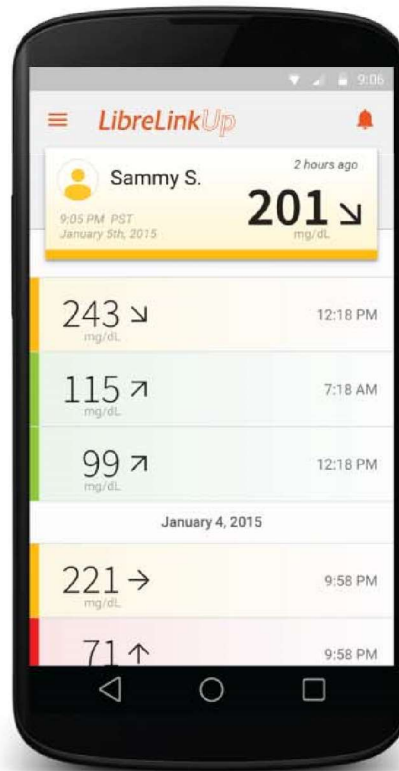


# LibreLinkUp

## User Guide

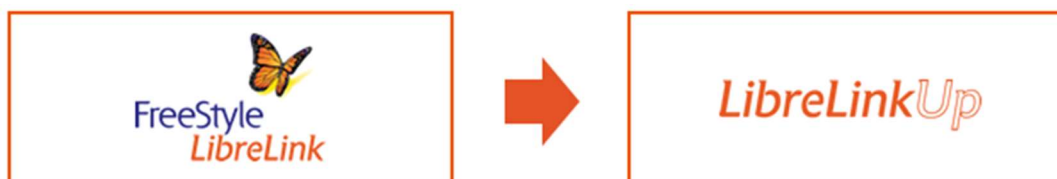


LibreLinkUp is a free mobile app that enables you to receive glucose readings from family and friends whenever they scan their FreeStyle Libre sensor with their FreeStyle LibreLink app. Every scan is automatically sent to the LibreLinkUp app on your mobile phone as a notification. You can remotely monitor glucose readings and trends, stay connected and help loved ones better manage their diabetes.

LibreLinkUp is compatible with Android phones running Android OS 4.4 and higher and iPhones running iOS 10 and higher.

## Getting started with LibreLinkUp

Sharing data from a person wearing a FreeStyle Libre sensor with a family or friend involves two apps:



The person wearing the FreeStyle Libre sensor uses the FreeStyle LibreLink app on their mobile phone to send a sharing invitation email to their family member or friend.

The family member or friend receives the invitation email and follows the instructions to install the LibreLinkUp app on their own mobile phone.

After the sharing invitation is accepted, the family member or friend will receive notifications through LibreLinkUp every time the person using FreeStyle LibreLink scans their sensor.

Below are instructions for each app:



### FreeStyle LibreLink app Instructions

For the person wearing a FreeStyle Libre sensor that wants to share their glucose readings.

To invite someone to see your glucose readings, open your FreeStyle LibreLink app, then:

1. Open the **Navigation Menu**. From any screen, tap the “three lines” icon in the upper left corner.
2. Tap **Share**.
3. Tap **LibreLinkUp**.
4. Tap **Create Connection**.
5. Enter **Connection information**. Enter name and e-mail address of the person you want to share your glucose readings with.
6. Tap Invite.

You can share your glucose readings from FreeStyle LibreLink with up to 20 family members and friends.



### **LibreLinkUp app Instructions**

For the family member or friend who wants to view glucose readings

After you receive a connection invitation email from a FreeStyle LibreLink user, click on the link in the email to download the LibreLinkUp app from the app store (if you don't already have the app installed).

After installing LibreLinkUp app, follow the prompts to create an account and connect:

1. Tap **Get Started** on the Welcome screen.
2. Review and accept the End User License Agreement and Privacy Notice.
3. Create an account. Enter your country of residence, name, email address and preferred password.
4. Go to your email inbox to verify your account and complete setup.
5. After you have set up your account, you will see a notification telling you that a FreeStyle LibreLink user would like to share their glucose readings with you. Press Accept.

