

FreeStyle
Libre 2

**Live Life with Diabetes
on your Own Terms**

This is progress.

#1
**DOCTOR
PRESCRIBED
SENSOR
IN CANADA***



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.

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.

1. Data on file, Abbott Diabetes Care, Abbott Laboratories Co. Based on the number of prescriptions claimed at pharmacy in Canada for the FreeStyle Libre portfolio compared to the number of prescriptions claimed at pharmacy for other leading sensor-based glucose monitoring systems.



What's inside

Meet The Sensor:

- How it works
- Starting a new sensor
- Replacing a sensor

Meet The App

- Reports & Readings
- Connecting to care teams
- Alarms

Meet Your Support System

- MyFreeStyle Program
- Customer Service



Welcome to Progress.



Real time glucose readings sent directly to your phone*



Accuracy¹ you can trust



Clinically proven to **decrease A1C²**

More than **95% of private plans in Canada** provide some level of coverage[†] for FreeStyle Libre 2

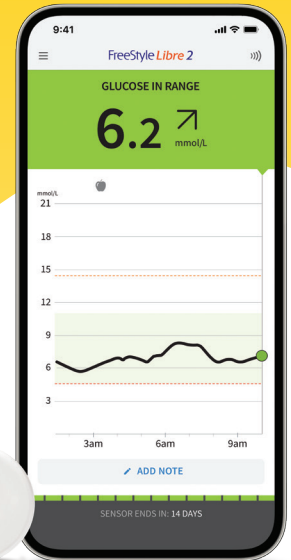
The FreeStyle Libre 2 app is only compatible with certain mobile devices and operating systems. Use of FreeStyle Libre 2 requires registration with LibreView.

* Glucose readings are automatically displayed in the FreeStyle Libre 2 app only when your patients' smartphone and sensor are connected and in range.

† Data on file, Abbott Diabetes Care, Abbott Laboratories Co. Plan coverage criteria may vary based on individual plan design. Talk to your insurance provider or your plan administrator to find out about your coverage eligibility. Plan members may also check their coverage on their insurer's app/website.

1. Alva, S. *J Diabetes Sci Technol.* (2020): <https://doi.org/10.1177%2F1932296820958754>
Data on file, Abbott Diabetes Care, Inc.

2. Wright, E. *Diabetes Spectr.* (2021): <https://doi.org/10.2337/ds20-0069>

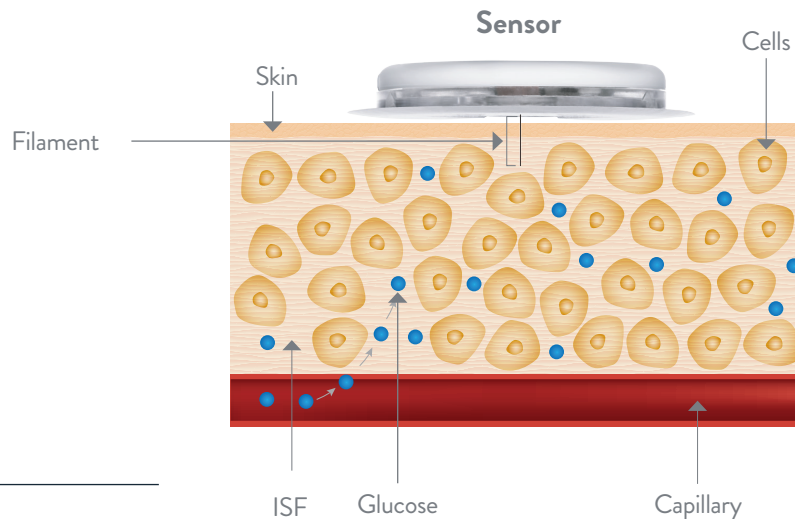


The Sensor

How it works

When you apply the FreeStyle Libre 2 sensor, a **thin filament** is inserted under your skin.

The sensor measures the glucose levels in your interstitial fluid (**ISF**), which is a fluid that surrounds the cells beneath your skin.¹



Why it's different

A sensor and a finger prick both measure glucose, but in different areas. The sensor measures glucose levels in your **interstitial fluid** while a finger prick measures the glucose in **your blood**.



It takes time for glucose to move from your blood to your interstitial fluid—blood glucose readings tend to be about 2.4 minutes ahead of your sensor reading²

For illustrative purposes only. Image not drawn to scale.

1. National Cancer Institute. Interstitial Fluid. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/interstitial-fluid>. Accessed December 15, 2022.

2. Alva S, Bailey T, Brazg R, et al. Accuracy of a 14-day factory-calibrated continuous glucose monitoring system with advanced algorithm in pediatric and adult population with diabetes. *J Diabetes Sci Technol* 2022;16(1):70–77.

Effortless setup in 4 easy steps:



1. Download
the App*



2. Register for
MyFreeStyle

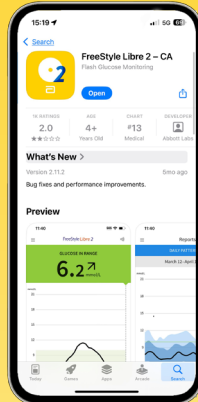


3. Apply
Sensor



4. Get
Connected

1. Download App* for FREE!



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.

