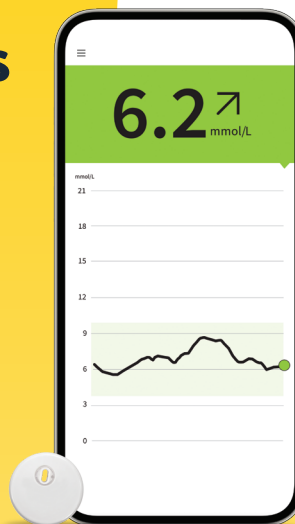




Live Life with Diabetes on your Own Terms

This is progress.



The FreeStyle Libre 3 Flash Glucose Monitoring System (FreeStyle Libre 3 Reader or FreeStyle Libre 3 app used with FreeStyle Libre 3 Plus Sensor) is indicated for measuring interstitial fluid glucose levels continuously in people aged 2 years and older with diabetes mellitus. Always read and follow the label/insert.

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 system apps are only compatible with certain mobile devices and operating systems. Please check the Support section of our website for more information about device compatibility before using the app. Use of the FreeStyle Libre system apps 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**

#1 Coverage in Canada³

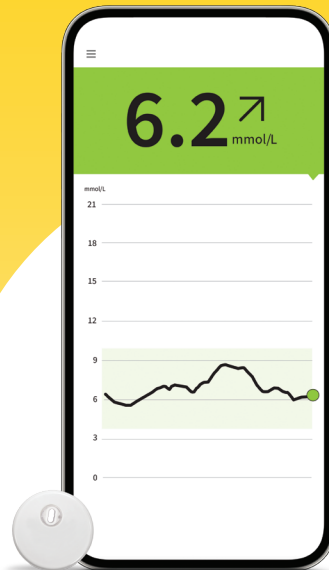
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* Glucose readings are automatically displayed in the FreeStyle Libre system apps only when your patients' smartphone and sensor are connected and in range.

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

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

³Data on File. Abbott Diabetes Care, Abbott Laboratories Co. Based on number of lives covered through public and/or private insurance compared to other sensor-based glucose monitoring devices in Canada.

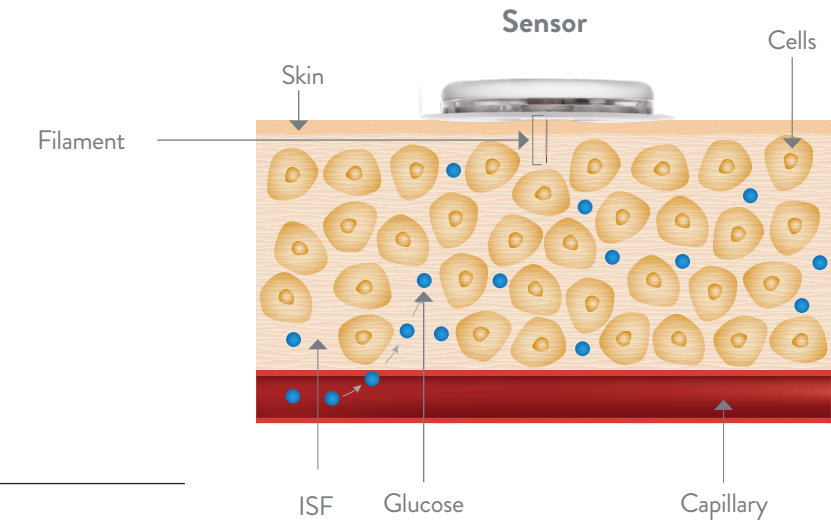


The Sensor

How it works

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

The sensor measures 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**.



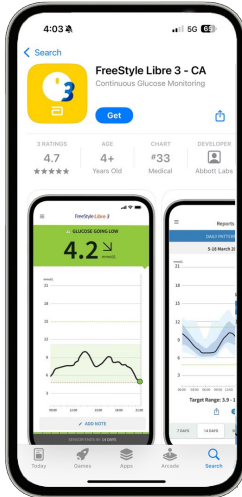
Readings could differ but this is normal, as it takes time for your glucose to move from your blood to your interstitial fluid.

For illustrative purposes only. Image not drawn to scale.

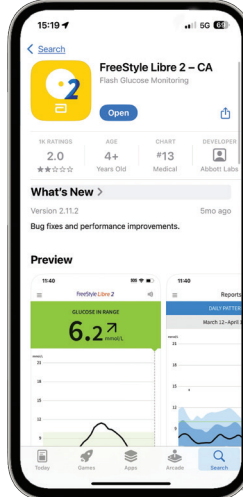
¹National Cancer Institute. Interstitial Fluid. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/interstitial-fluid>. Accessed December 15, 2022.

1. Download the App for FREE

FreeStyle
Libre 3 PLUS



FreeStyle
Libre 2



2. Register for MyFreeStyle

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

 **MyFreeStyle**
www.JoinMyFreeStyle.ca



3. Apply Sensor

FreeStyle
Libre 3 PLUS

Step 1: Wash, prep, dry



Select a site on the back of your upper arm. Clean skin with non-moisturizing, fragrance-free soap and water. Use an alcohol wipe to remove any oily residue and let air-dry.