You will now receive a notification each time the FreeStyle LibreLink user scans their FreeStyle Libre sensor with their FreeStyle LibreLink app. You will not receive information about unsuccessful scans or scan errors. You do not need to have the LibreLinkUp app running to receive notifications from your connections.

You can connect with up to 20 FreeStyle LibreLink users to see their glucose readings.

### **Having Trouble?**

If you successfully installed LibreLinkUp and set up your account, but do not see a notification from the FreeStyle LibreLink user make sure your phone has an active Internet connection (Wi-Fi or cellular) and your phone settings allow you to receive notifications.

If you still do not see an invitation and you know that the invitation was sent, ask the FreeStyle LibreLink user who invited you to send a new invitation to the email address you used when you installed LibreLinkUp.

## Understanding Glucose Readings

When you open LibreLinkUp, you will see the latest glucose reading from your connections, the time the reading was taken, and an arrow indicating which direction their glucose was trending.



### 1. Current glucose

The bold number indicates your connection's latest glucose reading in what's called a reading card. The color band on the reading card indicates whether your connection's glucose is high, low, in target, or out of target.

**Red** indicates a low glucose reading (<70 mg/dL or 3.9 mmol/L)

**Orange** indicates a high glucose reading (>240mg/dL or 13.3 mmol/L)

**Green** indicates readings in your connection's target range.

**Yellow** indicates readings between your connection's target range and their high and low thresholds.

In some cases, instead of a bold number, you may see a glucose reading of "LOW" or "HIGH."






**"LOW"** indicates a glucose reading lower than 2.2 mmol/L (40 mg/dL).

**"HIGH"** indicates a glucose reading higher than 27.8 mmol/L (500 mg/dL).

If either of these readings is seen, the *FreeStyle LibreLink User Guide* states that the user should check their blood glucose with a test strip. If they get a “LO” or “HI” result from a blood glucose meter, the FreeStyle LibreLink user should contact their healthcare professional immediately.

## 2. Trend arrow

This arrow shows which way your connection’s glucose was heading at the time of the scan. There are five possible trends:

-  **Glucose is rising quickly**  
More than 0.1 mmol/L (2 mg/dL) per minute
-  **Glucose is rising**  
Between 0.06 mmol/L – 0.1 mmol/L (1-2 mg/dL) per minute
-  **Glucose is changing slowly**  
Less than 0.06 mmol/L (1 mg/dL) per minute
-  **Glucose is falling**  
Between 0.06 mmol/L – 0.1 mmol/L (1-2 mg/dL) per minute
-  **Glucose is falling quickly**  
More than 0.1 mmol/L (2 mg/dL) per minute

The trend arrow may not always appear with your reading if there is insufficient data. Also, the arrow will not display in the notifications you receive on your phone. Instead, you will see text describing the glucose rate of change (e.g., glucose is falling).

## 3. Scan history

The last 100 scans are listed below the latest reading card. The list starts with second most recent reading.

## Turning notifications on and off

Notifications are defaulted to **On** when you first set up LibreLinkUp. You do not need to have the app open or running in the background to receive notifications.

To turn notifications **Off**, go to the main screen of the app and tap the bell icon. Then follow the instructions on the screen to turn notifications off.

The bell icon will then display with a line through it, indicating that notifications for the app are turned off.

To turn them on again, click on the bell icon and follow the instructions to turn notifications back on.

Having trouble receiving notifications?

- Make sure your phone has an active Internet connection (Wi-Fi or cellular).
- Make sure the bell icon on the main screen of the app is enabled (no line through the bell).
- Turn off Airplane Mode.
- Turn off Do Not Disturb.
- Make sure your phone is sufficiently charged.
- Make sure your phone has at least 25MB of available memory.

