



Continuous Glucose Monitor

Quick Start Guide



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Disclaimers

The University of Michigan, its faculty, or its staff, in no way endorses or recommends any specific brand of continuous glucose monitoring device available in the marketplace.

Continuous glucose monitoring devices provided as a part of this continuing medical education course are for instructional and experience purposes only and are not intended to influence clinical decision making, nor constitute an endorsement by The University of Michigan, its faculty, or its staff. Funding support to furnish the continuous glucose monitoring devices was provided by Blue Cross Blue Shield of Michigan.

No members of the MCT2D Coordinating Center have any financial or personal stake in any continuous glucose monitoring manufacturer.

What's Included in Your Kit

Each kit contains components to get you started using a Continuous Glucose Monitor (CGM). What is included in your kit depends on your response to our survey.

If you believe you received the incorrect components or would like to request a reader or replacement please contact Jacob Reiss (jereiss@med.umich.edu).

A

If you requested a reader, your kit includes:

- FreeStyle Libre Reader Kit
- FreeStyle Libre Sensor Kit
- Quick Start Guide

Required:

Section 1 - Getting Started with the FreeStyle Libre Continuous Glucose Monitor (pg. 5)

Optional:

Section 2 - Getting Started with the FreeStyle LibreLink Mobile App (pg. 13)

Section 3 - Getting Started with LibreView Cloud-Based Diabetes Management System (pg. 20)

B

If you did not request a reader, your kit includes:

- FreeStyle Libre Sensor Kit
- Quick Start Guide

Required:

Section 1.3 - Let's Apply your Sensor (pg. 9)

Section 1.6 - Taking Your Sensor Off (pg. 12)

Section 2 - Getting Started with the FreeStyle LibreLink Mobile App (pg. 13)

Optional:

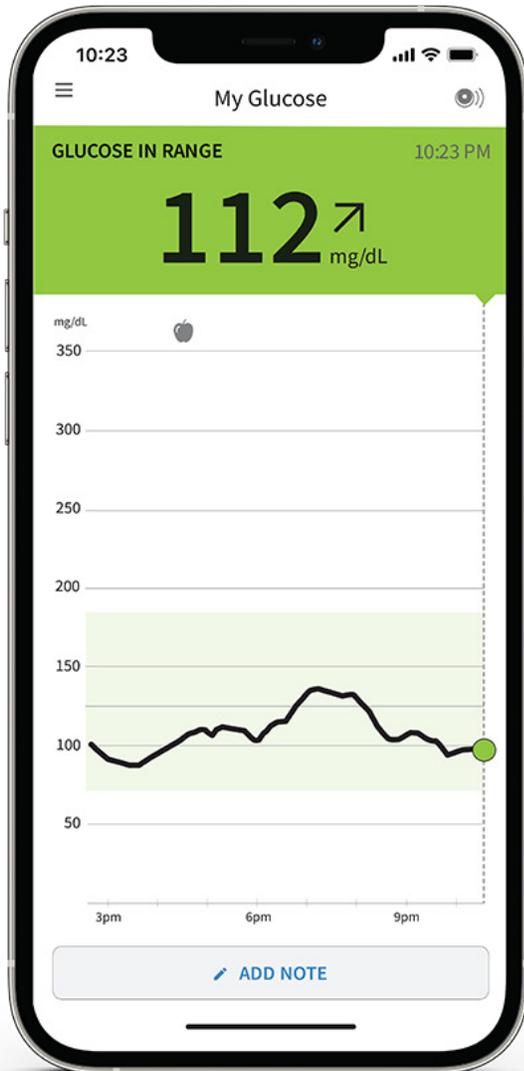
Section 3 - Getting Started with LibreView Cloud-Based Diabetes Management System (pg. 20)



Section 1

Getting Started with the

FreeStyle Libre Continuous Glucose Monitor





FreeStyle Libre CGM Instructional Videos

Scan or visit FreeStyle US on Youtube to watch

Getting Started and Applying a Sensor



<https://youtu.be/0cXwO9YBJxE>

Using the FreeStyle LibreLink Mobile App



<https://youtu.be/p79wY4j0qQg>

Getting your first reading



<https://youtu.be/oJeOP7uBrgA>

Scanning your sensor with an iPhone



<https://youtu.be/PSr9CXh-uOQ>

System Features and Settings



<https://youtu.be/O3B-p5OiBnE>

Using Your iPhone and Reader Together



<https://youtu.be/cjw7l6ZzZ6s>

1.1 Let's Get Started!

Open up the boxes you received. You should have the following components:

Reader Kit

The Reader Kit includes:

- FreeStyle Libre Reader
- USB Cable
- Power Adapter
- User's Manual
- Quick Start Guide



Touchscreen

USB Port
Used to charge the Reader and connect it to a computer.

Test Strip Port
Insert a test strip here to use the built-in meter.

Home Button
Turns the Reader on/off and takes you to the Home screen from any other screen.

