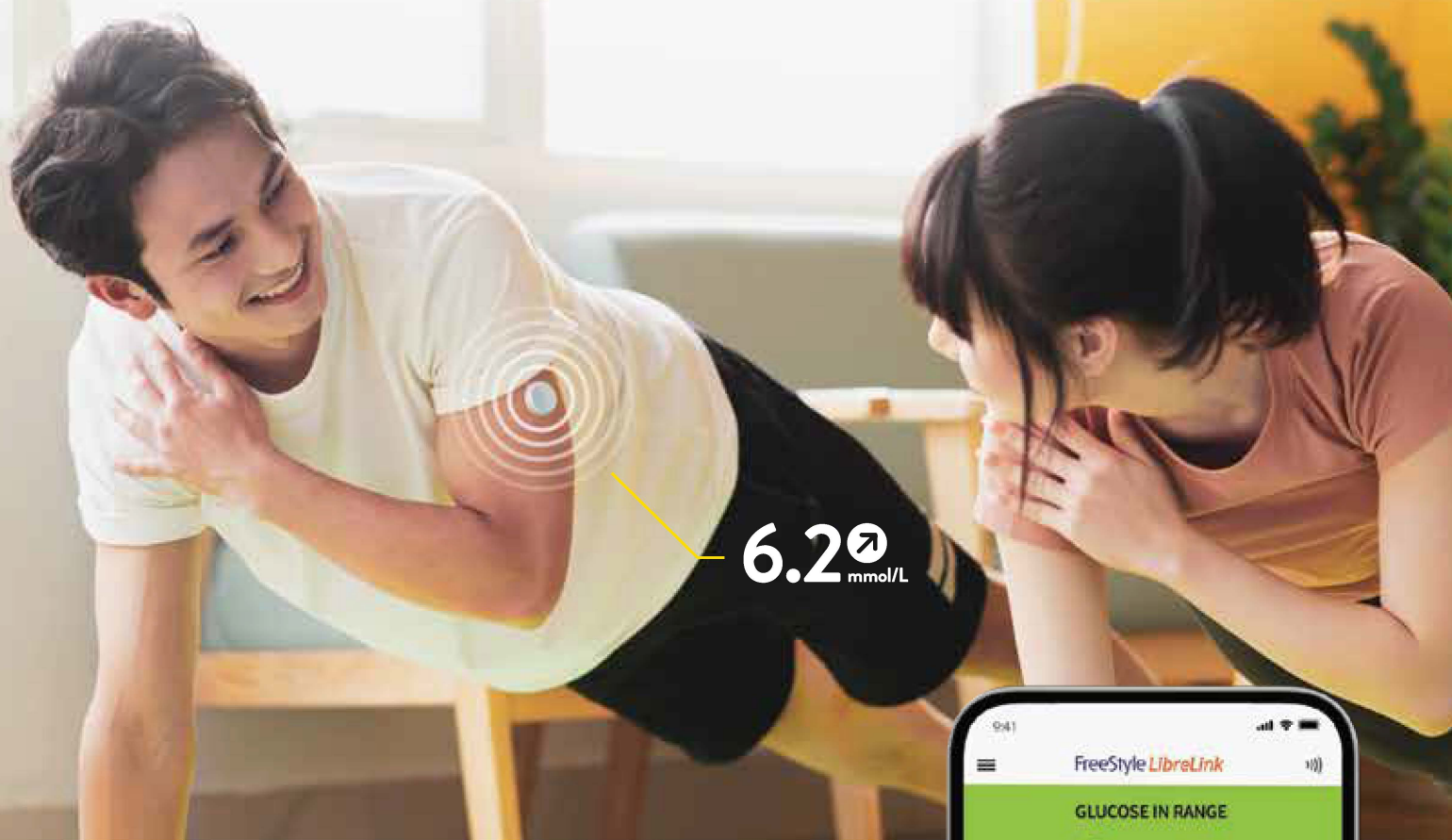
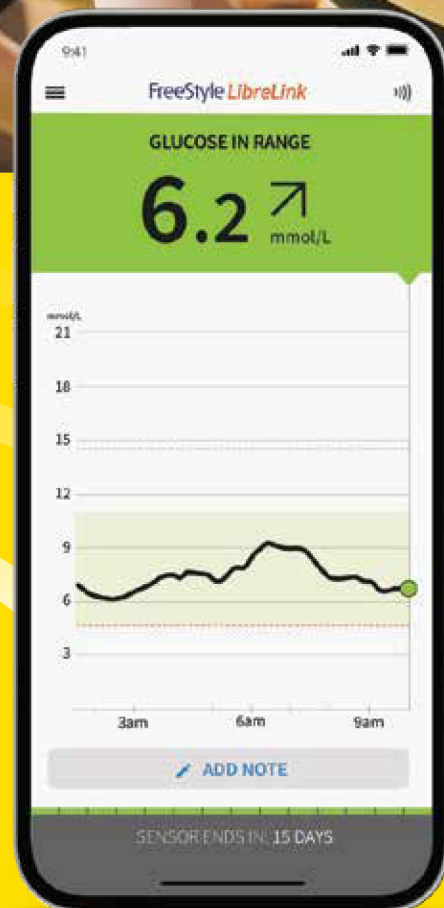


FreeStyle Libre 2



Getting started with the FreeStyle Libre 2 System

Manage your diabetes more effectively while enjoying more freedom living the life you love.
Living to the PLUS with FreeStyle Libre 2 Plus sensor.



