

# Libre Life Briefing

## WHAT YOU NEED TO KNOW ABOUT USING LIBRE 2

Answers and Tips for using the updated FreeStyle Libre Sensors.



The Libre 2 is now available in the UK and some European countries and some users have now switched over to using this upgraded version of the FreeStyle Libre System. So, now is an opportune time to address some of the questions being asked.

## ABOUT LIBRE 2



Libre 2 comes in a similar box to Libre 1 so first check you have the right one as they are different. The contents are similar but relate to the Libre 2 – an applicator, packet containing sensor, 2 alcohol wipes and instruction leaflet.

The basics are largely the same for Libre 2 as Libre 1. In summary the sensor is intended to last up to 14 days, doesn't require calibrating, is waterproof for up to 30 minutes in 1m depth and again is only recommended for positioning on the back of the upper arm.

The Libre 2 sensor looks the same externally as Libre 1. It's the same size and is applied in the same way as Libre 1.

Remember to follow the recommendations for ensuring good adhesion. Our FREE download with the **top 10 recommendations for getting your Libre sensor to stick** is available on our website [www.lovemylibre.com/blogs/news](http://www.lovemylibre.com/blogs/news)



Libre 2 is not a full CGM (continuous glucose monitor) and you **still need to scan** regularly to get readings and if you're using a phone these can be automatically uploaded to LibreView and connected to your DSN team, as appropriate.

The Libre 2 sensor can only be connected to one

device so you may experience problems if using a 3rd party transmitter or app.

The LibreLink App was upgraded towards the end of 2020 and you'll need to ensure you've got the upgraded version to be able to active the sensor with alarms (see below).

In the UK the NHS tariff is the same i.e. there is **no additional cost** to the NHS for Libre 2 on prescription.

## THE LIBRE 2 READER



The Libre 2 Reader (available separately or as part of the starter pack) is **blue** coloured to distinguish it from the Libre 1 reader. For alarms to work, you will need to set these up before initiating a sensor. See instructions in the box.

The transmission distance given by Abbott is 6 metres (unobstructed), and in practice the device needs to be in the same room as it doesn't always receive data through walls or doors although it will usually sound if it loses the signal. There is also an option for alert by vibration on the reader.



The Libre 2 sensor uses Bluetooth connectivity to enable **real-time alarms** to sound on the initiating device (phone or reader).

Bluetooth is a secure means of data transfer that relies on maintaining the connection between the sensor and device.

The Libre 1 reader is not compatible with the Libre 2 sensor so you will need to either scan with a phone or upgrade to a Libre 2 reader (see below for how to request a free upgrade).



## WHAT ARE THE ADVANTAGES OF LIBRE 2?



The main advantage of Libre 2 is the **optional real-time alarms** that it offers. These notify users if they are going out of your target range – either too high or too low. These are explained further below.

Another advantage of Libre 2 is that it has a **MARD of 9.3%** for adults wearing the sensor and 9.2% for children. MARD is the average percentage variation in readings between a sensor's estimation of glucose level and a finger prick test. The lower the figure the more 'accurate' readings will be on the device.

Libre 2 also has the advantage of a **reduced time lag** between readings obtained from scanning and blood glucose readings from finger prick testing. Clinical trials and studies evaluated the time lag and established that it's around 2.1 minutes for children and 2.4 minutes for adults. Note, the Libre 2 is now approved for use by children aged 4 years +.

### CAN YOU STILL USE THE LIBRE 1 READER?

You can initiate and take readings on a Libre 2 sensor with a older Libre 1 reader.

You can't start (or use) a Libre 1 sensor with a Libre 2 reader. **The reader is not backwards compatible.**

### HOW DO I UPGRADE TO A LIBRE 2 READER?

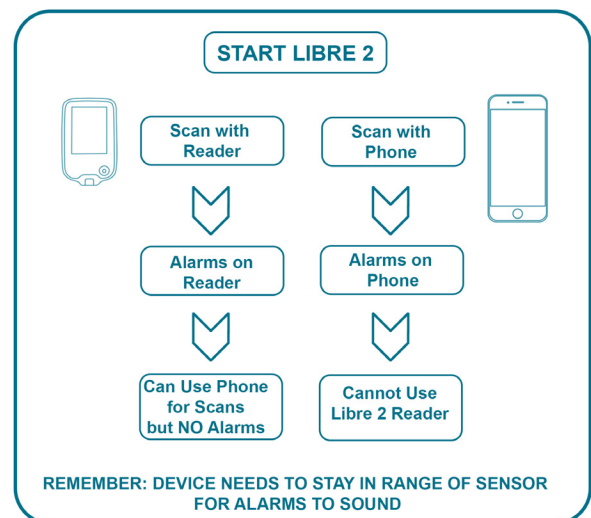
Abbott are currently offering a free Libre 2 reader for users with a Libre 1 reader. You need to supply the serial number of this reader and confirm that you are using Libre 2 sensors - [www.freestylelibre.co.uk/libre/fsl2Replacement.html](http://www.freestylelibre.co.uk/libre/fsl2Replacement.html)

If self-funding, the Libre 2 and the reader are now available for ordering on the FreeStyle Libre website. For NHS prescriptions, getting the upgraded sensor may depend on your doctor or DSN/healthcare team. At the time of publication, not all systems have been updated.

### DO YOU NEED TO RETURN THE ORIGINAL READER?

No, there is currently no requirement to return the Libre 1 reader.

