

# Continuous Glucose Monitor

## Quick Start Guide



[www.mct2d.org](http://www.mct2d.org)



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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).



## If you requested a reader, your kit includes:

- FreeStyle Libre 2 Reader Kit
- FreeStyle Libre 2 Sensor Kit
- Quick Start Guide

### Required:

**Section 1** - Getting Started with the FreeStyle Libre 2 Continuous Glucose Monitor (pg. 5)

### Optional:

**Section 2** - Getting Started with the FreeStyle Libre 2 Mobile App (pg. 14)

**Section 3** - Getting Started with LibreView Cloud-Based Diabetes Management System (pg. 25)



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

- FreeStyle Libre 2 Sensor Kit
- Quick Start Guide

### Required:

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

**Section 1.6** - Taking Your Sensor Off (pg. 13)

**Section 2** - Getting Started with the FreeStyle Libre 2 Mobile App (pg. 14)

### Optional:

**Section 3** - Getting Started with LibreView Cloud-Based Diabetes Management System (pg. 25)





## Section 1

# Getting Started with the FreeStyle Libre 2 Continuous Glucose Monitor





## FreeStyle Libre 2 CGM Instructional Videos

Scan or visit FreeStyle US on Youtube to watch

### How to Apply the FreeStyle Libre 2 Sensor



<https://youtu.be/dox4b2fNyHU>



### Getting your first glucose reading



<https://youtu.be/nmO6RDqnMcE>





# 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 2 Reader
- USB Cable
- Interactive Tutorial on USB
- Power Adapter
- User's Manual
- Quick Start Guides for Reader & App
- Quick Reference Guide

### USB Port

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



### Touchscreen

### Home Button

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

### Test Strip Port

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

## 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

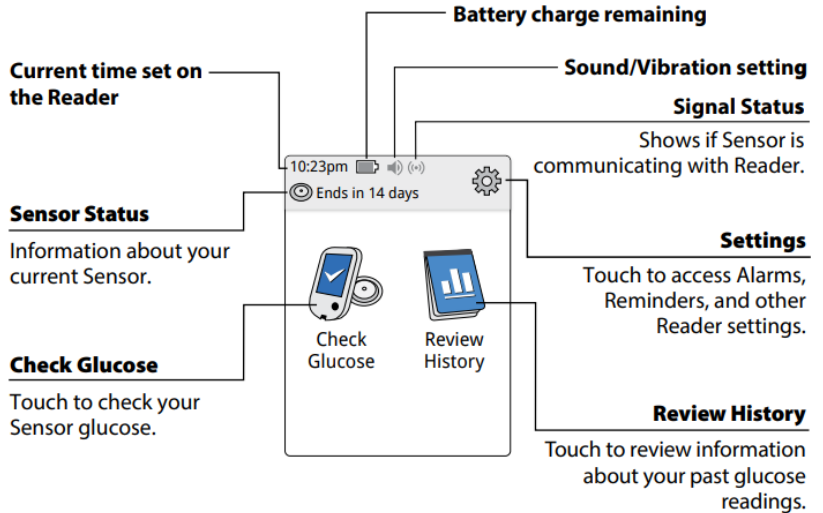
Applies the Sensor to your body.

# 1.2 Let's Set Up Your Reader!

Step	Action
1	 <p>Press the Home Button to turn on the Reader.</p>

### Reader Home Screen

The Reader Home screen provides access to information about your glucose and the System. You can press the Home Button to get to the Home screen.



**Current time set on the Reader**

**Sensor Status**  
Information about your current Sensor.

**Check Glucose**  
Touch to check your Sensor glucose.

**Battery charge remaining**

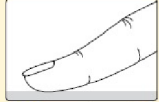
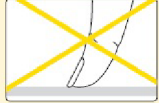
**Sound/Vibration setting**


**Signal Status**  
Shows if Sensor is communicating with Reader.

**Settings**  
Touch to access Alarms, Reminders, and other Reader settings.

**Review History**  
Touch to review information about your past glucose readings.

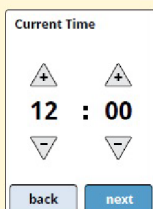
**Note:** Sound/Vibration setting and Signal Status symbols only display when any alarm is on.

2	  <p>If prompted, use the touchscreen to select your preferred language for the Reader. Touch <b>OK</b> to continue.</p> <p><b>Note:</b> Use the pad of your finger. Do NOT use your fingernail or any other object on the screen.</p>
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3	 <p>Set the <b>Current Date</b> using the arrows on the touchscreen. Touch <b>next</b> to continue.</p>
---	--



**4**



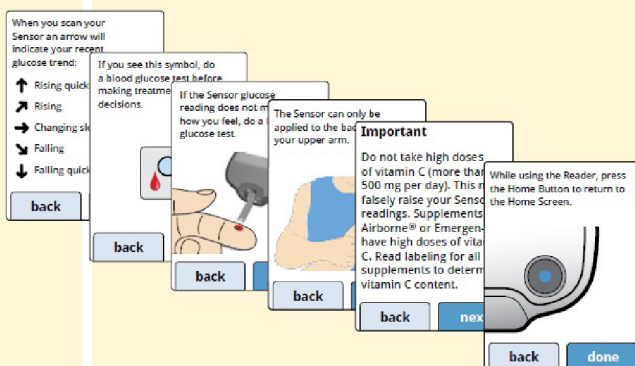
Set the **Current Time**. Touch **next** to continue.

**CAUTION:** It is very important to set the time and date correctly. These values affect the Reader data and settings.

**5**

The Reader now displays important information about key topics to help you use the System:

- 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.



Touch **next** to move to the next topic. At the end of the Reader setup, touch **done** to go to the Home Screen.

## 1.3 Let's Apply Your Sensor!

**Step**

**Action**

**1**



Apply Sensors only on the back of your upper arm. Avoid areas with scars, moles, stretch marks or lumps.

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.



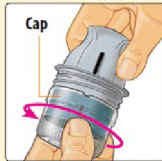
2



Clean application site with an alcohol wipe and allow site to dry before proceeding. This helps the Sensor stay attached to your body.

**Note:** The area **MUST** be clean and dry, or the Sensor may not stick to the site.

3



Open the Sensor Pack by peeling the lid off completely. Unscrew the cap from the Sensor Applicator and set the cap aside.