(Images are for illustrative purposes only. Not actual patient or data.)
FreeStyle Libre 2 system consists of FreeStyle Libre 2 Plus sensor, Libre Link APP, LibreView platform and LibreLinkUp APP.

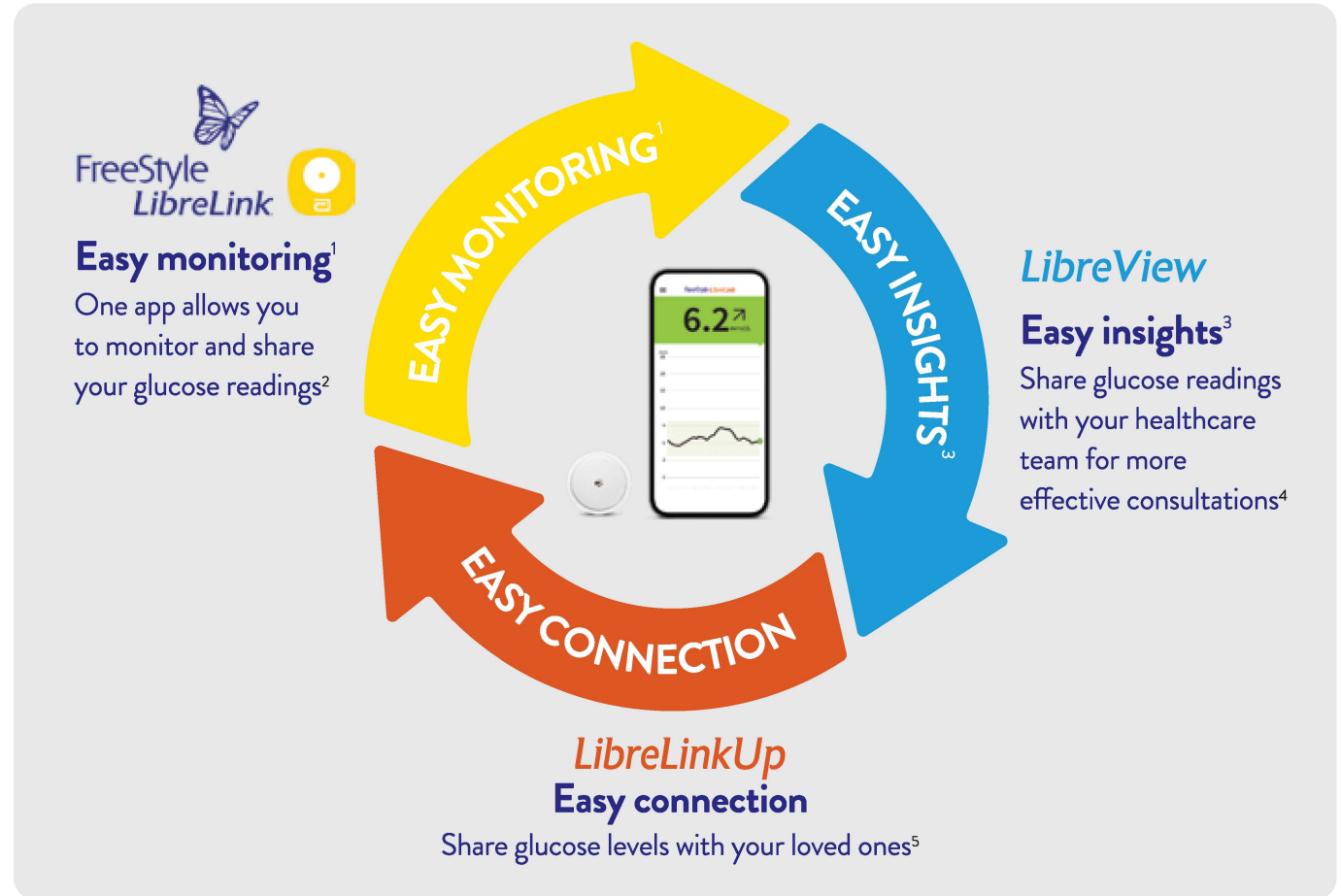
 **Abbott**
life. to the fullest.®

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Meet the FreeStyle Libre 2 system

Working together for transparent diabetes management



Easily record your glucose on your smartphone anytime⁶, anywhere⁷



Every life moment counts
With readings auto sent to your smartphone.
Every single minute.



Say goodbye to fingerprick⁶
Continuously monitor your glucose & trend in **real time^{8,9}**.



Sensor life extended
Our longest-lasting CGM sensor, extended to **15 day⁷**.



You can establish own routine
Scan and alarm, all up to your choice. Optional scan features & swipe-to-stop real-time glucose alarm¹⁰ when sugar level is too low or too high. Plus, silent mode available.



Fit into your day
Discreet, waterproof, easy to use¹³ & **comfortable¹⁴** to wear. Enjoy all the powerfully simple features without the fuss.



Your reliable companion
Best performed **accuracy** including in the low glucose range⁷, where it matters most. FDA-cleared for persons in diabetes aged⁷ and older^{11,12}.