## ALARMS



Fundamentally, you can **only get alarms on one device** and this is the first one you scan when initiating a new sensor.

If you start a new sensor with the phone app, you then cannot use the reader to scan. If starting the sensor with a phone, you can use the reader as an alternative means to get readings, but the alarms will not sound on the reader.

You can choose which device you want to use each time you start a new Libre 2 sensor.

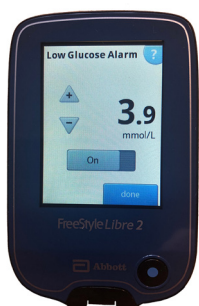
### WHAT TYPE OF ALARMS ARE THERE?

There are options for 3 types of alarms - **High glucose; Low glucose; and Signal loss** -that provide an alert in real-time, there is no time lag!

When first using the Libre 2 with a phone you will need to configure the alarm settings in the LibreLink App including enabling permission for location tracking, before initiating a new sensor.

You still need to scan to get a reading of glucose levels and of course as there is a short time lag then this may not be a true reflection of your actual glucose level. Abbott always recommend that a finger prick test is undertaken if levels do not match how you feel.

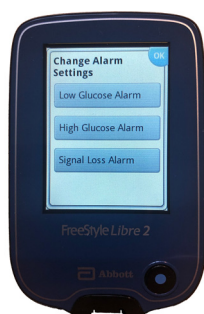
## CAN YOU SET YOUR OWN LEVELS FOR THE ALARMS TO SOUND?



Yes, you need to choose the settings for low and high alarms to sound i.e. the glucose level that will trigger alarms warning of hypo or hyperglycaemia for you personally. Low alarms can be set between 3.3 and 5.6.

## HOW DO I CONTROL THE VOLUME OF THE ALARMS?

On the reader there are 2 volume levels, either high or low. There is also an option for vibration.



When using the phone the alarm will use the volume setting of the phone and you may need to check this in your sound settings. It may also be necessary to override the “do not disturb” setting if this is set up on your phone.

## HOW NEAR TO YOU NEED TO BE TO THE PHONE/READER TO GET ALARMS?

Libre 2 uses Bluetooth to transmit data to your initiating device (phone or reader) and the transmission distance is up to 6 metres although you may find that that you need to be nearer than this in order to receive the alarms.

As the sensor uses Bluetooth it is continually connecting to your initiating device and this affects the battery levels of the device. A reader will typically last 3 or 4 days before it needs to be recharged, phones more frequently.

Note, alarms will not sound on a follower's device.

## WHAT'S NEXT?

### WILL LIBRE 1 STILL BE AVAILABLE?

For the immediate future, the Libre 1 is still available both on NHS prescription in the UK and on the FreeStyle Libre website. However, much of the advertising by Abbott is focussed on promoting the use of the phone as the device for scanning the Libre and it's expected that Libre 1 will be withdrawn at some point as will the reader device. There's no date for this as yet, and I don't expect it to change imminently.

### WHAT'S HAPPENING WITH LIBRE 3?

Libre 3 has received a CE marking in the EU meaning it conforms to EU standards in terms of environmental measures as well as health and safety. In making this announcement, the manufacturer is signally that the product is ready to be marketed although production may not yet be fully set up.

The suggestion is that Libre 3 will launch in some European countries early in 2021, most likely starting in Germany, as with Libre 2. We know that the NHS have had discussions around Libre 3 and the timeline mentioned was that it would be available towards the end of 2021.

### WHAT CHANGES CAN WE EXPECT WITH LIBRE 3?



Libre 3 will be much more of a change to the FreeStyle Libre System and will provide full CGM (continuous glucose monitoring) capability. The key point is that it will be smaller and it's unlikely there will be a reader.



You can read more about what changes to expect in our Libre Life Magazine, especially for Libre Sensor wearers. Follow this link for more: [www.lovemylibre.com/blogs/news](http://www.lovemylibre.com/blogs/news)

# LOVE MY LIBRE



Thank you for reading this Libre Life Briefing presented by Love My Libre Ltd. We are a small family business, born from an idea by my 12-year-old son who wanted to make his mum's sensor look less like a medical device.

From the original concept, we worked in partnership with Warwick Manufacturing Group to further develop and test the armband before launching it in the UK and globally.

Librebands are designed to be worn on the upper arm in a similar way to runners wear their phone. The armband is durable and fully adjusts for individual sizing and comfort. Unlike patches and plasters the armband can be taken on and off whenever required and does not fray, curl or irritate.

## OUR PRODUCTS

Librebands are recommended by DSNs, doctors and healthcare professionals, and we've been fortunate to receive many positive reviews from our customers worldwide.

**“The armband is amazing, my son plays contact rugby, spars in boxing, and plays football. The armband has protected his sensor and then some.”**

Librebands can be worn with FreeStyle Libre and Libre Sense and are suitable for sports, exercising, swimming and everyday wear. The current range of Libreband designs available is shown below and we also offer Libreband+ for those wearing a 3rd party device with the Libre. A range of Dexbands for Dexcom G6 are shown on our website too.



## SUBSCRIPTION OFFER

For more information about us, other designs and new products please visit our website and subscribe to receive a copy of our **Libre Life Newsletter**.

For new subscribers who haven't yet tried a Libreband we offer a 10% discount for purchases from our website, enter **SUBSCRIBE10** at checkout\*.

*\*Applies to email subscribers only.*

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