**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.

4



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.

5



Lift the Sensor Applicator out of the Sensor Pack.

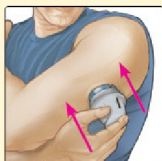
6



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

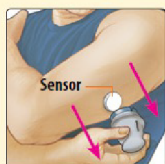


Place the Sensor Applicator over the prepared site and push down firmly to apply the Sensor to your body.

**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.


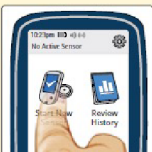

**Note:** Applying the Sensor may cause bruising or bleeding. If there is bleeding that does not stop, remove the Sensor, and apply a new one at a different site.

9



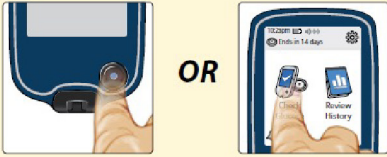

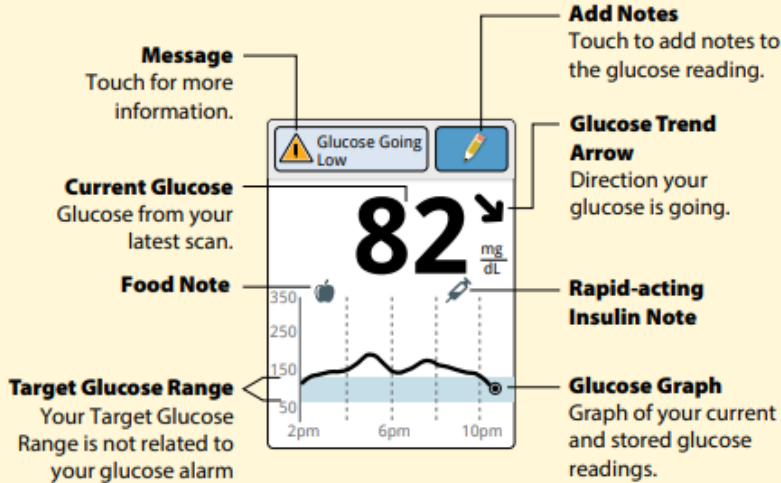
Make sure the Sensor is secure after application. Put the cap back on the Sensor Applicator. Discard the used Sensor Pack and Sensor Applicator according to local regulations.

## 1.4 Let's Start Your Sensor!

Step	Action
1	 Press the Home Button to turn on the Reader.
2	 Touch <b>Start New Sensor</b> .
3	 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. <b>Note:</b> If the Sensor is not successfully scanned within 15 seconds, the Reader displays a prompt to scan the Sensor again. Touch <b>OK</b> to return to the Home Screen and touch <b>Start New Sensor</b> to scan your Sensor.

## 1.5 Checking Your Glucose

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

Step	Action
<p><b>1</b></p>	 <p>Turn the Reader on by pressing the Home Button or touch <b>Check Glucose</b> from the Home Screen.</p>
<p><b>2</b></p>	 <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><b>Note:</b> If the Sensor is not successfully scanned within 15 seconds, the Reader displays a prompt to scan the Sensor again. Touch <b>OK</b> to return to the Home Screen and touch <b>Check Glucose</b> to scan your Sensor.</p>
<p><b>3</b></p>	<p>The Reader displays your current glucose reading. It includes your Current Glucose, a Glucose Trend Arrow indicating which way your glucose is going, and a graph of your current and stored glucose readings.</p>  <p><b>Message</b> Touch for more information.</p> <p><b>Current Glucose</b> Glucose from your latest scan.</p> <p><b>Food Note</b></p> <p><b>Target Glucose Range</b> Your Target Glucose Range is not related to your glucose alarm settings.</p> <p><b>Add Notes</b> Touch to add notes to the glucose reading.</p> <p><b>Glucose Trend Arrow</b> Direction your glucose is going.</p> <p><b>Rapid-acting Insulin Note</b></p> <p><b>Glucose Graph</b> Graph of your current and stored glucose readings.</p>



## 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.



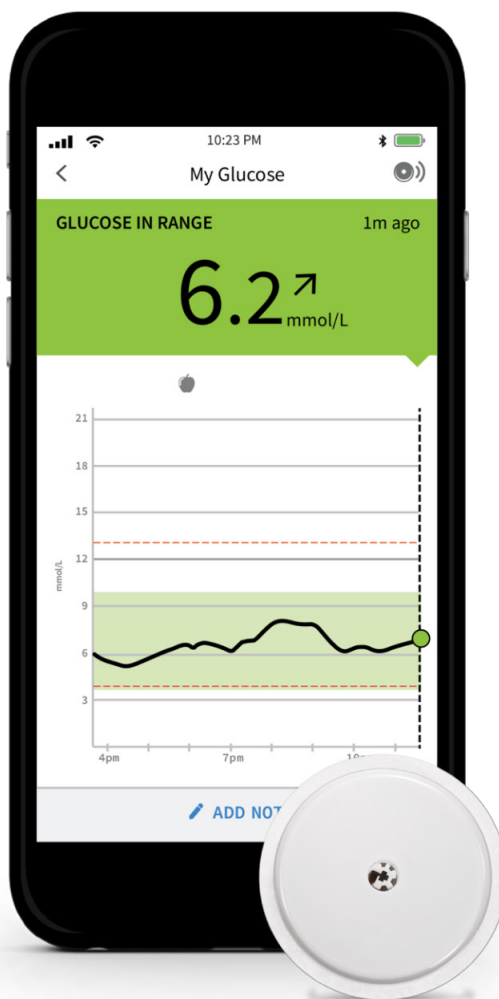
# CONGRATS

You have successfully learned how to apply, set up, and remove your Freestyle Libre 2 CGM!