1. Haak, T. Diabetes Therapy (2017); <https://doi.org/10.1007/s13300-016-0223-6>. 2. 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. 3. Unger, J. Postgrad Med (2020); <https://doi.org/10.1080/00325481.2020.1744393>. 4. The LibreView website is only compatible with certain operating systems and browsers. Please check www.libreview.com for additional information. 5. The LibreLinkUp app is only compatible with certain mobile devices and operating systems. Please check www.librelinkup.com for more information about device compatibility before using the app. Use of LibreLinkUp and FreeStyle LibreLink requires registration with LibreView. The LibreLinkUp mobile app is not intended to be a primary glucose monitor; home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the app. 6. 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 hypoglycaemia or impending hypoglycaemia is reported by the system or when symptoms do not match the system readings. 7. FreeStyle Libre 2 User's Manual. 8. 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 LibreLink may require registration with LibreView. 9. FreeStyle Libre 2 User's Manual. Glucose readings are automatically displayed in the app only when the smartphone and sensor are Bluetooth connected and in range. 10. Notifications will only be received when alarms are turned on and the sensor is within 6 meters unobstructed of the reading device. You must have override do not disturb settings enabled to receive alarms and alerts on your smartphone. 11. A Based on FDA ICGM special controls. Accessed August 2023 from <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfsearch.cfm?fr=8621355>. 12. FreeStyle Libre 2 Plus sensors is indicated for use in people with or without diabetes mellitus who are aged 2 and older, includes pregnant women. 13. Varughese, B. et al. Diabetes Stoffw Herz 2021; 30: 231-242. 14. Haak T. et al. Diabetes Ther 2017; 8(1): 55-73. DOI: 10.1007/s13300-016-0223-6.



FreeStyle Libre 2 Plus sensor



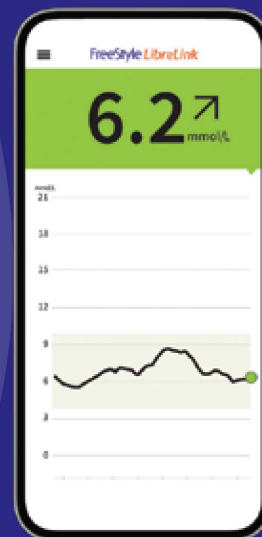
15-day wear time—
our longest-lasting sensor



Small and discreet,¹ comparable to a
HKD 5 coin



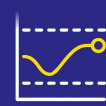
The FreeStyle Libre 2 Plus sensor
can be worn while bathing,
swimming,² and exercising



FreeStyle LibreLink app³



See glucose readings on your
smartphone with an easy scan,¹
even through clothing⁴



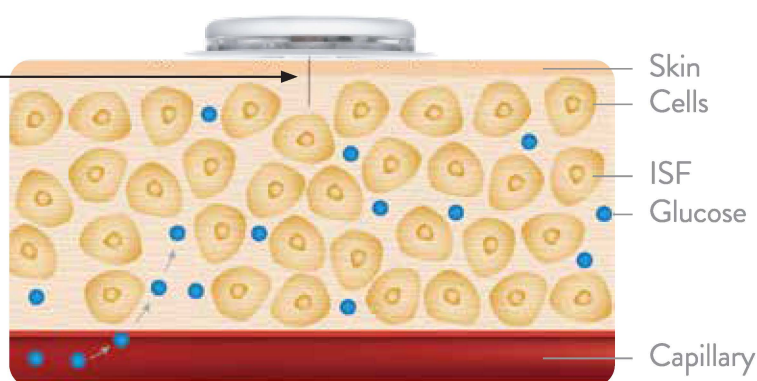
Easily see patterns and trends, and
learn how food, physical activity,
and insulin affect glucose



Optional glucose alarms⁵ provide
a safety check every single minute

How FreeStyle Libre 2 plus sensor works?

When you apply the sensor, a thin and
flexible filament is inserted under your
skin and measures glucose levels.



What does the sensor measure?

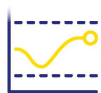
The sensor measures the glucose levels in the interstitial fluid (ISF), a fluid that surrounds the cells beneath your skin instead of blood glucose.



The sensor continuously measures your glucose **every minute**. You get more information than from a finger prick test, which only captures a single point in time.

1. Haak, T. Diabetes Therapy (2017): <https://doi.org/10.1007/s13300-016-0223-6>. 2. Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes. 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. The reader can capture data from the sensor when it is within 1 cm to 4 cm of the sensor. 5. Notifications will only be received when alarms are turned on and the sensor is within 6 meters of the reading device. You must have override do not disturb settings enabled to receive alarms and alerts on your smartphone. For illustrative purposes only. Image not drawn to scale.

Your complete guide to know where your glucose is, over the past 8 hours and where it's headed.



It's important to use all pieces of information—current glucose reading, trend arrow, and glucose history graph—before deciding what to do.



Your current glucose reading will determine the background color of the smartphone screen

High glucose (above 13.9 mmol/L)

Within the Target Glucose Range
(3.9-10.0 mmol/L when set to Standard)

Between the Target Glucose Range
and either high and low glucose level

Low glucose (below 3.9 mmol/L)

Why optional alarm with EVERY MINUTE readings count?



