

Invitation to benefit from Flash glucose monitoring technology

Dear Patient

You have been identified as being eligible for the FreeStyle Libre system to help self-manage your diabetes and replace routine finger prick testing¹.

What is the FreeStyle Libre system?

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

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 LibreLink app⁵ to scan your FreeStyle Libre sensor. With every scan you get your current glucose reading, the last 8 hours of glucose data and an arrow showing the direction your glucose is heading. For a complete glycaemic picture, you must scan your FreeStyle Libre sensor every 8 hours.

What do I need to do?

You have been invited to attend a live online training session for the FreeStyle Libre flash glucose monitoring system. The local Abbott representative will be running this session. **Please follow the steps below to register for the session and order your free sensor. If you can't attend the session, please contact your diabetes team ASAP to discuss alternative options.**



Step 1 - Register for the training – Scan the QR code or go to:

<https://app.livestorm.co/abbott-uk-sales-team/freestyle-libre-2-system-training-for-south-east-pick-your-date-311?type=detailed> and register for the online training at your earliest convenience. You will receive a confirmation email once registered. Please

check your junk mailbox if you have not received it within a day.

Step 2 - Open confirmation email and follow steps to order your sensor and join a training session.

Within that confirmation email you will find two very important bits of information:

- **Link to access online training session (Webinar).** When it's time for your training session to begin click on the link. Remember this link is unique to you and can only be used once so keep your email safe.
- **Link to order your free of charge FreeStyle Libre sensor.** Please click this link and complete the request form ASAP as it can take up to 7 working days to be delivered.

Product images are for illustrative purposes only. Not real patient data.

1. Finger pricks are required if your glucose readings 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.** The FreeStyle LibreLink app and the FreeStyle Libre reader have similar but not identical features. Finger pricks are required if readings do not match symptoms or expectations. The FreeStyle Libre sensor communicates with the FreeStyle Libre reader that started it or the FreeStyle LibreLink app that started it. A sensor started by the FreeStyle Libre reader will also communicate with the FreeStyle LibreLink app. 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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Important notes:

During the online training session, you will be shown how to apply and start your FreeStyle Libre sensor. As part of our 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.

Finally, for your Diabetes Team to support you remotely please connect to our Libreview practice by entering Practice ID **doverroad** You will be shown how to do this as part of your training.

Please follow these steps as soon as possible to ensure you get the most out of the training session and the FreeStyle Libre system. You can view the online training session from a PC, Laptop, smartphone or tablet. You will also have the opportunity to ask any questions you may have during the session.

We look forward to speaking to you soon.

Kind regards

New Dover Road Surgery Diabetes Team