## Section 2

# Getting Started with the FreeStyle Libre 2 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.

### FreeStyle Libre 2 (version 2.7.3)

Operating System	Devices	NFC Location
iOS: 14.6, 14.7, 14.7.1, 14.8.1, 15.0, 15.1, 15.2.1, 15.3.1, 15.4, 15.4.1, 15.5, 15.6, 15.6.1, 15.7, 16	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), 13, 13 Pro, 13 Pro Max, 13 Mini	1

### FreeStyle Libre 2 (version 2.7.2)

Operating System	Devices	NFC Location
Android: 8.0*, 8.1.0*, 9*, 10, 11, 12, 12.1	Samsung Galaxy A7, A20, A20e, A21, A22, A33 5G, A40, A41, A51, A53 5G, A70, A71, A71 5G, A72, M31, Note10 Lite FOXXD MIRO+ Fujitsu Arrows 5G Google Pixel, Pixel 2, Pixel 2 XL, Pixel 3, Pixel 3 XL, Pixel 4a 5G Huawei P30 Pro Kyocera Torque G04 LG Nexus 5X Motorola moto G60S Sony Xperia 1 II, Xperia 1 III, Xperia Ace II Sharp AQUOS sense3, sense3 plus, zero 2 Xiaomi 11 Lite 5G NE, 11T, Redmi Note 8 PRO, Redmi Note 9, Redmi Note 9T, Redmi Note 10 5G, Redmi Note 10 PRO	1



## FreeStyle Libre 2 (version 2.7.2 continued)

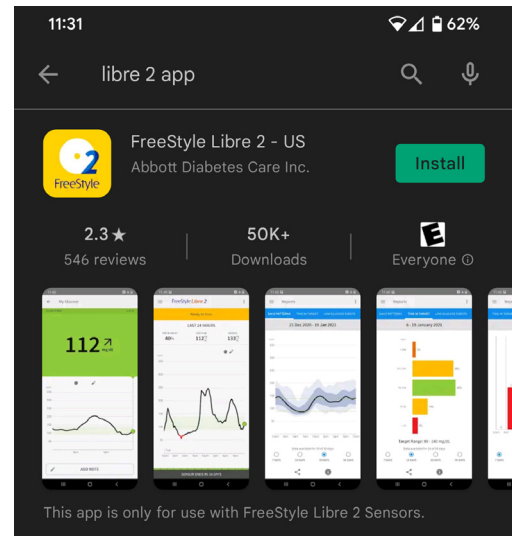
Operating System	Devices	NFC Location
Android: 8.0*, 8.1.0*, 9*, 10, 11, 12, 12.1	Samsung S8+, S9, S10, A32 5G, A52 5G, A50	2
	Google Pixel 4, Pixel 4 XL	
	Sony Xperia 1, Xperia 5, Xperia 8, Xperia 10 II	3
	Samsung Galaxy S7 Edge, S8, Samsung Note 8	

The App is not compatible with all phones. Before upgrading your phone or its operating system, check [www.FreeStyleLibre.com](http://www.FreeStyleLibre.com).

- You must keep Critical Alerts (iPhone) / Do Not Disturb Permission (Android) and Bluetooth on. If these settings are turned off, you will not be able to use the App, so you will not receive alarms or be able to check your glucose.
- You are responsible for properly securing and managing your phone. If you suspect an adverse cybersecurity event related to FreeStyle Libre 2, contact Customer Service.
- FreeStyle Libre 2 is not intended for use on a phone that has been altered or customized to remove, replace or circumvent the manufacturer's approved configuration or use restriction, or that otherwise violates the manufacturer's warranty.

## 2.2 Install the App

Find the app in the Apple App or Google Play Store by searching for “FreeStyle Libre 2.” Select the app that looks like the one in the image to the right and click install.

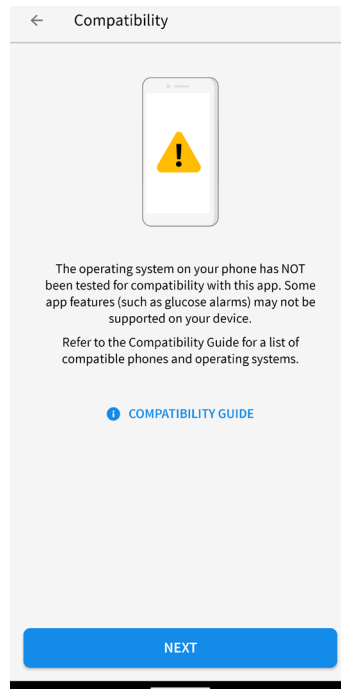


## 2.3 Create Your Account

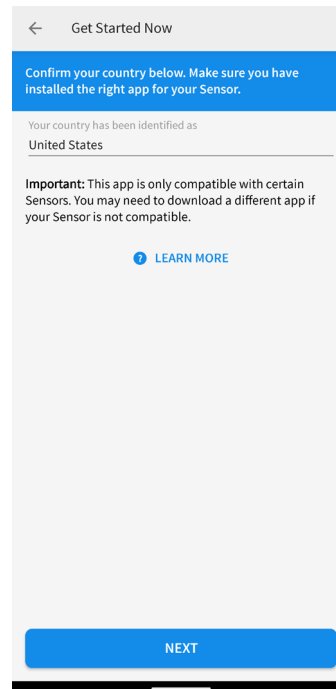
Opening the app for the first time you will be greeted with the following sequence of screens to create your account. Follow the instructions on the screen and answer the questions accordingly.



Click “Get Started Now”



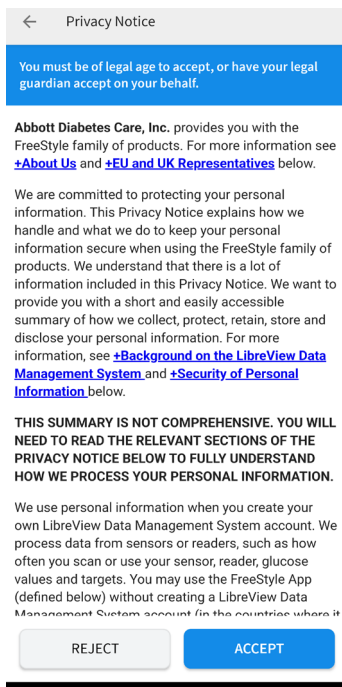
If you see this message you phone may not be compatible with the app. Click “Next” to continue



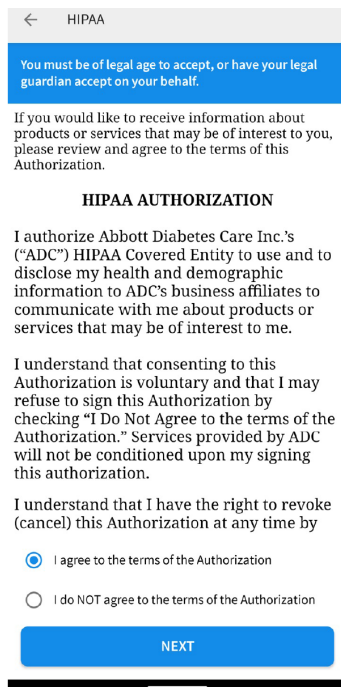
Select “United States” if not already selected. Then click “Next”