Glucose alarms¹ let you know **the minute** you're too low or too high



Easy-to-adjust sound and vibration²



Easy to turn on/off²

Earlier alarm claim

Reading every 1 minute

4.0
mmol/L

3.8
mmol/L

3.6
mmol/L

3.4
mmol/L

3.2
mmol/L

3.0
mmol/L

INITIAL

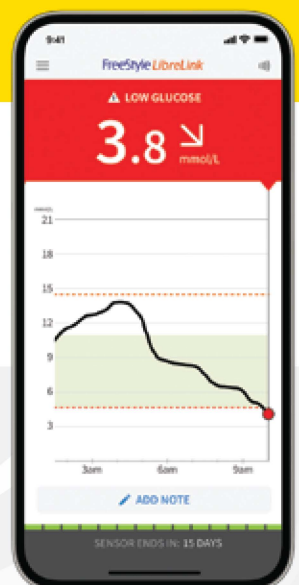
1 MINUTE

2 MINUTES

3 MINUTES

4 MINUTES

5 MINUTES



3 Step to start your 15-day journey

STEP 1. Download & Install FreeStyle LibreLink APP²

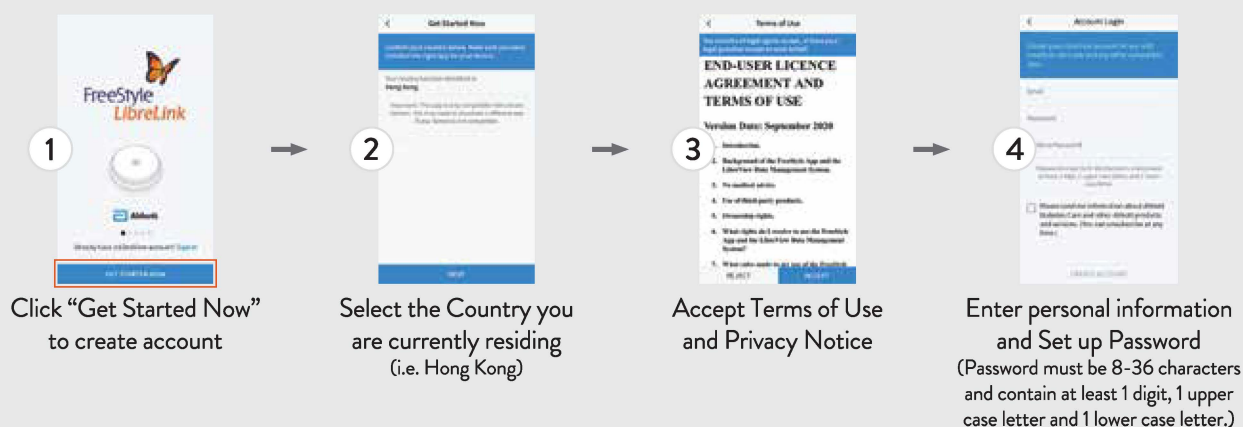
Download the APP



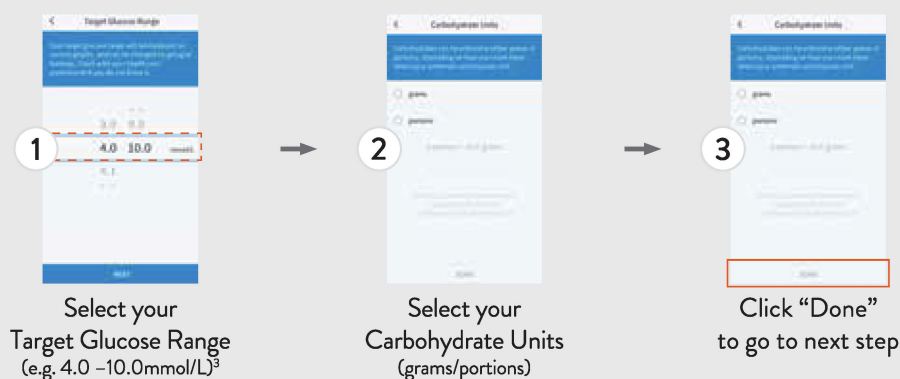
Smartphone Compatibility List



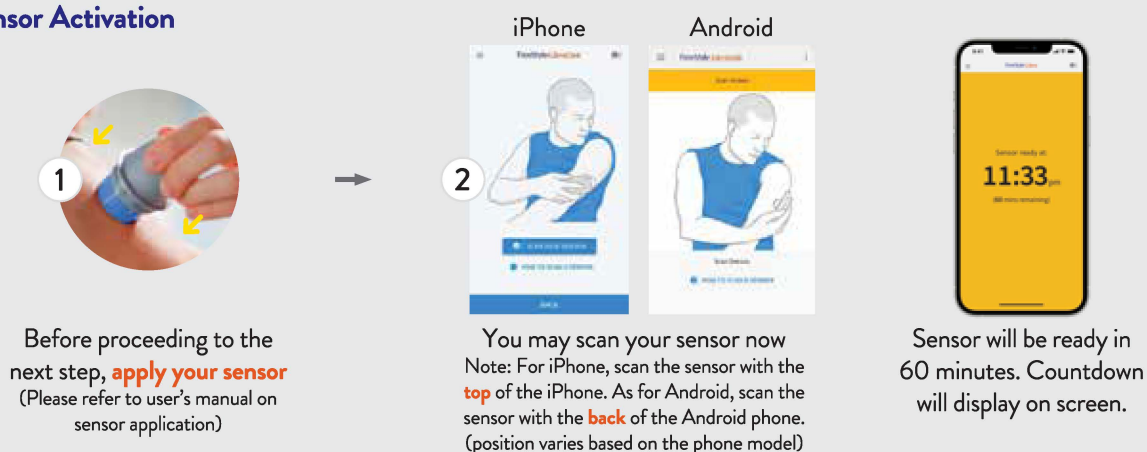
A. Create New Account



B. Set Range and Units



C. Sensor Activation



STEP 2. Apply FreeStyle Libre 2 Plus sensor



Sensors stick better when you wash, clean and dry your skin before application

1. WASH

Only use **non-moisturising, fragrance-free soaps** to wash the area where you will apply the sensor

2. CLEAN

Use an **alcohol wipe** to clean the site and then allow skin to air dry

3. DRY

Allow your skin to **fully dry** before applying the sensor. This is especially important if you plan to apply the sensor after you shower or swim

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

Check where you are intending to apply the sensor and choose the least hairy site

START

GETTING START



Align the black line of the sensor applicator with that of the pack. Press firmly down on the bottom.



