

Invitation to benefit from Flash glucose monitoring technology

You have been identified to be initiated onto the FreeStyle Libre 2 flash glucose monitoring system in order to help self-manage your diabetes and to connect to the clinic to facilitate remote consultations when needed.

What is the FreeStyle Libre 2 system?

The FreeStyle Libre 2 system eliminates the need for painful routine finger pricks¹ offering an easy way to check glucose with a painless² 1-second scan even through clothing³. 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.⁴



You can use the FreeStyle Libre 2 reader or FreeStyle LibreLink app⁵ 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?

Step 1. Please visit the following link freestylediabetes.co.uk/fsl2sce whereby you will be asked to complete a sample request form, as well as download the FreeStyle LibreLink app⁵. To complete your order, enter code **bshotmis**.

Step 2. Once sample request has been submitted the FreeStyle Libre 2 system starter kit will be delivered to the address specified. (delivery may take up to 7 working days).

Step 3. When your sample arrives, it will include a Patient information booklet and LibreView Patient Guide. These will explain how the FreeStyle Libre 2 system works, how to apply new sensors as well as lots of other helpful information. Follow the instructions on how to get started and apply the sensor.

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 4. Follow the instructions in the LibreView Patient Guide to set up a LibreView account. (If you have downloaded the FreeStyle LibreLink App you will automatically have a LibreView account and just need to login using the same username and password). Follow instructions on the LibreView Patient Guide on how to 'Link to your practice' by entering the following 'practice ID' **05235867**

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

Step 5. Please complete the FreeStyle Academy for additional learning and education <https://progress.freestylediabetes.co.uk/>

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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Kind regards

Your Diabetes Team

Additional Information can be found below;

<https://www.freestylediabetes.co.uk> - Patient oriented site full of information and videos to get you up and running with the sensor and digital health solutions

Abbott Customer Services

General enquiries:

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)