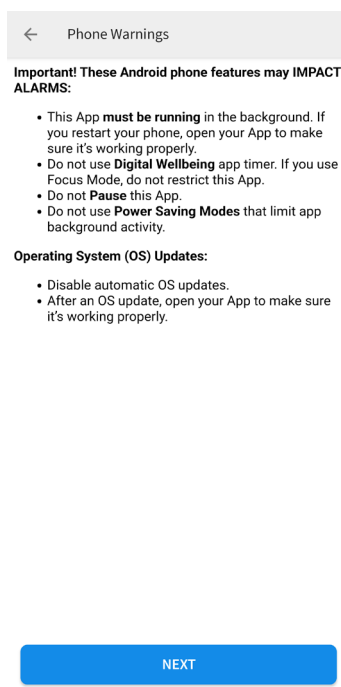
Click “Accept” on the End User License Agreement



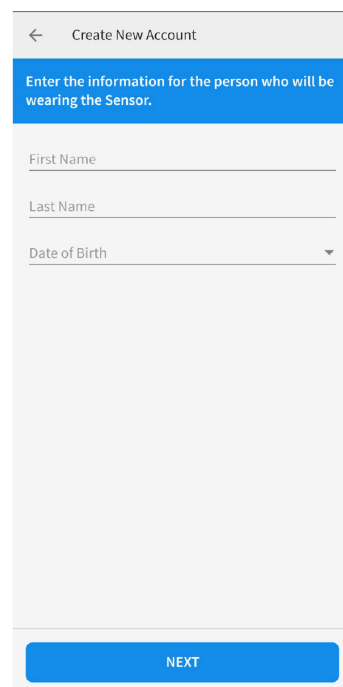
Click "Accept" on the Privacy Notice



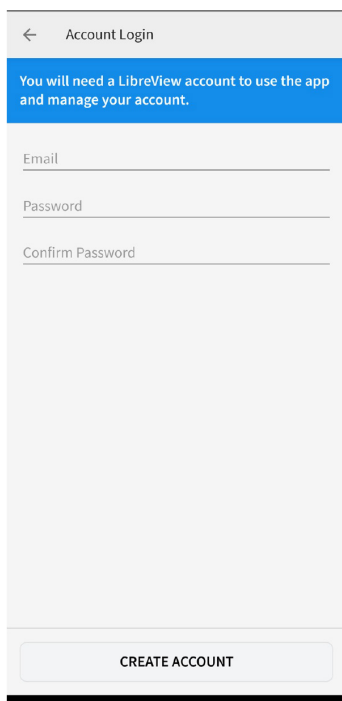
Agree to the HIPAA Authorization and click "Next"



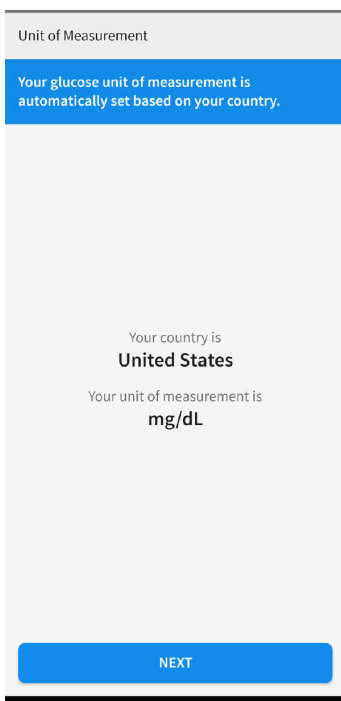
Read "Phone Warnings" then click "Next"



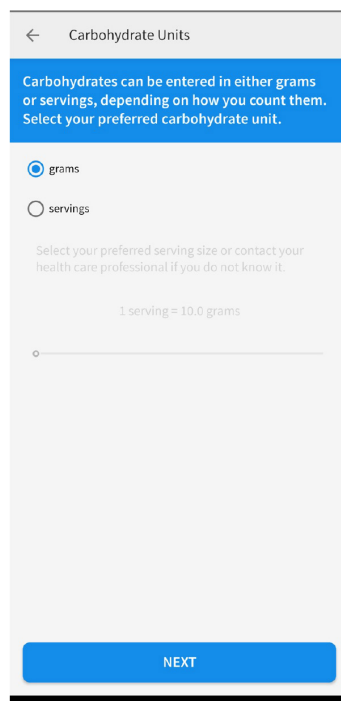
Enter your First and Last Name and Date of Birth. Then click "Next"



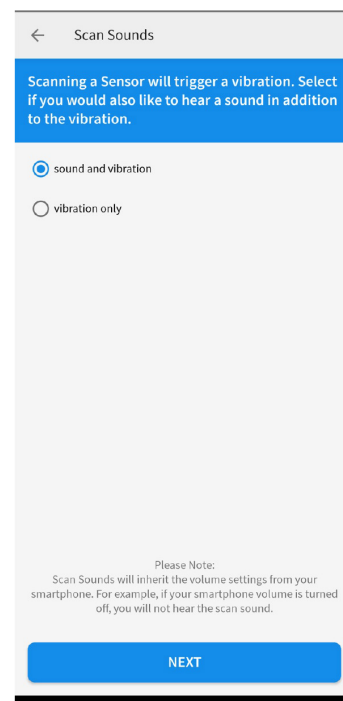
Enter your email address and create a password. Then click "Create Account"



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



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 FreeStyle Libre 2.

