

# How to set up your FreeStyle Libre systems (CGM)

Congratulations on getting your FreeStyle Libre portfolio product! On this page we'll walk you through the 3 simple steps to get you on the road to CGM.

CGM = Continuous Glucose Monitoring

## Step 1: Download the app

The FreeStyle Libre 2 app\* is available for FreeStyle Libre 2 system users. Check to see if your smartphone is compatible [here](#).



Watch [this](#) instructional video on how to get started with the FreeStyle Libre 2 app.\*

## Step 2: Apply & activate sensor

Watch [this](#) video to learn how to apply your FreeStyle Libre 2 sensor.

## Step 3: Start scanning!

The more you scan the FreeStyle Libre 2 app,\* the more you know. Please also be sure to share your information with Dr Julie by going to the menu>Connected Apps>LibreView> practice code: JULIEREARDONMD

**Notifications & Alerts:** Please note this device is intended for true diabetics, thus it has notifications and critical alerts that beep when glucose is rising/ dropping out of range. You can turn off the notifications in settings and if the critical alerts are causing sleep disturbances we recommend turning off the “critical alerts” before bed and back on upon rising.

In the case that your monitor falls off early, you can contact Abbott- the manufacturer and they will usually send a complimentary replacement monitor. We can usually still generate the report with 5-7 days of data.



## Scanning with the app:

Scanning at least once every 8 hours saves your glucose history on the app.\* The app\* also has a Logbook feature to add notes when you scan. Use it to track food, activity, insulin, and any medication you take.

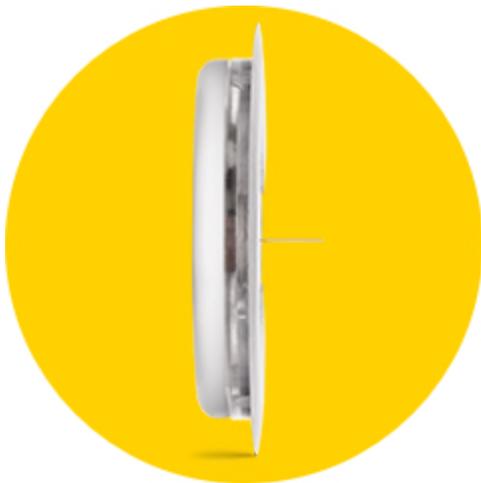
## Discover the FreeStyle Libre 14 day system

Get ready to make fingersticks a thing of the past!



### What is it?

The FreeStyle Libre 14 day system is a continuous glucose monitoring (CGM) system consisting of the FreeStyle LibreLink app\* and a glucose sensor worn on the back of the upper arm.



### How does it work?

The sensor uses a thin, flexible filament inserted just under the skin to measure glucose levels every minute.



### **How do you use it?**

Use your smartphone\* to scan the glucose sensor with a one-second scan to replace fingersticks.¶

### **Other helpful resources:**

[Sensor Application & Adhesive tips](#)

[The Glucose Revolution by Jessie Inchauspe](#)

[How to balance your blood sugar without changing your diet | Biochemist Jessie Inchauspe The mindbodygreen Podcast](#)