

## Flash Glucose Monitoring invitation

Dear **Sir or Madam**,

You have been identified to be eligible for the FreeStyle Libre 2 Flash Glucose Monitoring system to support self-management of your diabetes and replace routine finger prick testing<sup>1</sup>. Please follow the steps below to complete the training and initiation process. If you are unable to do this online, please contact (**insert practice/hospital details**) to book onto the next available face to face training session.



### What is the FreeStyle Libre 2 system?

The FreeStyle Libre 2 system eliminates the need for painful routine finger pricks<sup>1</sup> offering an easy way to check glucose with a painless<sup>2</sup> 1-second scan even through clothing<sup>3</sup>. Now with optional alarms to let you know when your glucose is too high or too low.

The small, discreet sensor worn on the back of the upper arm continuously measures the glucose concentration in the body's interstitial fluid. It is worn for up to 14 days and is water-resistant so continues to work while you shower, swim or exercise.<sup>4</sup>

You can use the FreeStyle Libre 2 reader or FreeStyle LibreLink app<sup>5</sup> to scan your FreeStyle Libre 2 sensor and receive your glucose levels and alarms. For a complete glycaemic picture on a device, you must scan your FreeStyle Libre 2 sensor every 8 hours with that device.

### What do I need to do?

#### Option A: Live interactive FreeStyle Libre 2 system training webinar



**Step 1. Register for a webinar and order your starter kit\*** - Please visit the following link whereby you will be asked to register for a live webinar. <https://app.livestorm.co/abbott-uk-sales-team/freestyle-libre-2-training-west-region-please-pick-your-date-311?type=detailed> Once registered, you will receive a confirmation email with instructions on how to order your free starter kit, download the FreeStyle LibreLink app<sup>5</sup> to scan your sensor with and join the training session. (Please check your junk mailbox if you have not received it within a day.)

**Step 2. Attend webinar** – following webinar, please retain email confirmation of attendance and notify your health care professionals/GP practice so the FreeStyle Libre 2 sensors can be added to your repeat prescription.

#### Option B: On-demand training video



**Step 1. Order your starter kit\*** - Please visit the following link [freestylediabetes.co.uk/fsl2sce](https://freestylediabetes.co.uk/fsl2sce) whereby you will be asked to complete a sample request form, as well as download the FreeStyle LibreLink app<sup>5</sup> to scan your sensor with.

*If you can't download the LibreLink app, tick no on the sample request form and you can order a reader/A5X device to scan with. If using an A5X it will come with instructions and you can watch a short 8min set up video here <https://youtu.be/8WrXhsCwj9E>*

***Important** - Please set up your A5X device before watching the FreeStyle Libre 2 starter clinic video detailed in step 2.*



**Step 2. Complete your training** - When your starter kit arrives and before applying your sensor for the first time, please complete the following FreeStyle Libre 2 system training video and download your completion certificate. [FreeStyleDiabetes.co.uk/FSL2start](https://FreeStyleDiabetes.co.uk/FSL2start). \*Please inform your healthcare professional /GP practice when you have completed the training so the FreeStyle Libre 2 sensors can be added to your repeat prescription.

\*Once sample request has been submitted the FreeStyle Libre 2 system starter kit will be delivered to the address you specified (delivery may take up to 7 working days). **Please note:** As part of the instructions for sensor application you will require alcohol wipes. **Alcohol wipes are not provided in the sensor kit** but are readily available at minimal cost from pharmacies and other retailers.

**Step 3 (optional). Link to LibreView Practice** – For your Diabetes Team to support you remotely please connect to our LibreView practice by entering Practice ID (**insert practice ID**). You will be shown how to do this as part of your training and instructions can also be found in the materials issued with your starter pack.

Kind regards

[Insert contact details]

**Additional Education:**

FreeStyle Academy e-learning (optional): <https://progress.freestylediabetes.co.uk/>  
Useful Information and videos <https://www.freestylediabetes.co.uk>

**Abbott Customer Careline:**

General enquiries and sensor replacements: 0800 170 1177 (Mon-Fri 8:00am – 8:00pm, Sat 9:00am – 5:00pm)  
Digital Health Solutions (FreeStyle LibreLink, LibreLinkUp and LibreView): 0800 612 3006 (Mon-Fri 8:00am – 5:30pm)

**Product image for illustrative purposes only. Not real patient or data.**

1. Finger pricks are required if your glucose readings and alarms do not match symptoms or expectations. 2. Haak, Thomas., et al. Flash glucose-sensing technology as a replacement for blood glucose monitoring for the management of insulin-treated type 2 diabetes: a multicenter, open label randomized controlled trial. *DiabetesTherapy* 8.1 (2017): 55-73. 3. The reader can capture data from the sensor when it is within 1cm to 4cm of the sensor. 4. Sensor is water resistant in up to 1 metre (3 feet) of water for a maximum of 30 minutes. Do not immerse longer than 30 minutes. Not to be used above 10,000 feet. 5. Patients choose which device they want to receive alarms: FreeStyle Libre 2 reader or FreeStyle LibreLink app. They must start their FreeStyle Libre 2 sensor with that selected device. Once the patient scans their FreeStyle Libre 2 sensor with that device, they can receive alarms only on that device. 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 requires registration with LibreView.

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