Remove the sensor applicator from the sensor pack.

Stamp and **DONE!**



Make sure that the sensor is fixed properly. **Smooth the outline to increase adherence.**¹



Gently remove the applicator from your arm.



Place the applicator in the cleaned area. **Press** to apply the sensor.

PRODUCTS THAT ADD EXTRA STICKINESS*

OVER-BANDAGE

A medical-grade adhesive; bandage or tape[†]



TORBOT SKIN TAC™

A hypoallergenic and latex-free “tacky” skin barrier

Torbot.com

TEGADERM I.V.

A transparent film that provides adhesive strength

3m.com

SKIN-PREP® PROTECTIVE BARRIER WIPES

Protective liquid dressing that allows skin to breathe so tapes and films adhere better

Smith-nephew.com

MASTISOL® LIQUID ADHESIVE

Clear, nonirritating, non-water-soluble liquid adhesive that secures dressings even in moist areas

Eloquesthealthcare.com

1. Rebrin K, Sheppard NF Jr, Steil, GM. Use of subcutaneous interstitial fluid glucose to estimate blood glucose: Revisiting delay and sensor offset. J Diabetes Sci Technol. 2010;4(5):1087-1098. Images are for illustrative purposes only. Not real patient or Health Care Professional. * The information below does not constitute an endorsement of the manufacturer or the product quality. Abbott Diabetes Care is not responsible for the completeness or accuracy of product information. Product availability may vary by country and region. The manufacturer's instructions for use of each product should be followed. † Over-bandage must be applied at the time of sensor application, the opening/hole in the center of the sensor must not be covered. Additional medical grade bandages/tape can be applied, but do not remove bandages/tape once applied until sensor is ready for removal. See reverse for Important Safety Information

STEP 3. Start your 15-day journey

5.6⁰ mmol/L



Set your own routine for optimize management

You may consult recommend schedule to check glucose with doctor or nurse.



Ensure Bluetooth permission



APP running in background



Special care in your 15-day

TIPS FOR KEEPING YOUR SENSOR IN PLACE



EASY DOES IT

Be careful not to catch your sensor on objects such as doorways, car doors, seat belts, and furniture edges.



SLOW DOWN

When dressing or undressing, be careful not to catch your undergarments on the sensor.



PAT DRY

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



PLAY IT SAFE

For contact sports and heavy exercise, select a sensor site on the back of your upper arm that minimizes the risk of the sensor being knocked off.



DRESS FOR SUCCESS

Give your sensor room to breathe by wearing loose-fitting clothing† and lightweight materials.



HANDS OFF

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

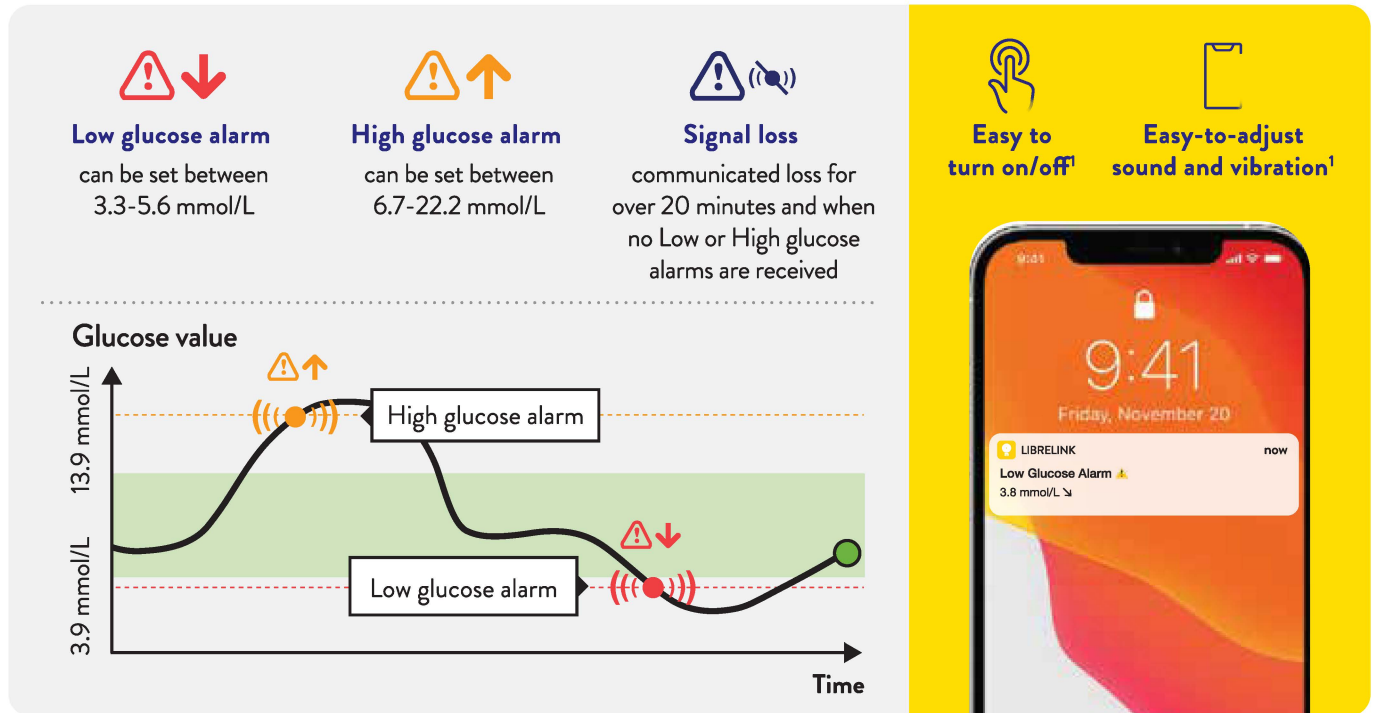
* Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes.