Sensor Kit

The Sensor Kit includes:

- Sensor Pack
- Sensor Applicator
- Product insert
- Alcohol wipe



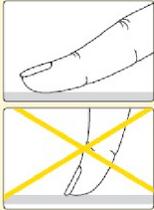
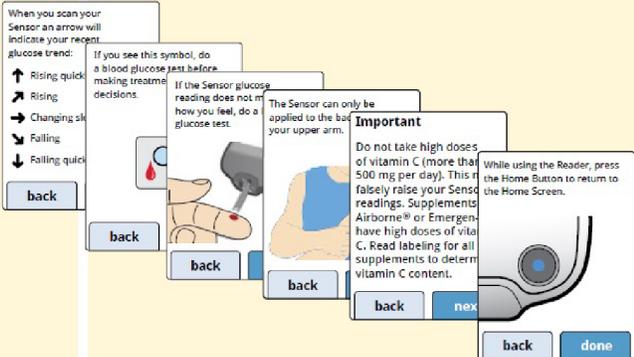
Sensor Pack
Used with the Sensor Applicator to prepare the Sensor for use.



Sensor Applicator
Applies the Sensor to your body.

1.2

Let's Set Up Your Reader!

Step	Action
<p>1</p> 	<p>Press the Home Button to turn on the Reader.</p>
<p>2</p> 	<p>If prompted, use the touchscreen to select your preferred language for the Reader. Touch OK to continue.</p> <p>Note: Use the pad of your finger. Do NOT use your fingernail or any other object on the screen.</p>
<p>3</p> 	<p>Set the Current Date using the arrows on the touchscreen. Touch next to continue.</p>
<p>4</p> 	<p>Set the Current Time. Touch next to continue.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>CAUTION: It is very important to set the time and date correctly. These values affect the Reader data and settings.</p> </div>
<p>5</p>	<p>The Reader now displays important information about key topics to help you use the System:</p> <ul style="list-style-type: none"> • How to understand the Glucose Trend Arrow included on the Glucose Reading screen. • When to do a blood glucose test. • Where to apply the Sensor. • Why not to take more than 500 mg of Vitamin C supplements per day. • How to return to the Home Screen from any other screen. <div style="display: flex; align-items: flex-start; margin-top: 20px;"> <div style="flex: 1;">  </div> <div style="flex: 1; padding-left: 20px;"> <p>Touch next to move to the next topic. At the end of the Reader setup, touch done to go to the Home Screen.</p> </div> </div>

1.3

Let's Apply Your Sensor!

Step	Action
<p>1</p> 	<p>Apply Sensors only on the back of your upper arm. Avoid areas with scars, moles, stretch marks or lumps.</p> <p>Select an area of skin that generally stays flat during your normal daily activities (no bending or folding). Choose a site that is at least 2.5 cm (1 inch) away from an insulin injection site. To prevent discomfort or skin irritation, you should select a different site other than the one most recently used.</p>
<p>2</p> 	<p>Clean application site with an alcohol wipe and allow site to dry before proceeding. This helps the Sensor stay attached to your body.</p> <p>Note: The area MUST be clean and dry, or the Sensor may not stick to the site.</p>
<p>3</p> 	<p>Open the Sensor Pack by peeling the lid off completely. Unscrew the cap from the Sensor Applicator and set the cap aside.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>CAUTION: Do NOT use if the Sensor Pack or the Sensor Applicator seem to be damaged or already opened. Do NOT use if past expiry date.</p> </div>
<p>4</p> 	<p>Line up the dark mark on the Sensor Applicator with the dark mark on the Sensor Pack. On a hard surface, press firmly down on the Sensor Applicator until it comes to a stop.</p>
<p>5</p> 	<p>Lift the Sensor Applicator out of the Sensor Pack.</p>

6



The Sensor Applicator is prepared and ready to apply the Sensor.

CAUTION: The Sensor Applicator now contains a needle. Do NOT touch inside the Sensor Applicator or put it back into the Sensor Pack.

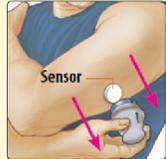
7



Place the Sensor Applicator over the prepared site and push down firmly to apply the Sensor to your body.

CAUTION: Do NOT push down on the Sensor Applicator until placed over prepared site to prevent unintended results or injury.

8



Gently pull the Sensor Applicator away from your body. The Sensor should now be attached to your skin.

Note: Applying the Sensor may cause bruising or bleeding. If there is bleeding that does not stop, remove the Sensor, and apply a new one at a different site.

9



Make sure the Sensor is secure after application. Put the cap back on the Sensor Applicator. Discard the used Sensor Pack and Sensor Applicator according to local regulations.

1.4 Let's Start Your Sensor!

Step	Action
1	 <p>Press the Home Button to turn on the Reader.</p>
2	 <p>Touch Start New Sensor.</p>
3	 <p>Hold the Reader within 1.5 inches (4 cm) of the Sensor to scan it. This starts your Sensor. If sounds are turned on, the Reader beeps when the Sensor has been successfully activated. The Sensor can be used to check your glucose after 60 minutes.</p> <p>Note: If the Sensor is not successfully scanned within 15 seconds, the Reader displays a prompt to scan the Sensor again. Touch OK to return to the Home Screen and touch Start New Sensor to scan your Sensor.</p>



CONGRATS

You have successfully applied and set up your Freestyle Libre CGM!

1.5 Checking Your Glucose

NOTE: Glucose cannot be checked until the 60-minute warm-up period is over.