Step 2: Open applicator



Unscrew cap from applicator and place sensor over the prepared site on the back of your upper arm.

Step 3: Apply Sensor



To apply the sensor, press firmly and listen for the click. Pull back slowly after a few seconds.

FreeStyle
Libre 2

Step 1: Wash, prep, dry



Select a site on the back of your upper arm. Clean skin with non-moisturizing, fragrance-free soap and water. Use an alcohol wipe to remove any oily residue and let air-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.

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* 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.‡

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† 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 Libre system apps 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.

‡ 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?

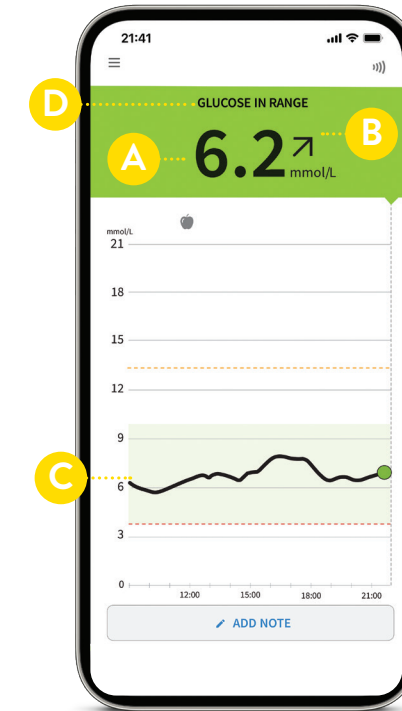
Check out our adhesion guide here:



Meet the App

The FreeStyle Libre systems 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 a recent history of your glucose

D

Glucose message: tells you if you're in or out of range

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Your FreeStyle Libre systems app converts data into easy to understand reports¹

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

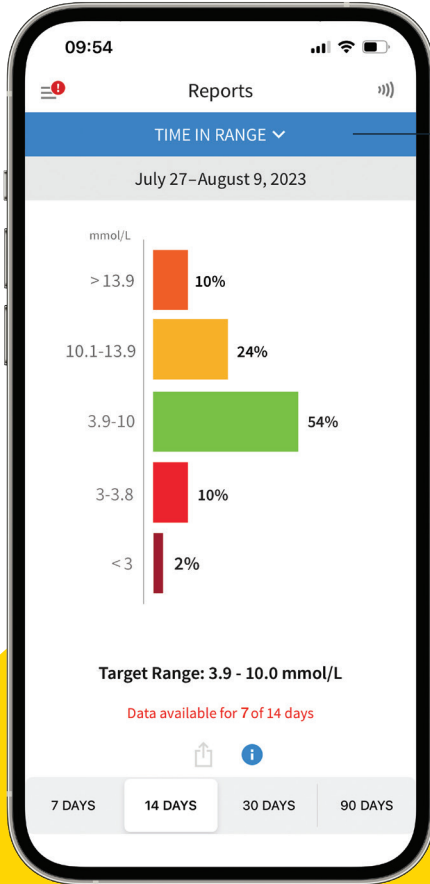
Shows the pattern and variability of your sensor glucose readings over a typical day, including hypo- or hyperglycemic trends.

Average glucose

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

GMI/Estimated A1C

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

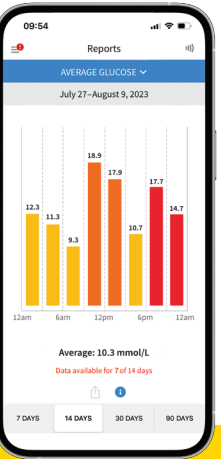
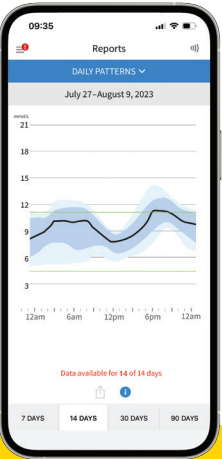
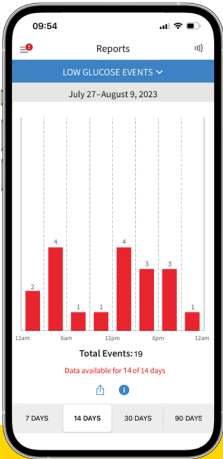


Time in Range report

The Time in Range report shows you how long you spend in certain glucose ranges.

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

Diabetes Canada recommends a Time in Range of greater than 70%²



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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.

Connecting to care teams

The FreeStyle Libre systems 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.

For loved ones and caregivers



Diabetes
care is a
team effort

For healthcare professionals



Alarms

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



Know the minute you are high or low



Turn your alarms on or off



Customize your alarm thresholds



Easy Alarms



[? LEARN MORE](#)

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§ LibreView is ISO27001/27018/27701 certified and HITRUST CSF Certified.

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Want to get the most out of your FreeStyle Libre system?
Join 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

#1 Coverage
in Canada²

You can count on us each step of the way.



Call Now 1-800-461-8481

Monday-Friday 8am-9pm EST
Saturday-Sunday 9am-5pm EST

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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. ² Data on File. Abbott Diabetes Care. Abbott Laboratories Co. Based on number of lives covered through public and/or private insurance compared to other sensor-based glucose monitoring devices in Canada.

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