† The reader captures data from the sensor within 1cm to 4cm of the sensor.

Alarm Setup

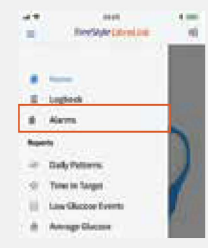
Optional glucose alarms

Optional Glucose Alarms let the patient know the minute they cross their low or high threshold

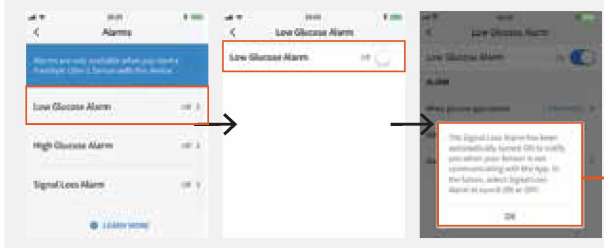


Setting glucose alarms¹

1 Tap Alarms in the **Menu**¹

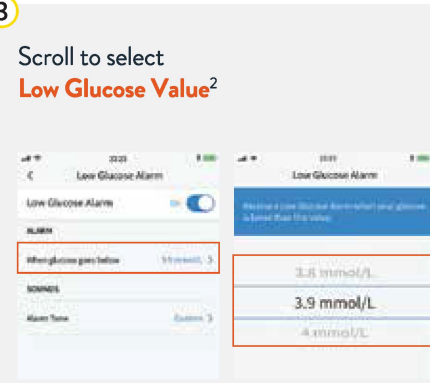


2 Tap **Low Glucose Alarm** and turn on alarm (alarm are off by default)

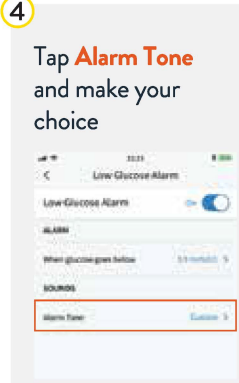


Signal loss alarm is automatically turned on when glucose alarm is turned ON

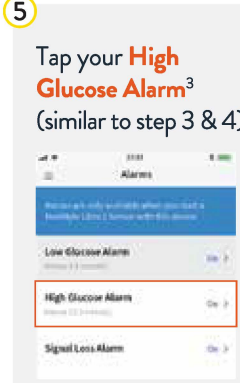
3 Scroll to select **Low Glucose Value**²



4 Tap **Alarm Tone** and make your choice



5 Tap your **High Glucose Alarm**³ (similar to step 3 & 4)

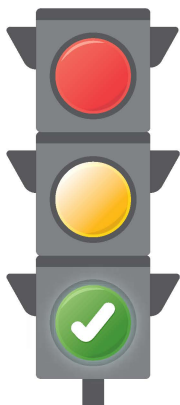


How to activate alarm notifications on a smartphone

- Open **Settings**
- Go to **Apps**, select the FreeStyle LibreLink app and select **Notifications**
- Tap **Notifications** and enable All LibreLink Notifications
- Tap **Location** and enable **Allow only while using the app**
- If you selected **Deny** for **Stop optimising battery usage** during app setup, toggle **Battery** to allow

How do I know if glucose monitoring does well?

Light in our journey with diabetes — **TIME IN RANGE**



Time below range

Time above range

TIME IN RANGE



DIABETES CARE AT HOME, SIMPLE AND EASY

Maintain TIR to 70%, for better glucose management



Set your TIR target to 70% or above

It means to maintain your glucose trend in range (3.9-10.0 mmol/L) for over 16 hours per day¹

3 daily routines to monitor your glucose, simple and easy:



Review impact of meals/exercise and medication on hyperglycemia



Maintain your TIR at 70% to keep glucose within the green section



Detect daytime/ nocturnal hypoglycemia to improve quality of life

Increase TIR can help you:



Reduce risk of complications²



Reduce HbA1c³

CGM can help person with diabetes who:



Requires treatment optimization (including insulin users)



Has difficulty maintaining their glucose levels in range (high glucose variability)



Is at risk for severe hypoglycemia or has hypoglycemia unawareness



Special populations/situations with high risk of comorbidity

1. Notifications will only be received when alarms are turned on and the sensor is within 20 feet unobstructed of the reading device. You must enable the appropriate settings on your smartphone to receive alarms and alerts; see the FreeStyle LibreLink User's Manual for more information. 2. 3.9 mmol/L is the default Low Glucose Alarm level and can be set between 3.3-5.6 mmol/L. 3. 13.3 mmol/L is the default High Glucose Alarm level and can be set between 6.7-22.2 mmol/L.