Step	Action
1	 Turn the Reader on by pressing the Home Button or touch Check Glucose from the Home Screen.
2	 <p>Hold the Reader within 1.5 inches (4 cm) of your Sensor to scan it. Your Sensor wirelessly sends glucose readings to the Reader. If sounds are turned on, the Reader beeps when the Sensor has been successfully scanned.</p> <p>Note: If the Sensor is not successfully scanned within 15 seconds, the Reader displays a prompt to scan the Sensor again. Touch OK to return to the Home Screen and touch Check Glucose to scan your Sensor.</p>
3	 The Reader displays your current glucose reading along with your glucose graph and an arrow indicating the direction your glucose is going.

1.6 Taking Your Sensor Off

To take your sensor off, slowly peel it off your skin like you would a band aid, but do not yank it. Once removed, you should see a small flexible fiber on the bottom side of the sensor.





Section 2

Getting Started with the

FreeStyle LibreLink Mobile App



The FreeStyle LibreLink app allows users to use their compatible smartphone as their CGM reader to capture and view their glucose levels, eight-hour glucose history and see a directional arrow indicating the direction in which their glucose is trending.

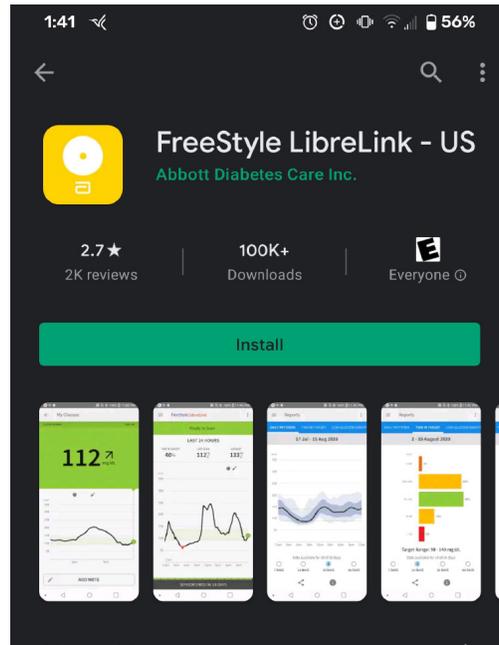
2.1 Verify That Your Phone is Compatible

Use the table below to determine if your phone is compatible.

Device	Operating System
iPhone 7, 7 Plus, 8, 8 Plus, X, XR, XS, XS Max, 11, 11 Pro, 11 Pro Max, 12, 12 Pro, 12 Pro Max, 12 Mini, SE (2020)	iOS: 13.2, 13.3, 13.4, 13.5, 13.6, 13.7, 14.0, 14.1, 14.2, 14.5.1, 14.6, 14.7.1, 14.8, 15.0
Samsung Galaxy Note 8, S7 Edge, S8, S8+, S9, S10, A32 5G, A52 5G	Android: 7.1, 8, 9, 10, 11
Google Pixel, Pixel 2, Pixel 2 XL, Pixel 3, Pixel 3 XL, Pixel 4, Pixel 4 XL	
Sony Xperia 1, Xperia 5, Xperia 8, Xperia 10 II	
LG Nexus 5X	

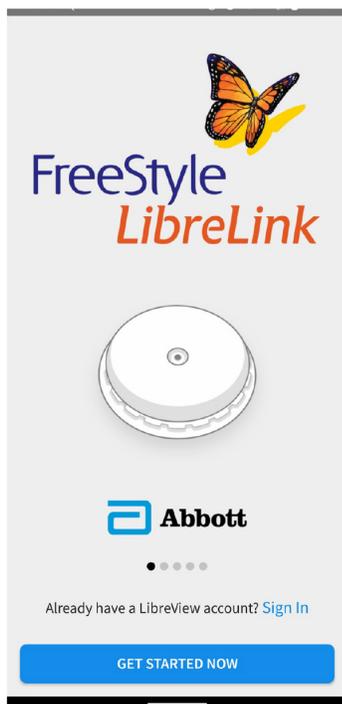
2.2 Install the App

Find the app in the App / Google Play Store by searching for “FreeStyle LibreLink.” Select the app that looks like the one in the image to the right and click install.

