off your sensor.



Contact sports and heavy exercise

Be sure to select a site on the back of your upper arm that will minimise the risk of knock-off.



Slow down

When dressing or undressing, be careful that you don't catch your undergarments on the sensor.



Dress for success

Try to give your sensor room to breathe by wearing loose-fitting clothing and lightweight material.



Hands off

Try not to play, pull, or touch the sensor while wearing it.

Before you apply the sensor:

- Be sure to choose an approved application site – the back of your upper arm.
- Do not use body lotion or cream where you'll apply the sensor as they may leave an oily residue on your skin.
- Do shave any excess arm hair as it can get caught between the sensor adhesive and your skin.

Images are for illustrative purposes only. Not actual patient data.

1. 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. Use of FreeStyle LibreLink may require registration with LibreView. 2. To download the FreeStyle LibreLink app and share glucose data, a wireless internet connection or mobile data connection is required. 3. Glucose readings are automatically displayed in the FreeStyle LibreLink app only when your smartphone and sensor are connected and in range. 4. Haak, T. *Diabetes Ther* (2017); <https://doi.org/10.1007/s13300-016-0223-6>. 5. Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. 6. Notifications will only be received when alarms are turned on and the sensor is within 6 metres (20 ft) unobstructed of the reading device.

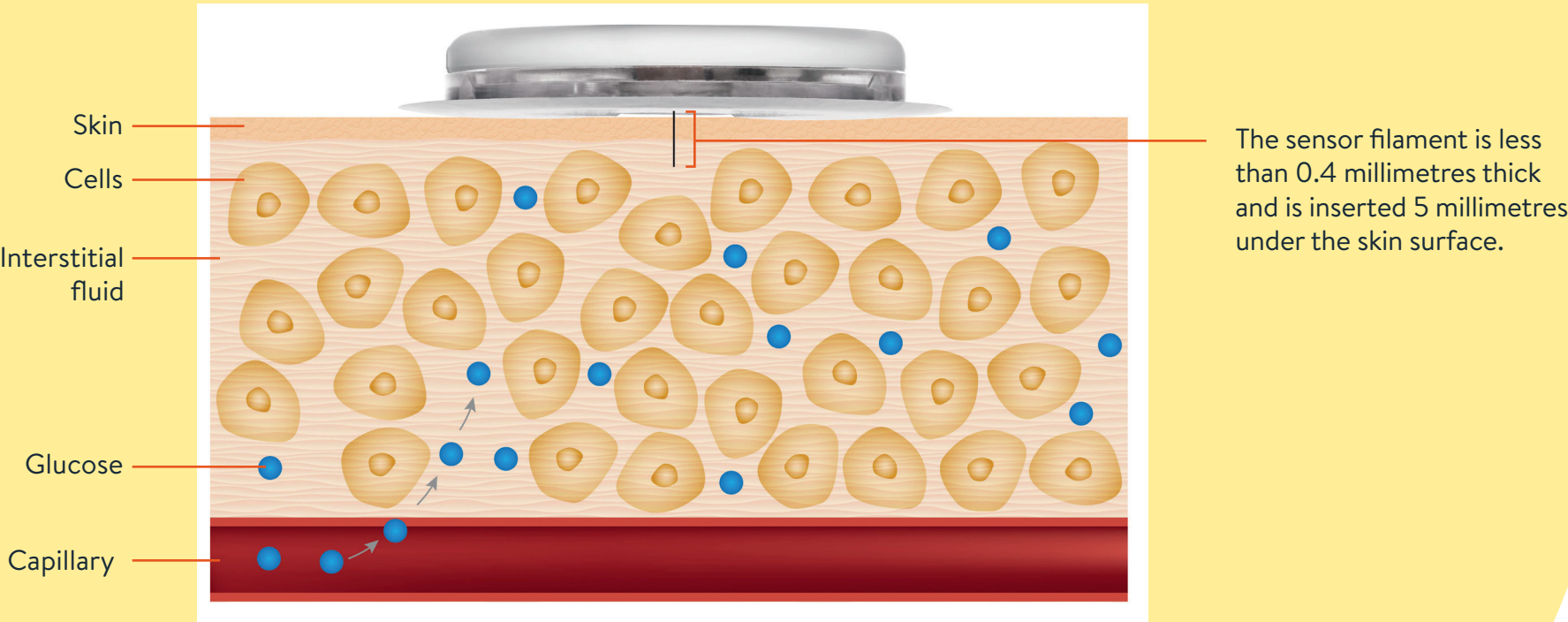
Images are for illustrative purposes only. Not actual patient.

FREESTYLE LIBRE 2 SYSTEM

Understanding your glucose measurements.

Why are Libre 2 Plus sensor readings sometimes different from a finger-prick blood glucose test?

When you apply the Libre 2 Plus sensor to the back of your upper arm, a thin filament is inserted under the skin. It doesn't reach the bloodstream, but instead it measures changes in the glucose just below the surface of the skin in the area around the cells, called the interstitial fluid. Sensor glucose and blood glucose readings taken at the same time may not always match because a sensor measures interstitial fluid glucose, not blood glucose.¹



1. Tarini, C. "The Technology of Glucose Sensors." In *Glucose Sensor Use in Children and Adolescents*, pp. 7-12. Springer, Cham, 2020.

