

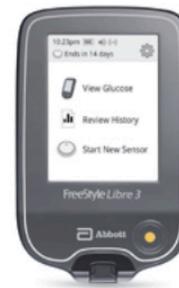
## Instructions for downloading the Abbott FreeStyle Libre 3 app and applying the sensor

### Materials to assemble before applying sensor

- The system consists of a transmitter and sensor unit (pick up at your pharmacy or from a mail order medical distributor).
- The glucose data is ~~then~~ transmitted
  - to your smartphone via an app (see Downloading the App instructions)
  - **Or** to a specific hand-held receiver that you would receive with your sensor application

#### Reader:

- 1 Press the **Home Button** to turn on the reader and touch **Start New Sensor**.
- 2 Hold the reader 1.5 inches from the sensor to **scan and activate it**.
- 3 The sensor can be used to check your glucose **after 1 hour**.



- Confirm that you have the FreeStyle Libre 3
- **Confirm that you are connected to Wi-Fi**
- Check that you have a compatible Smartphone [link](https://www.support.freestyle.abbott/hc/en-us/articles/14771584463127-Which-smartphones-or-operating-systems-are-required-if-i-d-like-to-use-the-FreeStyle-Libre-3-app-with-the-FreeStyle-Libre-3-system) (<https://www.support.freestyle.abbott/hc/en-us/articles/14771584463127-Which-smartphones-or-operating-systems-are-required-if-i-d-like-to-use-the-FreeStyle-Libre-3-app-with-the-FreeStyle-Libre-3-system>) to the compatibility page) and are not using the hand-held receiver option
- Download the Freestyle Libre 3 app from either the Apple Store or Google Play

### Downloading the App (You will need to know your **email and password** to the store)

Log into either the App Store (iOS) or Google Play (Android)



### Steps to use the app

1. Tap to allow the Libre 3 app to use Bluetooth
2. Go slowly and read the helpful tips for Getting Started as you go through the screens
3. Confirm country
4. Check Phone Compatibility
5. Accept End User License Agreement
6. Accept Privacy Agreement

### Steps to create an account

1. Either decline or opt in for research using your data
2. Agree to HIPAA
3. Read and understand the Phone setting warnings
4. Enter first name, last name, date of birth
5. Enter email and create password
6. Indicate unit of mg/dL for glucose readings
7. Check either grams or serving for carbohydrate entries
8. Get Started
  - a. Follow tutorial for instructions – read each screen carefully for understanding
  - b. Check phone settings –
    - i. Allow notifications
    - ii. Allow critical alerts

### Stop at Apply New Sensor screen

If this is your first time applying a new sensor, tap on ? icon to view the tutorial

### Steps to Apply Sensor (Note, these are the same steps that are in the onscreen tutorial)

1. Apply to the back of the upper arm
2. Wash area with warm water and soap or alcohol swab, and allow to dry
3. Unscrew cap from Sensor Applicator
4. Place sensor applicator over prepared site and push down firmly to activate.  
Do not press down on sensor applicator until it is firmly against your skin
5. Gently remove the applicator, and run your finger around adhesive to secure
6. Discard Sensor Applicator according to local regulations

Once the sensor is applied then:

Tap on **Next** on the screen

**Scan New Sensor** (you only have to perform a scan once to connect sensor to app)

Hold the back of the phone (midway or closer to camera) over the sensor until you feel a double vibration on your phone (or ping if your sound is on)

Read the important notice on Vitamin C supplements – Intakes higher than 500 mg a day can falsely raise the sensor reading

**Warm up time is 1 hour** (count down on your screen). At the end of the hour, you will start to see your reading when you open the app.

**It is very important to always keep the app running in the background to continue to transfer data to the phone. If the phone runs out of battery, the transmitter will store data up 14 days.**

### Helpful resources

[https://freestyleserver.com/Payloads/IFU/2022/q2/DOC44922\\_Rev-B/Assets/product\\_overview\\_getting\\_to\\_know\\_freestyle\\_libre\\_app.html](https://freestyleserver.com/Payloads/IFU/2022/q2/DOC44922_Rev-B/Assets/product_overview_getting_to_know_freestyle_libre_app.html)  
video- <https://www.youtube.com/watch?v=CRDitmOolOc>

**Abbott Customer Service Phone Number – 855-632-8658**

**On-Line Support - <https://www.freestyle.abbott/us-en/support/contact-us.html>**

### To connect your data to your clinician portal

From the home screen of the Libre 3 app

**Tap** on the **3 horizontal lines** in the top left hand corner

**Scroll down** and **tap Connected Apps**

**Tap Connect to Libreview**

**Tap Connect to Practice**

**Enter your Practice's ID** (8-16 character, unique to each practice)

**Tap Connect**

Note: if you want to share your data with someone else besides your clinician office – you will need to use a different app called the LibreLink app. It is also available in either the Google play store and the Appstore.

**Speak with your clinician on the appropriate alarm settings for your management plan. You can access alarm settings in the same dropdown from the 3 horizontal lines in the top left hand corner of the app screen**

<https://www.youtube.com/watch?v=qkQCDw431MM>

Practice Name: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Provider: \_\_\_\_\_

Practice ID: \_\_\_\_\_