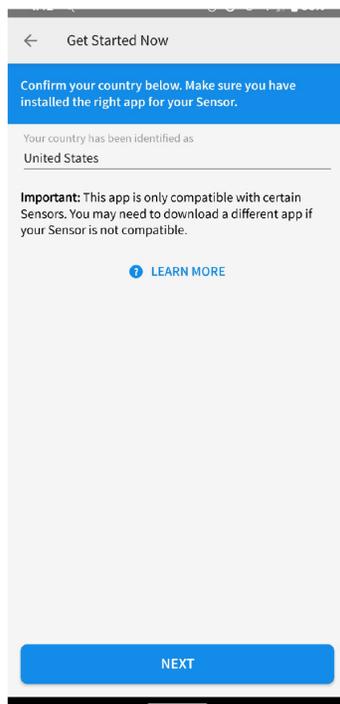


2.3 Create Your Account

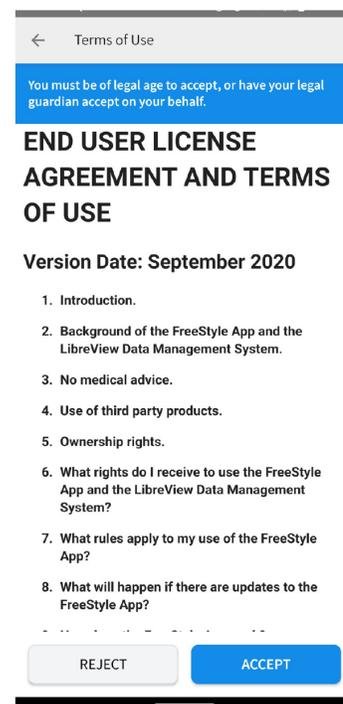
Opening the app for the first time you will be greeted with the following sequence of screens to create your account. Follow the instructions on the screen and answer the questions accordingly.



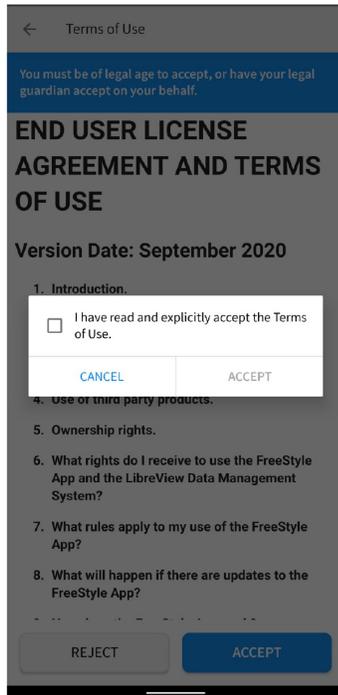
Click “Get Started Now”



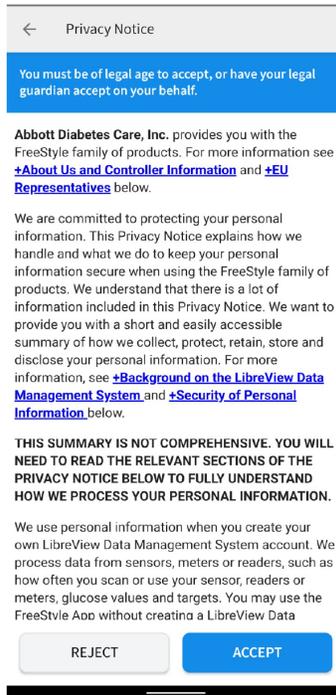
Select “United States” if not already selected. Then click “Next”



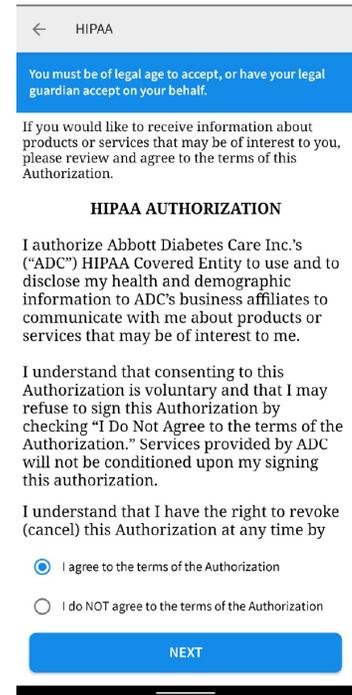
Click “Accept” on the End User License Agreement



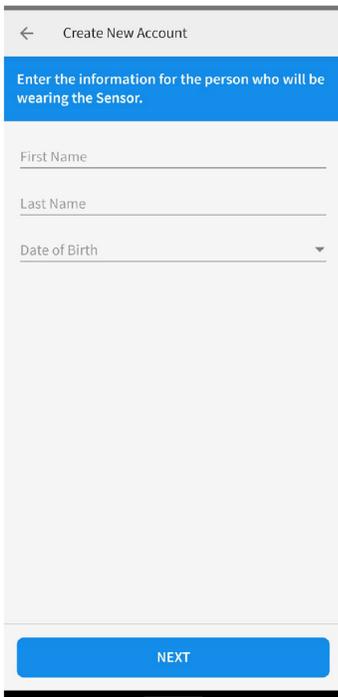
Check the box and click “Accept” for the Terms of Use



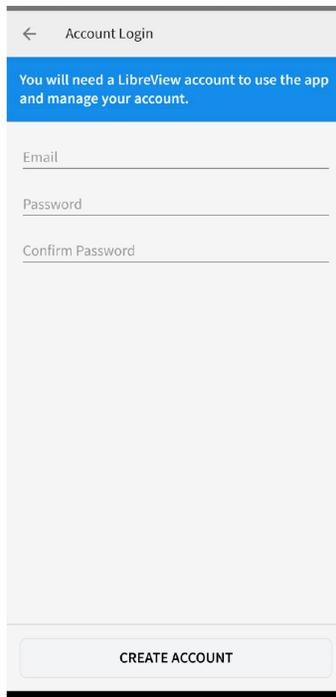
Click “Accept” on the Privacy Notice



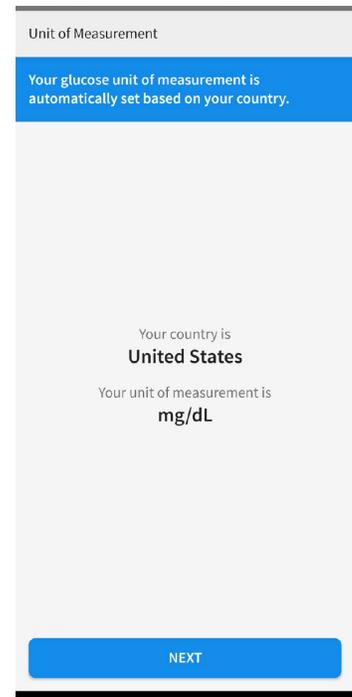
Agree to the HIPAA Authorization and click “Next”