2. Register for MyFreeStyle

The MyFreeStyle Program offers free, education, insurance information, and support to assist you on your diabetes management journey.

 MyFreeStyle

<https://www.freestyle.abbott/ca-en/home.html>



3. Apply Sensor

Step 1: Prep Skin

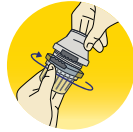


Clean the back of the upper arm with non-moisturizing, fragrance free soap and water. Use the alcohol wipe to remove any residue and let skin completely dry.

Step 2: Prep Sensor



Peel Lid from Pack.



Unscrew applicator cap from sensor applicator.



Place the pack on a hard surface, line up marks on applicator and pack, and press firmly down.

Step 3: Apply Sensor



Lift the applicator out of the pack.



Place the sensor applicator on the cleansed area on the back of the upper arm and push down firmly to apply*. Gently pull the applicator away from the arm.†



Congratulations! You have applied your sensor.



Watch the application video here!



Good to know



Only apply the sensor to the back of your upper arm. You may shave the area where the sensor is applied. Proper application of the sensor will ensure your glucose is properly measured.

* CAUTION: Do NOT push down on the sensor applicator until placed over prepared site to prevent unintended results or injury.
† CAUTION: The sensor applicator now contains a needle. Do NOT touch inside the sensor applicator or put it back into the sensor pack.

4. Get Connected

After you've applied your sensor, it's time to connect to the app*

1. Open the app and tap **Scan New Sensor.**



2. Tap your phone to the sensor to connect



Apple iOS

Use the top of your phone to scan, unit will vibrate once connected.



Android

use the back of your phone to scan, unit will give multiple vibrations when ready.

Ensure your **Near Field Communication (NFC)** is turned on prior to connecting

Once the sensor is paired, you will begin to receive readings **after 1 hour.**



The sensor can only be paired with one device.
Want to share your readings? Turn to page 10 to connect to loved ones and your healthcare provider.†

* 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.

† 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 meter 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.

Time to replace your sensor?

Removing your sensor:

Gently pull up along the edges of the adhesive and slowly peel the sensor away from your skin in a single motion.



You may remove all adhesive residue on the skin with isopropyl alcohol or warm, soapy water.

Disposing your sensor:

Follow the instructions for proper disposal in the Sensor Kit product insert.

Applying a new sensor:

Follow steps 1-4, selecting a slightly different location than your previous sensor.

Need extra stickiness?

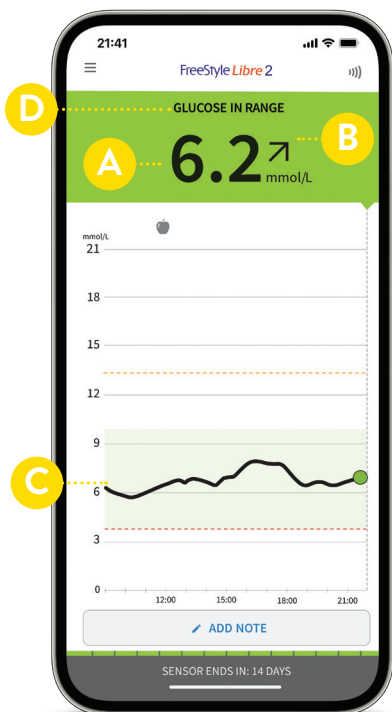
Check out our adhesion guide here:



Meet the app

The FreeStyle Libre 2 app* allows you to see your real-time glucose readings and reports, customize alarms, and share readings with loved ones or your healthcare provider†.

The home page gives you a clear snapshot of your current glucose, and where you're heading:

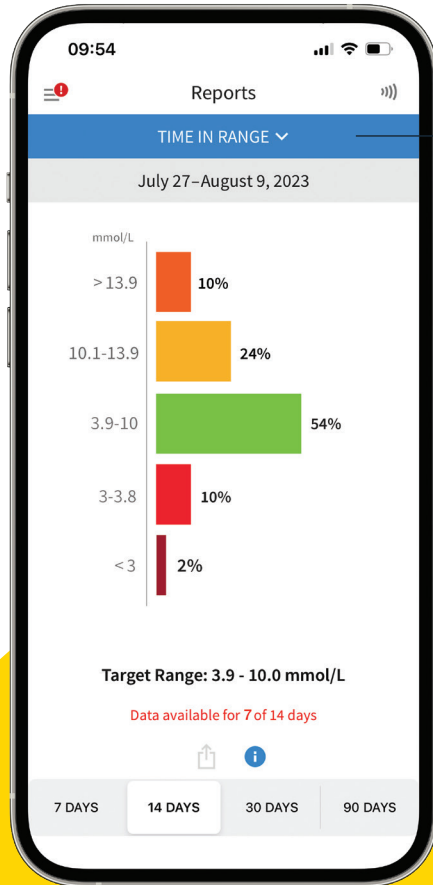


- A** **Current glucose:** gives you an accurate glucose reading
- B** **Glucose trend arrow:** shows you where your glucose is heading
 - ↑ Glucose is rising rapidly (more than 0.1 mmol/L per minute)
 - ↗ Glucose is rising (between 0.06 and 0.1 mmol/L per minute)
 - Glucose is changing slowly (less than 0.06 mmol/L per minute)
 - ↘ Glucose is falling (between 0.06 and 0.1 mmol/L per minute)
 - ↓ Glucose is falling rapidly (more than 0.1 mmol/L per minute)
- C** **Glucose graph:** shows you an 8-hour history of your glucose
- D** **Glucose message:** tells you if you're in or out of range

* 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.