Note: If you tap on the bell icon with a line through it and see a message that notifications are turned off on your phone, you will need to go into the Settings for your phone's operating system to allow notifications for LibreLinkUp. Each phone's operating system is different, so if you are having difficulty, try "Googling" the phone model and operating system version to determine how to enable notifications.

After turning notifications on for LibreLinkUp in your phone settings, return to the LibreLinkUp main screen and confirm that notifications are now on (bell icon should no longer have a line through it).

## Removing a connection

To permanently stop receiving notifications from a FreeStyle LibreLink user, remove them from your list of Connections.

1. Open the **Navigation Menu**. From the main screen in your LibreLinkUp app, tap the “three lines” icon in the upper left corner to open the main menu.
2. Tap Connections.
3. Tap **X**. A window will open asking you to confirm you want to remove this Connection.
4. Tap **Remove**. This removes the person from your list of Connections. You will no longer receive glucose readings from this person.

If you remove a connection by mistake, the FreeStyle LibreLink user will need to send a new invitation from their FreeStyle LibreLink app.

## About LibreView and LibreLinkUp

The LibreLinkUp mobile app is a component of the LibreView Data Management Software solution (LibreView). LibreView provides multiple ways for patients, healthcare professionals, family and friends to upload and store health data in the cloud, view that data on mobile devices and web browsers, and share the data. LibreLinkUp is one of the ways that LibreView enables data sharing.

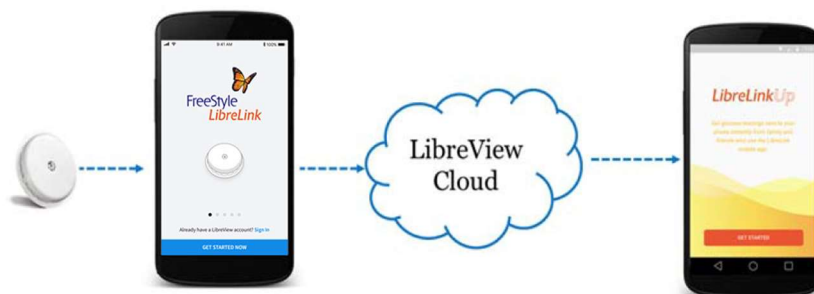
LibreLinkUp allows users to view FreeStyle Libre sensor data shared by FreeStyle LibreLink app users. LibreLinkUp users can only view data for which they have permission (an invitation) from one or more FreeStyle LibreLink users.

LibreView and the LibreLinkUp app are developed and provided by Newyu, Inc. Use of LibreLinkUp requires registration with LibreView, a service provided by Abbott and Newyu, Inc. The FreeStyle Libre system and FreeStyle LibreLink mobile app are provided by Abbott.

## How FreeStyle LibreLink and LibreLinkUp work with LibreView

For FreeStyle LibreLink users that choose to share their glucose data with a LibreLinkUp user:

1. Glucose readings are uploaded from a FreeStyle Libre sensor to the FreeStyle LibreLink app.
2. The FreeStyle LibreLink app transmits the glucose readings to the LibreView cloud for storage using WiFi or a cellular data plan.
3. The FreeStyle LibreLink app allows a user to invite family members or friends to view glucose readings stored in LibreView.
4. A family member or friend can install the LibreLinkUp app on their own phone, accept the sharing invitation and then view glucose readings from the FreeStyle LibreLink app user.





## LibreLinkUp Privacy

LibreLinkUp users must accept the Newyu End User License Agreement before installing the app, and the Abbott Diabetes Care Inc. Privacy Notice and Terms of Use before signing in and using the LibreLinkUp and LibreView services.

After installation and registration, these documents are accessible from within the app for your convenience.

## LibreView Regulatory

The LibreView Data Management Software (LibreView) is intended for use by both patients and healthcare professionals to assist people with diabetes and their healthcare professionals in the review, analysis and evaluation of historical glucose meter data to support effective diabetes management.

LibreView is not intended to provide treatment decisions or to be used as a substitute for professional healthcare advice.

LibreView is developed and distributed by Newyu, Inc.



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