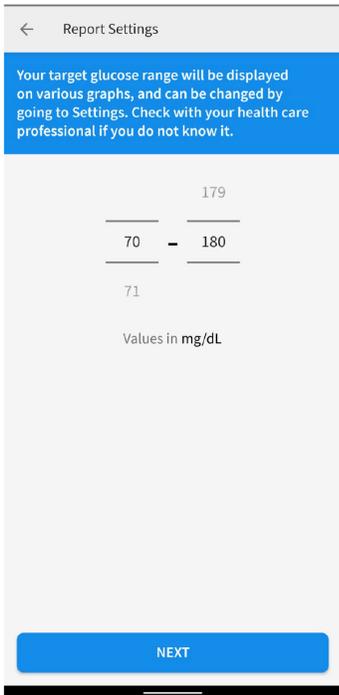
Enter your First and Last Name and Date of Birth. Then click “Next”



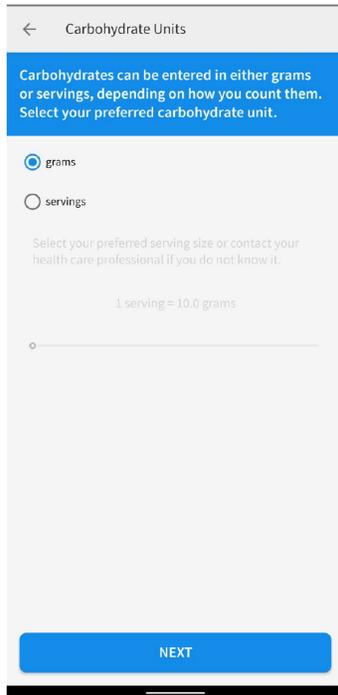
Enter your email address and create a password. Then click “Create Account”



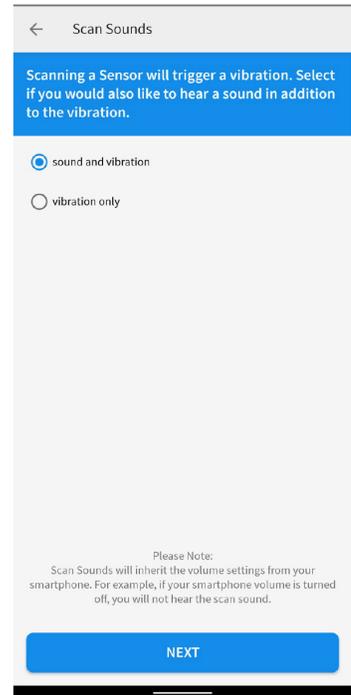
Confirm that your desired glucose unit is selected. Then click “Next”



Enter your target glucose range and click “Next”



Select how you would like to measure carbs and click “Next”