The connected care

With your professional team

Sharing glucose information with your doctor

LibreView

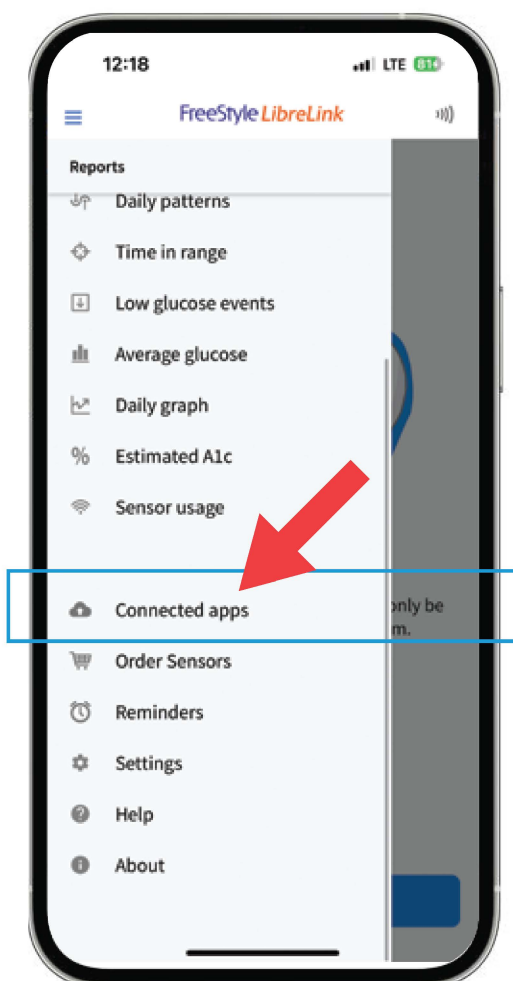
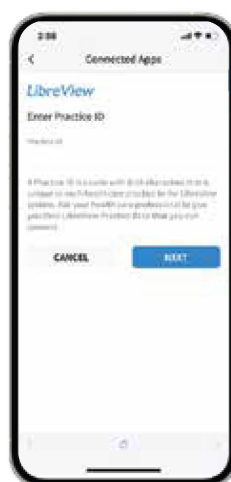
A secure, cloud-based platform for you & healthcare team make better treatment decisions together. Your glucose data are automatically uploaded² to LibreView from the FreeStyle LibreLink app, and that information creates detailed clinical reports. Reports such as the **Ambulatory Glucose Report** with **Time In Range** can provide valuable insights for your doctor and care team.

LEARN MORE ON [LIBREVIEW.COM](https://libreview.com)



Two ways to share glucose data with your doctor

To begin, select LibreView in Connected apps.



Option ①

Enter LibreView Practice ID

Ask your doctor's **Practice ID**.

Then simply enter the ID in the FreeStyle LibreLink app.

Tap **Next** and then **Connect** after viewing your doctor's practice contact information.

My Doctor's LibreView Practice ID:

Option ②

Accept Practice Invitation.

Your doctor's clinic can send an invitation using the email you used to create LibreView account. The invitation can be accepted right in the app by tapping **Accept Invitation**.

Once connected, your doctor and care team automatically receive your glucose information.³



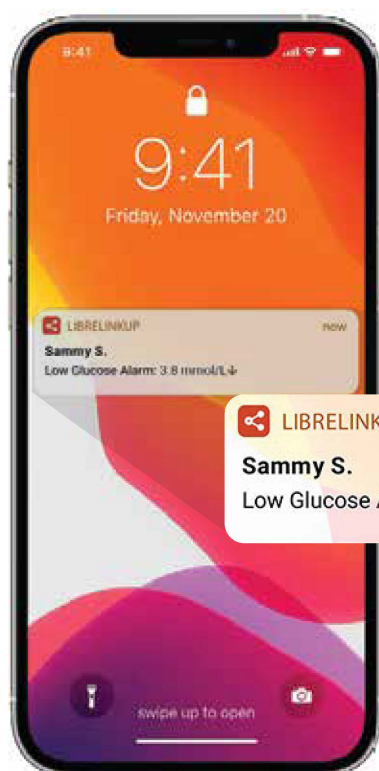
With your loved one

You can share glucose data with your family and friends.
Ideal for parents and caregivers, up to 20.

LibreLinkUp

With LibreLinkUp,¹ your loved ones can have peace of mind.²

Family members can download LibreLinkUp on their smartphone and get updates about your glucose alarms and readings.⁴



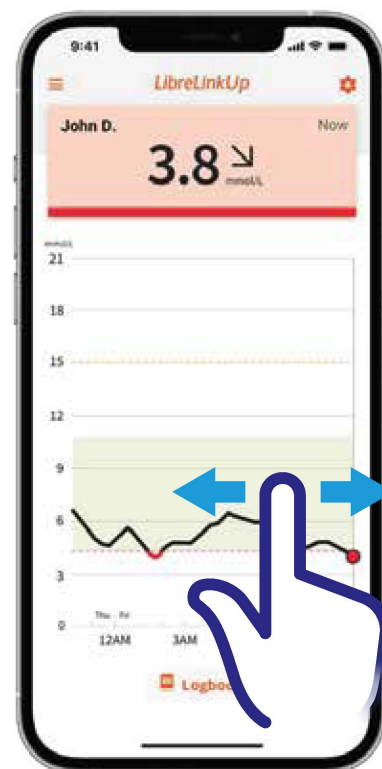
Family members can be notified of when you receive glucose alarms.⁴

LIBRELINKUP now
Sammy S.
Low Glucose Alarm: 3.8 mmol/L↓

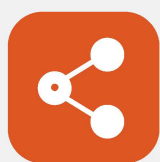
Loved ones can see last 12 hours of glucose readings in a simple

Interactive Glucose Graph

Simply scroll left and right.



Have your family scan here with their smartphone to download LibreLinkUp.