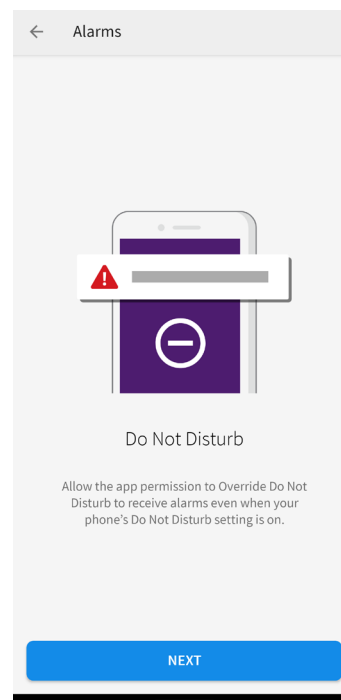
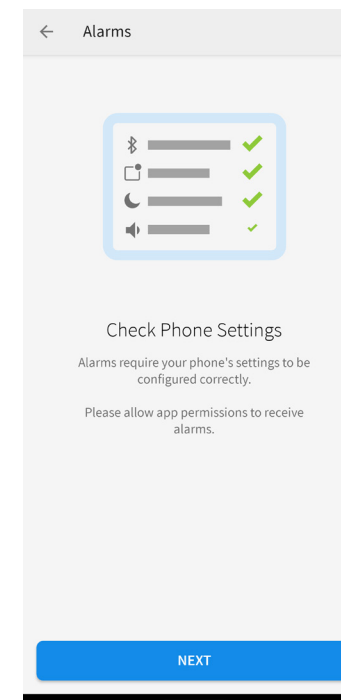
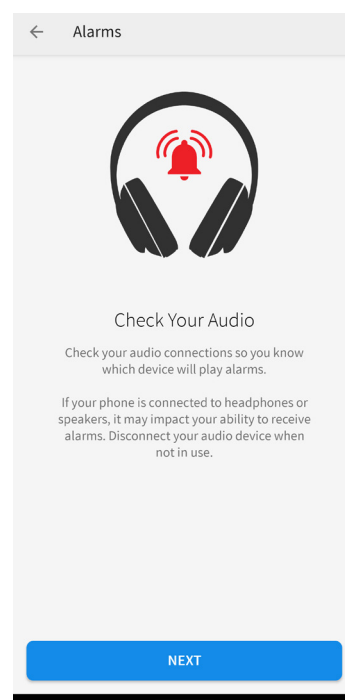
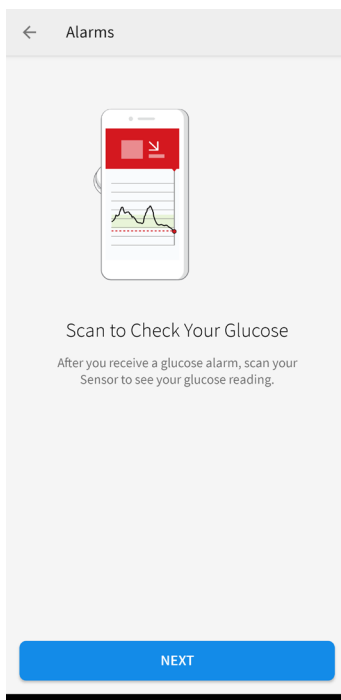
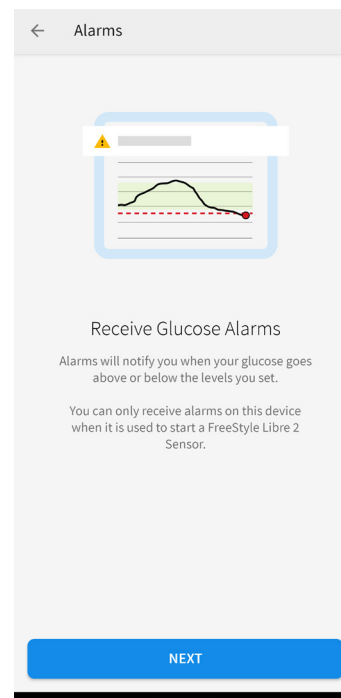
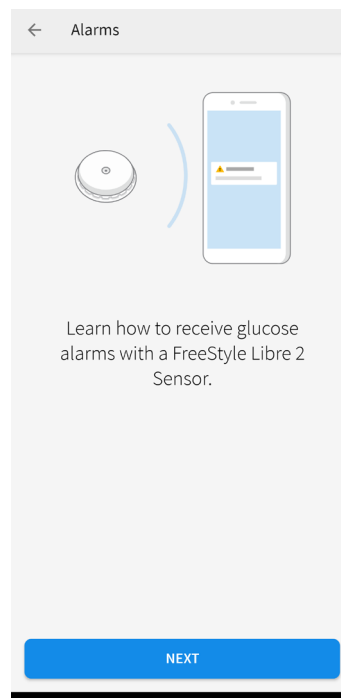
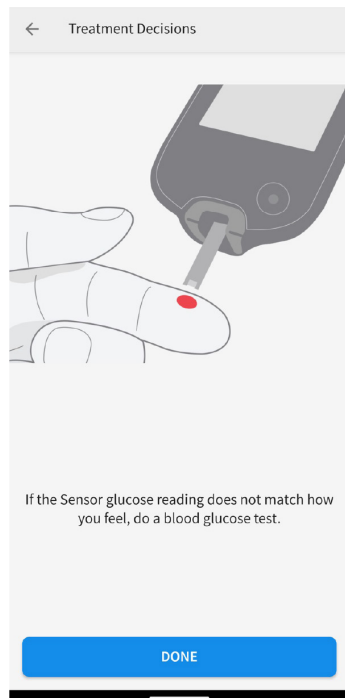
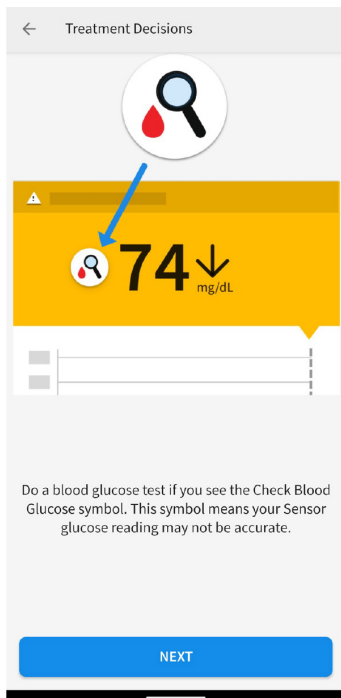
## 2.4 Complete Glucose Reading Tutorial