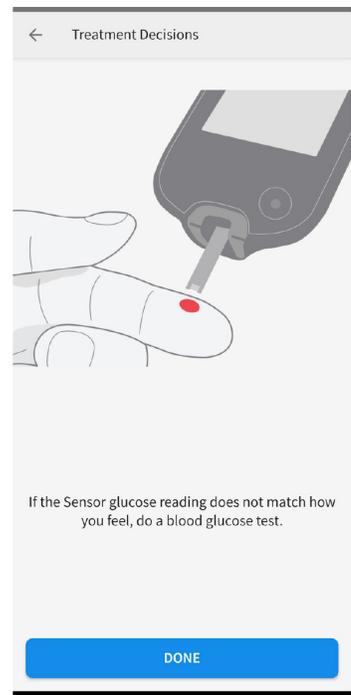
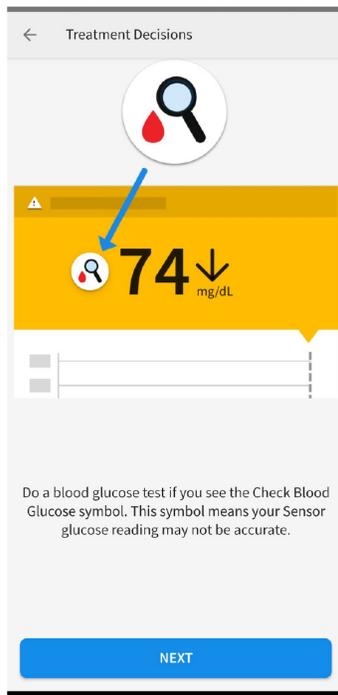
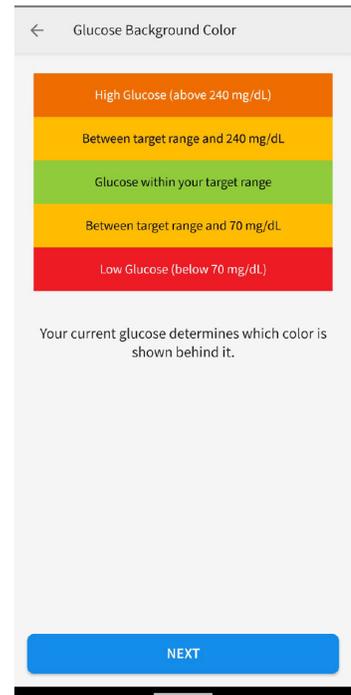
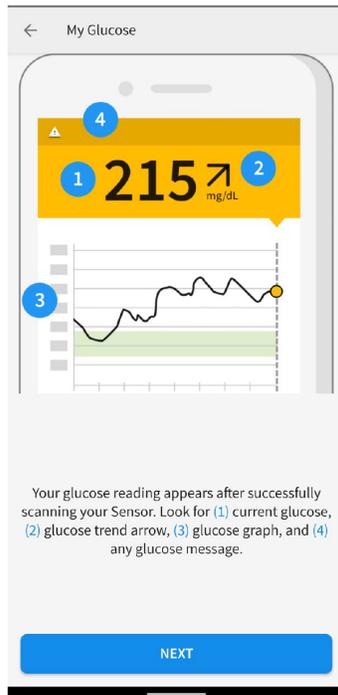
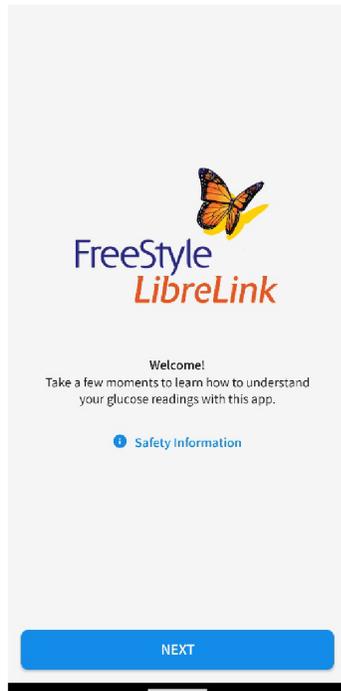
Select your desired scan sounds and click “Next”

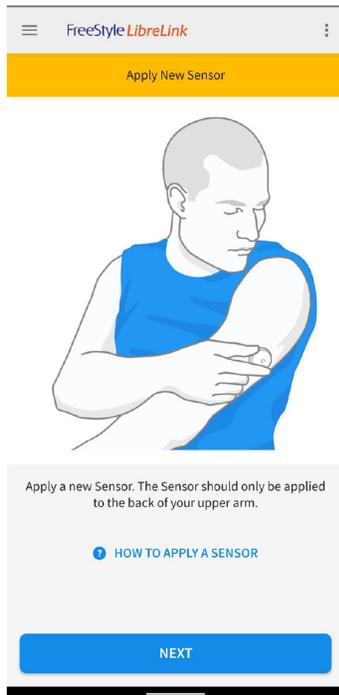



CONGRATS
 You have successfully created your LibreLink Account!
 Click “Next” to learn about understanding glucose readings in LibreLink.

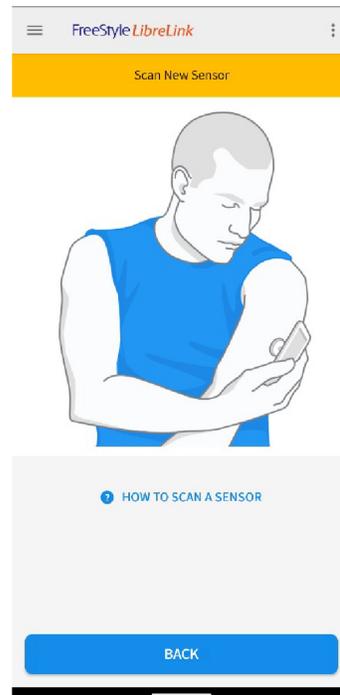
2.4 Complete Glucose Reading Tutorial

Now that you have set up your account, LibreLink will walk you through some educational screens.





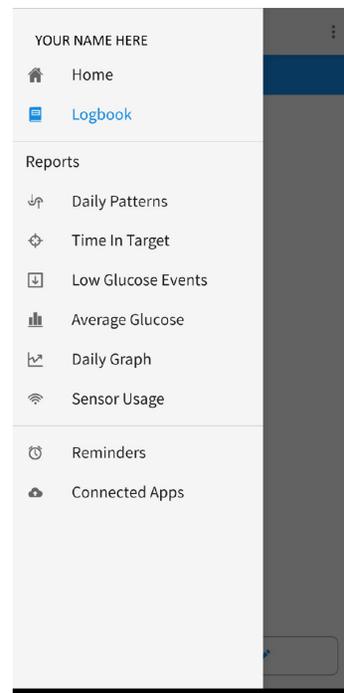
You can click on the “HOW TO APPLY A SENSOR” link to get help applying your sensor.