† 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 meter 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.

Your FreeStyle Libre 2 app converts data into easy to understand reports¹.



Time in Range report

The time in range report shows you how long you spend in certain glucose ranges.

The goal is to spend the majority of your time in range, which is green.

Diabetes Canada recommends a time in range of **>70%**²

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.

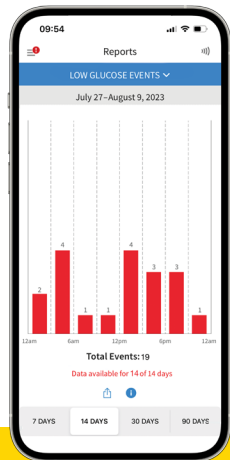
1. Abbott. FreeStyle Libre 2: User's Manual. Mississauga, ON. 2022

2. Diabetes Canada Clinical Practice Guidelines Expert Committee. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can J Diabetes. 2018;42(Suppl 1):S1-S325.

Other reports help complete the picture

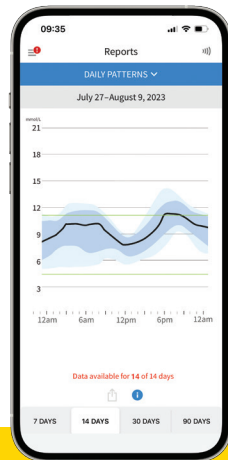
Low glucose events

Shows your low glucose events over a certain time period. A low glucose event is recorded when your sensor reading is lower than 3.9mmol/L for longer than 15 minutes.



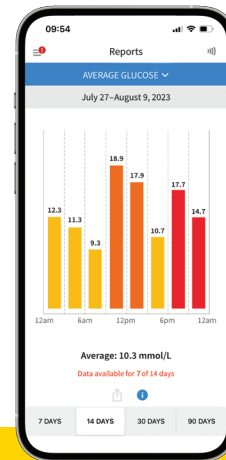
Daily patterns

Shows the pattern and variability of your sensor glucose readings over a typical day, including hypo- or hyperglycemic trends.



Average glucose

Shows the average of your sensor glucose readings for different periods of the day.



Estimated A1C

Shows the estimated A1C based on available sensor data. This is an estimate only and does not replace laboratory A1C testing.



Connecting to care teams

The FreeStyle Libre 2 app* allows you to share your readings with loved ones, caregivers, or your healthcare professional†.

LibreLinkUp ‡

For caregivers or loved ones

With the free LibreLinkUp mobile app, you can invite caregivers or loved ones to remotely monitor your glucose readings and receive alarm notifications.

LibreView §

For healthcare professionals




LibreView is a secure§, cloud-based system that allows you to share your glucose readings with healthcare professionals.



* 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.
† 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 meter 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.
‡ The LibreLinkUp app is only compatible with certain mobile device and operating systems. Please check www.librelinkup.com for more information about device compatibility before using the app. Use of LibreLinkUp and the FreeStyle Libre 2 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 app.
§ LibreView is ISO27001/27018/27701 certified and HITRUST CSF Certified.

Alarms

The FreeStyle Libre 2 app has alarms that work for you.

-  Turn your alarms on or off.
-  Know right away when you're high or low
-  Customize your alarm thresholds






Easy Alarms





Want to get the most out of your FreeStyle Libre 2?
Join the over 70,000 Canadians in the MyFreeStyle Program

What you'll find:

-  Co-pay and insurance information
-  Dedicated customer service team
-  Educational support for your FreeStyle Journey



JoinMyFreeStyle.ca

95%

More than **95% of private plans in Canada** provide some level of coverage* for FreeStyle Libre 2



Customer Support 24/7:
1-888-205-8296



E-mail:
CustomerCareFreeStyleCanada@Abbott.com

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. 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.

* Data on file, Abbott Diabetes Care, Abbott Laboratories Co. Plan coverage criteria may vary based on individual plan design. Talk to your insurance provider or your plan administrator to find out about your coverage eligibility. Plan members may also check their coverage on their insurer's app/website.

1. Applies to FreeStyle Libre users paying cash or those eligible for private insurance with out-of-pocket costs. Eligibility and savings amount may vary.
© 2025 Abbott. FreeStyle, Libre, and related brand marks are marks of Abbott. Product images are for illustrative purposes only. ADC-76815 v4.0