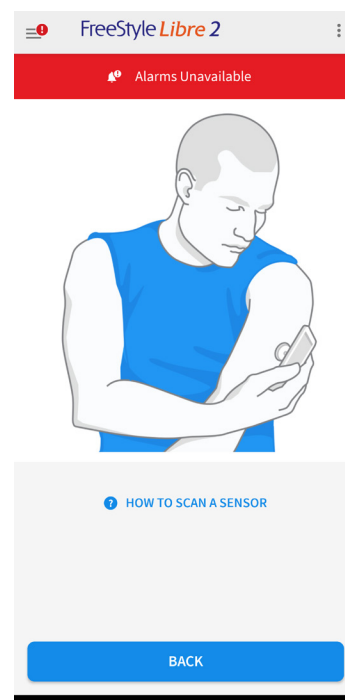
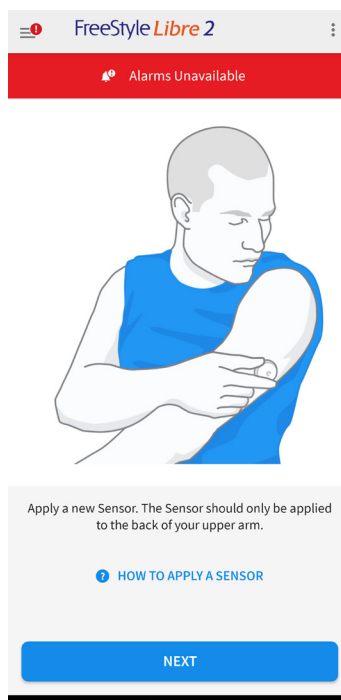
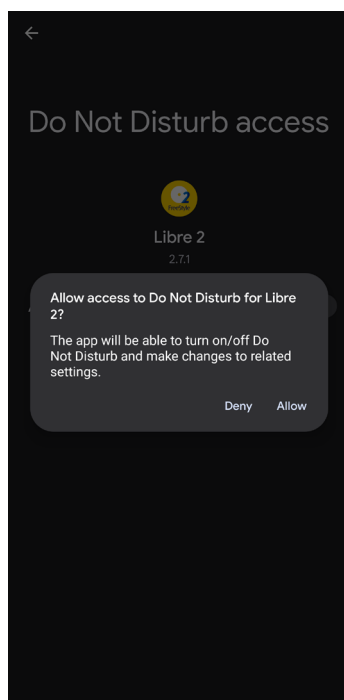
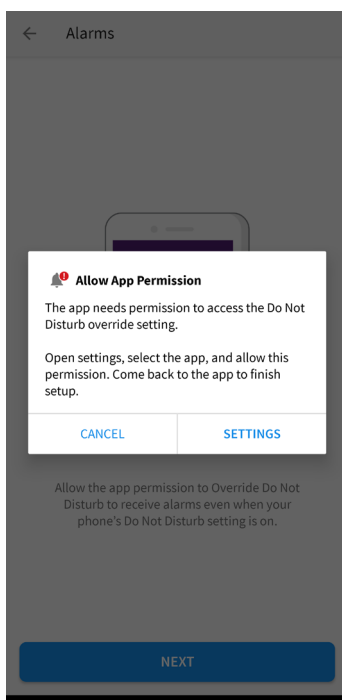
Now that you have set up your account, FreeStyle Libre 2 will walk you through some educational screens.

The screenshots show the following content:

- Screen 1:** Welcome screen with the FreeStyle Libre 2 logo and a butterfly icon. Text: "Welcome! Take a few moments to learn how to understand your glucose readings with this app." A "Safety Information" link is present. A blue "NEXT" button is at the bottom.
- Screen 2:** "My Glucose" screen. It displays a glucose reading of 215 mg/dL with a trend arrow pointing up. A graph below shows a fluctuating line. Numbered callouts (1-4) point to the reading, arrow, graph, and a message box. Text below: "Your glucose reading appears after successfully scanning your Sensor. Look for (1) current glucose, (2) glucose trend arrow, (3) glucose graph, and (4) any glucose message." A blue "NEXT" button is at the bottom.
- Screen 3:** "Glucose Background Color" screen. It shows five color-coded bands: High Glucose (above 240 mg/dL) in orange, Between target range and 240 mg/dL in yellow, Glucose within your target range in green, Between target range and 70 mg/dL in light yellow, and Low Glucose (below 70 mg/dL) in red. Text below: "Your current glucose determines which color is shown behind it." A blue "NEXT" button is at the bottom.
- Screen 4:** "Glucose Trend Arrow" screen. It shows five arrow types: Rising quickly (upward arrow), Rising (upward arrow with tail), Changing slowly (rightward arrow), Falling (downward arrow with tail), and Falling quickly (downward arrow). Text below: "When you scan your Sensor, an arrow will indicate your recent glucose trend." A blue "NEXT" button is at the bottom.





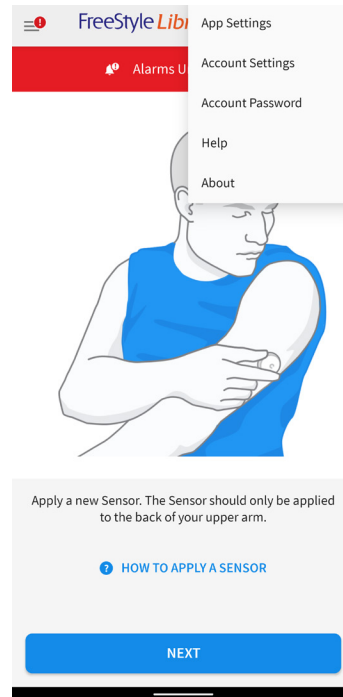
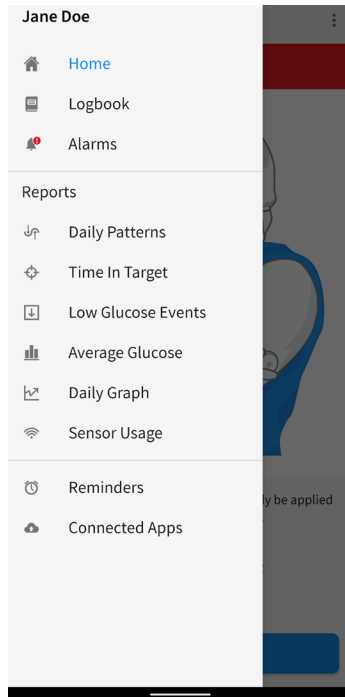


You can click on the “HOW TO APPLY A SENSOR” link to get help applying your sensor.

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!