You can click on the “HOW TO SCAN A SENSOR” link to get help with using your phone to scan your sensor.

2.5 Explore the App

Now that you have gone through the educational screens, you can explore the app!



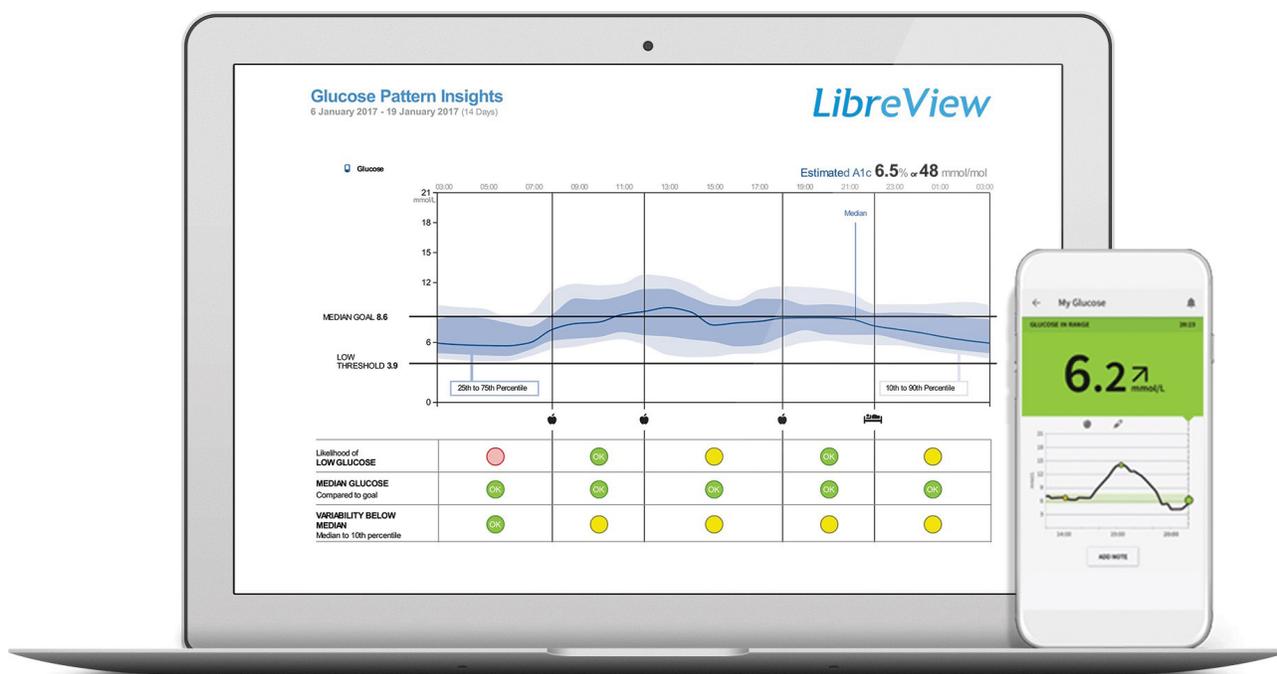


Section 3

Getting Started with

LibreView

Cloud-Based Diabetes Management System



Freestyle LibreView is a web-based application that allows users who use the stand alone FreeStyle reader to upload their data and view their reports. Users who use their smartphone as their reader can still use LibreView to see their reports using the same login that they use for their LibreLink App. Users who use both the stand alone receiver and the LibreLink App can use LibreView to see their combined data.