LibreLinkUp



1. The LibreLinkUp app is only compatible with certain mobile devices and operating systems. Please check www.librelinkup.com for more information about device compatibility before using the app. Use of the LibreLinkUp app requires registration with LibreView. The LibreLinkUp mobile app is not intended to be a primary glucose monitor; home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the LibreLinkUp mobile app. 2. The LibreLinkUp app is not intended to be a primary glucose monitor; home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the LibreLinkUp mobile app. 3. The LibreLinkUp app is not intended to be a primary glucose monitor; home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the LibreLinkUp mobile app. 4. The LibreLinkUp app is not intended to be a primary glucose monitor; home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the LibreLinkUp mobile app.

Your reliable companion in diabetes management

FreeStyle Libre 2 system
designed with you in mind



Join 5.5million people¹ who rely on FreeStyle Libre system for
their diabetes daily¹



Expertly manufactured

Our sensors are produced, rigorously tested, and calibrated at our manufacturing facilities, ensuring they are accurate² and ready for use right out of the box.



Proven performance

Our sensors undergo extensive testing, from clinical trials to real-world studies with people like you, showing FreeStyle Libre systems are accurate and reliable².



Smart quality checks

Every minute you use it, the system runs self-checks, giving you consistently reliable readings.



Dedicated support

From simple to complex questions, our expert customer care team is here to assist you.



Trusted data security

We're deeply committed to protecting your privacy. We work to ensure the safety and confidentiality of the information you choose to share when using our products.

After 15 Days

Removing and replacing your sensor

The FreeStyle Libre 2 Plus sensor is designed to be worn for up to 15 days.

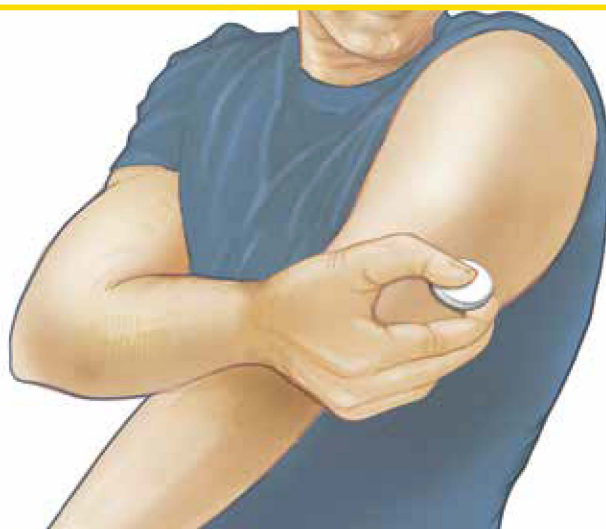
Here's how to remove, replace, and properly dispose of system components.

REMOVE SENSOR

Your app will notify you when it's time to remove the sensor.

Pull up the adhesive edge that keeps the sensor attached to your skin.

Then slowly peel from your skin in a single motion.



REPLACE SENSOR

Your sensor automatically stops measuring data after 15 days and must be replaced.

Remember to choose a different spot on the back of your upper arm to apply the new sensor. This will help avoid skin irritation.



Sensor disposal:

The sensor should be disposed of in accordance with all applicable local regulations related to the disposal of electronic equipment, batteries, sharps, and materials potentially exposed to body fluids. **Contact Customer Care for more information.**



You should also replace your sensor if you notice any irritation or discomfort at the application site or if the app reports a problem with the sensor currently in use.

Troubleshooting



I updated my FreeStyle LibreLink app, but I do not see automatic **real-time** glucose readings with the sensor I'm currently using. Why is that?



You will not see automatic real-time glucose readings until you start a new sensor after updating your FreeStyle LibreLink¹ app to version 2.11 or later, with Bluetooth enabled.

I received a Signal Loss message. What does this mean and what should I do?

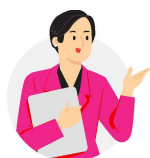


When you receive a Signal Loss message, this means that the sensor has not automatically communicated with the app in the last 5 minutes. You should make sure your smartphone is within 6 meter of the sensor. Try scanning the Sensor to get a glucose reading. Then try turning Bluetooth OFF then ON again. If that doesn't work, try turning your smartphone OFF and ON again. If Signal Loss message shows again, contact the

Diabetes Customer Care Hotline (852) 5808 4196.



I discovered a gap in my glucose data on the graph. What should I do?



If you discover a gap in your glucose data, you can scan your sensor with the FreeStyle LibreLink app to recover and fill in data from the last 8 hours.





FreeStyle Libre 2



Abbott Diabetes CustomerCare

We're here for any questions

(852) 5808 4196

Monday to Friday

8:30am - 5:30pm
(exclude public holidays)

 **Hong Kong Official Website**

FreeStyleLibre.com.hk

 **Video**



Talk to your healthcare team. Learn how shared glucose data could help.



 **Abbott**
life. to the fullest.®

The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. The product images are for illustrative purposes only. This website and the information contained herein is intended for use by residents of Hong Kong. Please read the Legal Notice for further details. The FreeStyle Libre 2 Plus sensor can be worn up to 15 days and is indicated for people with or without diabetes mellitus who are aged 2 and older include pregnant women, whereas FreeStyle Libre sensor can be worn up to 14 days, and is indicated for measuring interstitial fluid glucose levels in people aged 4 and older with insulin-requiring diabetes. The indication for children (age 2-17) is limited to those who are supervised by a caregiver at least 18 years old who is responsible for supervising, managing, and assisting the child in using the FreeStyle Libre or FreeStyle Libre 2 system and interpreting its readings. Healthcare professionals and consumers should be aware about the limitations of available scientific evidence for use of this device in any other groups of patients who require diabetes management. Always read the label and use as directed.

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