## App Home Screen

The App Home screen gives you access to information about your glucose and the App. To return to the Home screen from another screen, go to the Main Menu and tap Home.

### iPhone

**Main Menu**  
Tap to access the Home screen, Alarms, Logbook, other history options, and Connected Apps. You can also access Settings, Help, and other information.

**Alarms Unavailable**  
The 🚫 symbol displays if alarms are not available.

**Glucose Graph**  
Graph of your stored Sensor glucose readings.

**Scan Button**  
Tap when you are ready to scan your Sensor. You can either tap the blue box on the Home screen or the 📷 symbol at the top right.

**Scan Button**  
Tap when you are ready to scan your Sensor. You can either tap this symbol or the blue box at the bottom of the Home screen.

**Glucose Information**  
Your Time In Target, information about your last scan, and average glucose for the last 24 hours.

**High Glucose Alarm Level**  
Your High Glucose Alarm level.

**Target Glucose Range**  
The graph shows your target glucose range. This is not related to glucose alarm levels.

**Low Glucose Alarm Level**  
Your Low Glucose Alarm level.

LAST 24 HOURS		
TIME IN TARGET	LAST SCAN	AVERAGE
73%	112 mg/dL	133 mg/dL

mg/dL

350

300

250

200

150

100

50

San | Man

CHECK GLUCOSE

## Android Phone

### Main Menu

Tap to access the Home screen, Alarms, Logbook, other history options, and Connected Apps. You can also access Settings, Help, and other information.

### Overflow Menu (Android Phone)

Tap to change App settings and view App information.

### Glucose Information

Your Time In Target, information about your last scan, and average glucose for the last 24 hours.


### Glucose Graph

Graph of your stored Sensor glucose readings.

### Target Glucose Range

The graph shows your target glucose range. This is not related to glucose alarm levels.

### Alarms Unavailable

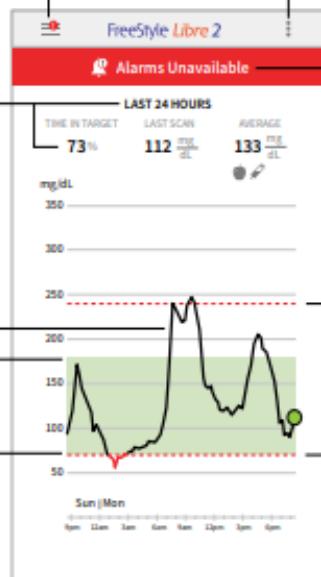
The  symbol displays if alarms are not available.

### High Glucose Alarm Level

Your High Glucose Alarm level.

### Low Glucose Alarm Level

Your Low Glucose Alarm level.