FREESTYLE LIBRE 2 SYSTEM

Viewing your glucose data.

The LibreLink app¹ is designed to receive automatic² sugar readings every minute from the Libre 2 Plus sensor, but you can still scan anytime³, even during a signal loss. A quick scan can fill in up to 8 hours of missing data, so you get a complete picture of your glucose trends and patterns.



Images are for illustrative purposes only. Not actual patient data.
1. 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. Use of FreeStyle LibreLink may require registration with LibreView. 2. Glucose readings are automatically displayed in the FreeStyle LibreLink app only when your smartphone and sensor are connected and in range. 3. 60-minute warm-up required when applying the sensor.

FREESTYLE LIBRE 2 SYSTEM

More Time in Range, better glucose control.

The FreeStyle Libre 2 system automatically calculates the percentage of time you spend in, above, or below target range. Time in Range is the percentage of time your glucose levels are in the target range.



Every 10% increase in Time in Range can lower HbA1c by 0.8%¹
HbA1c is your average glucose over the last 2-3 months.



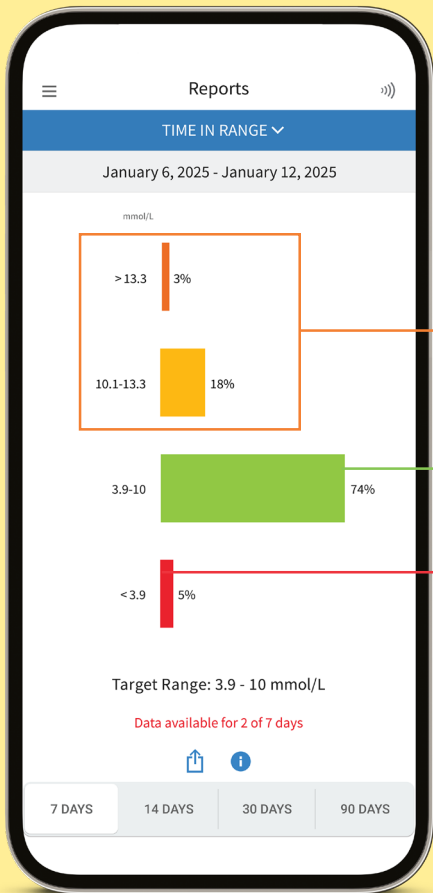
Every extra hour in range has a positive impact on your glucose control²



Spending more Time in Range can reduce long-term health complications³



Guidelines recommend spending at least 70% of your Time in Range (3.9–10.0 mmol/L)^{2,4}



Above target range
(>10.0 mmol/L)

Target glucose range
(3.9–10.0 mmol/L)

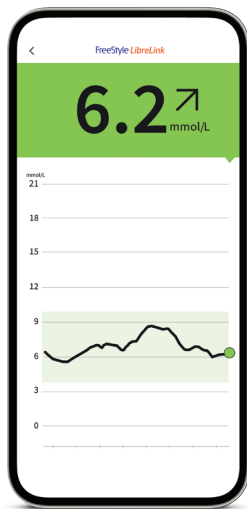
Below target range
(<3.9 mmol/L)

Images are for illustrative purposes only. Not actual patient data.
HbA1c=glycated haemoglobin.

1. Vigersky, RA. *Diabetes Technol Ther* (2019): <https://doi.org/10.1089/dia.2018.0310>. 2. Battelino, T. *Diabetes Care* (2019): <https://doi.org/10.2337/dci19-0028>. 3. Beck, RW. *Diabetes Care* (2019): <https://doi.org/10.2337/dci18-1444>.

FREESTYLE LIBRE 2 SYSTEM

Download today.



FreeStyle
LibreLink

View real-time data anytime,¹
anywhere² with the LibreLink app³.

Data captured with the LibreLink app are uploaded wirelessly and automatically⁴ to LibreView.⁵



LibreView

An easy way to view your glucose data online.

LibreView⁵ allows you to share data with your healthcare professional easily when you connect with their LibreView Practice.



Scan the QR code to download



Images are for illustrative purposes only. Not actual patient data.

1. 60-minute warm-up period required when applying the sensor. 2. 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. 3. 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. Use of FreeStyle LibreLink may require registration with LibreView. 4. Sharing of glucose data requires registration with LibreView. Automatic upload to LibreView requires a wireless internet connection or mobile data connection. 5. The LibreView data management software is intended for use by both patients and healthcare professionals to assist people with diabetes and their healthcare professionals in the review, analysis, and evaluation of historical glucose device data to support effective diabetes management. The LibreView software is not intended to provide treatment decisions or to be used as a substitute for professional healthcare advice.



FreeStyle Libre 2

We're here to help.

For more information on the FreeStyle Libre 2 system, visit our website below for useful resources.

Find out more at **FreeStyle.Abbott**

Alternatively, you can call us on:

0800 170 1177

Monday to Friday between 8:00am and 8:00pm
Saturday, Sunday and bank holidays 9:00am to 5:00pm.

For sensor fall-off or error messages, you can use our online support form by scanning here.



Images are for illustrative purposes only. Not actual patient or data.
© 2025 Abbott. The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. ADC-117640 v1.0 11/25.


Abbott