LibreView Instructional Videos

Scan or visit LibreView on Youtube to watch

LibreView Overview



<https://youtu.be/572-sx9MXlg>

Account Setup and Installation



<https://youtu.be/9Z7y4PxpRzQ>

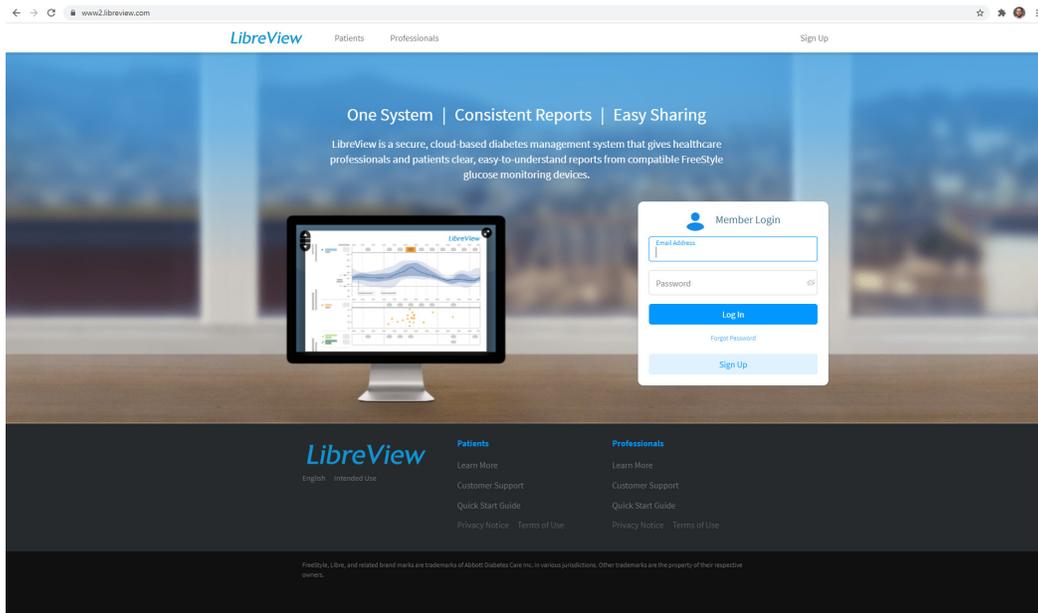
FreeStyle Libre Reports



<https://youtu.be/wxlqxrzStng>

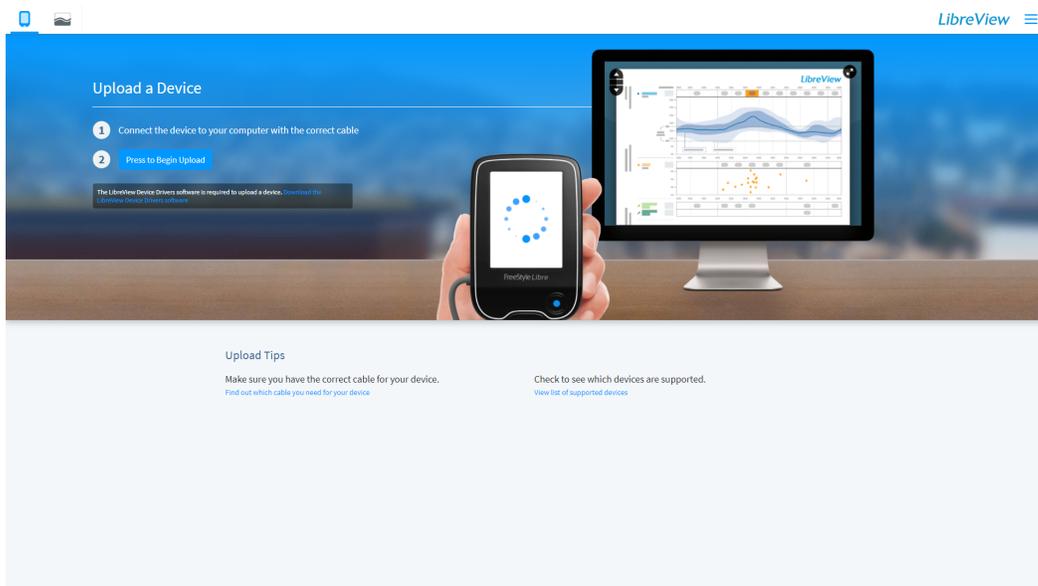
3.1 Login To LibreView

Visit **libreview.com** and login to your account or sign up for a either a professional or patient account.

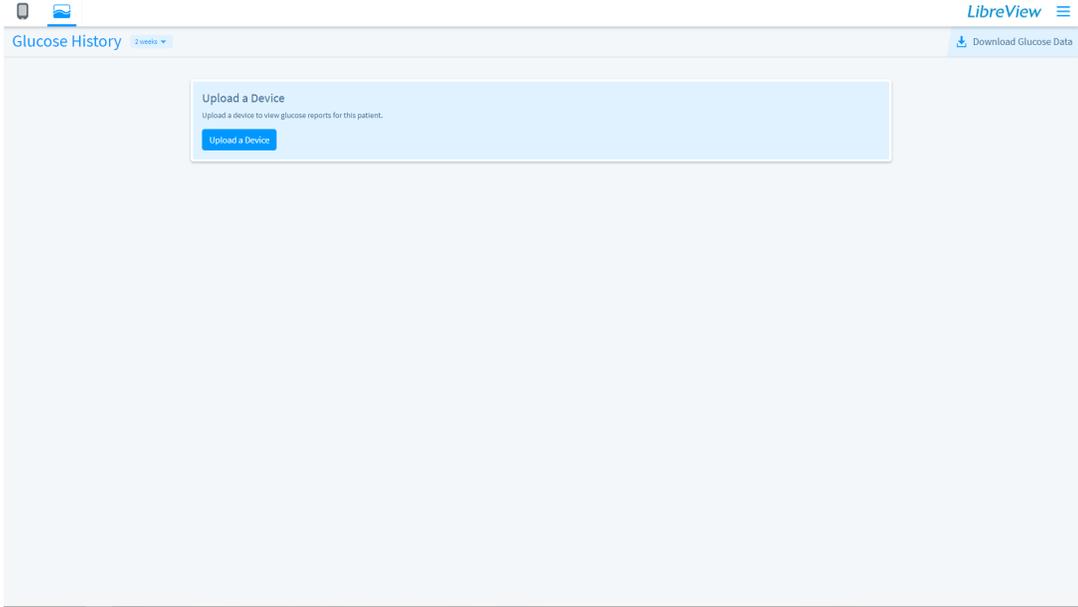


3.2 (Optional) Upload Glucose Data from a Reader

If you are using a reader, connect it to your computer to upload data to your LibreView account.



3.3 View Your Glucose History





www.mct2d.org