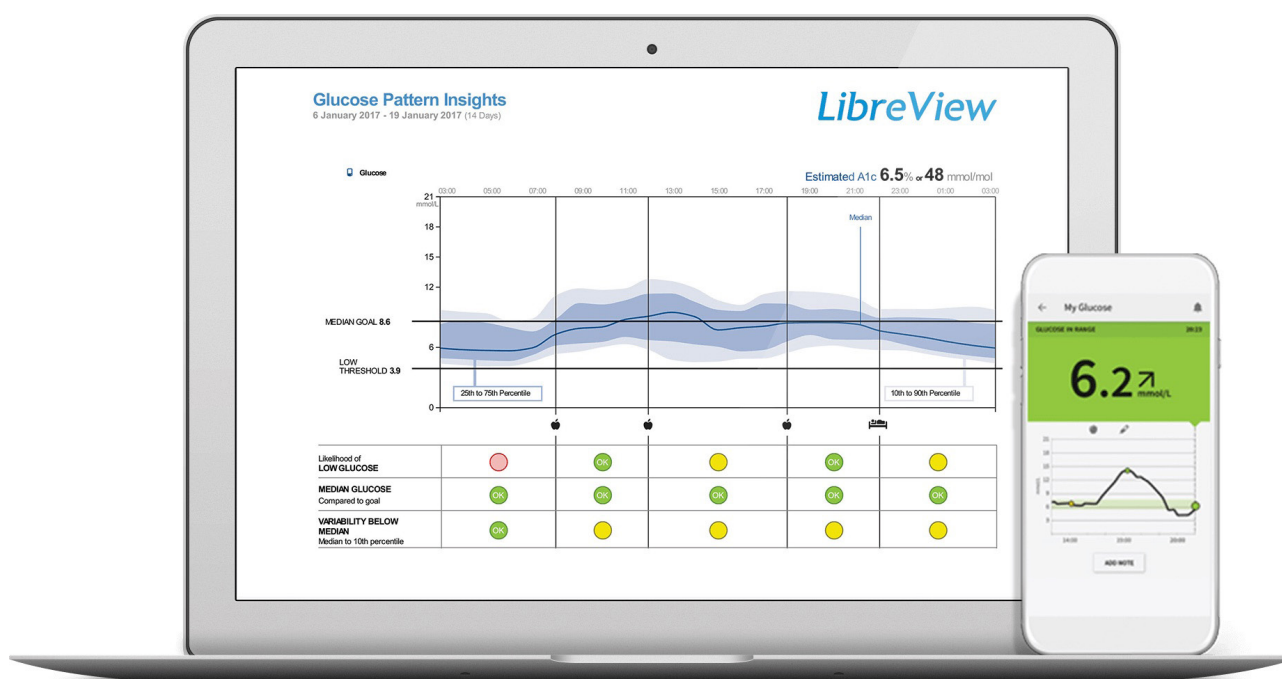


## Section 3

Getting Started with

# LibreView

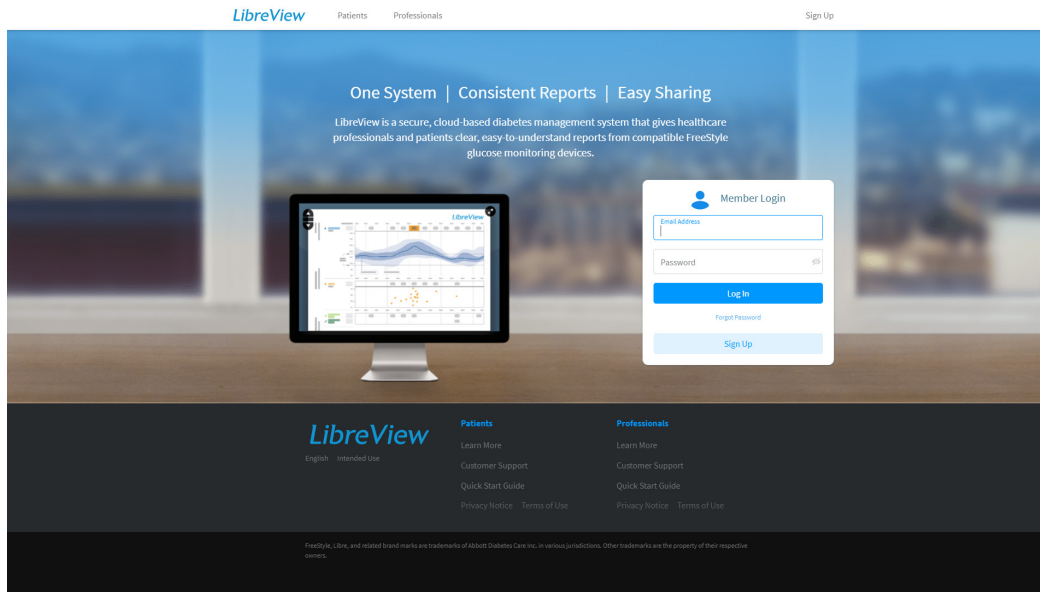
## Cloud-Based Diabetes Management System



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 FreeStyle Libre 2 App. Users who use both the stand alone receiver and the LibreLink App can use LibreView to see their combined data.

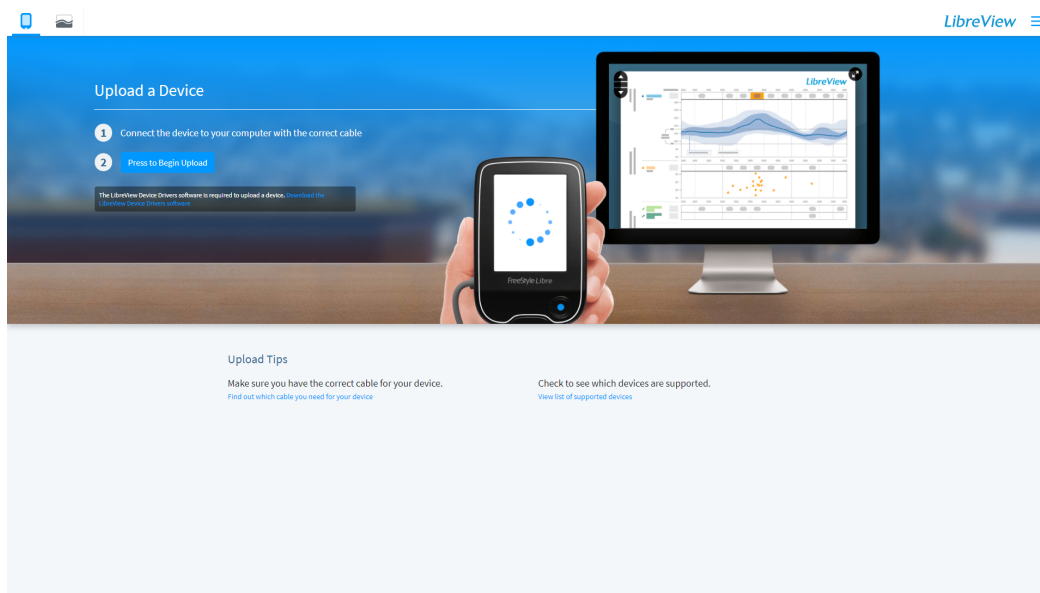
## 3.1 Login To LibreView

Visit [libreview.com](https://libreview.com) and login to your account or sign up for a patient account.



## 3.2 (Optional) Upload Glucose Data from a Reader

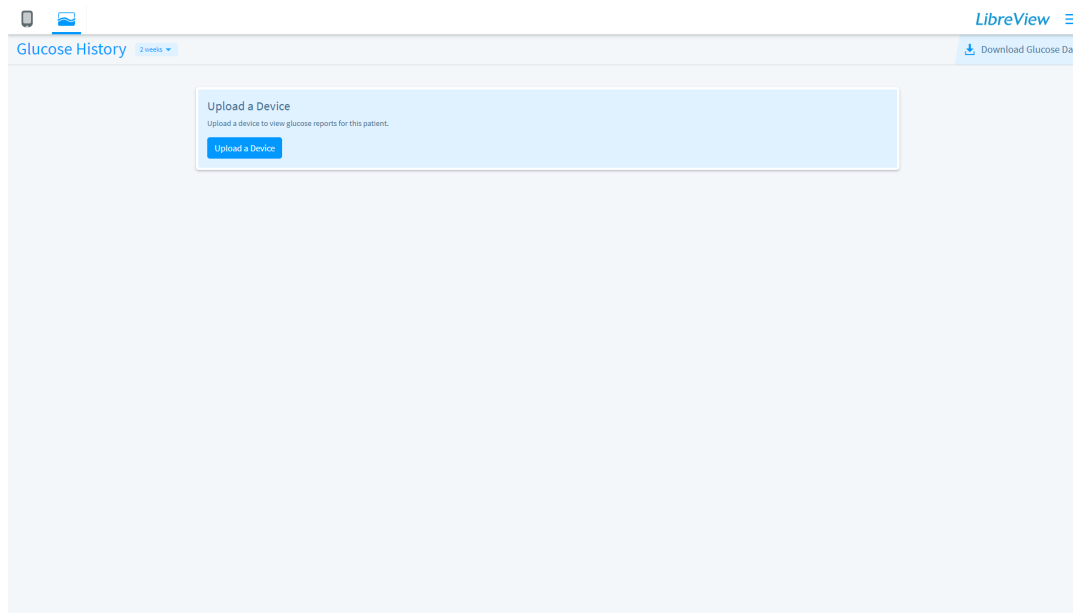
If you are using a reader, connect it to your computer to upload data to your LibreView account. If this is your first time uploading a reader, you will be prompted to download drivers. These are necessary to complete the upload.





## 3.3 View Your Glucose History

After you have either uploaded your receiver or logged in with the account you used for the Libre 2 app, you will be able to see your glucose reports here.





[www.mct2d.org](http://www.mct2d.org)