Get started with the FreeStyle Libre 3 Plus sensor.

See how the FreeStyle Libre 3 system helps you navigate the ups and downs of your glucose so you can turn small steps into big wins.

The product images are for illustrative purposes only.
Medicare and other payor criteria may apply.
The FreeStyle Libre 3 system includes the Libre 3 Plus sensor, Libre 3 sensor, Libre 3 app, Libre app, and the Libre 3 reader.
See Important Safety Information on the last page.

Abbott

What's inside.

Medicare and other payor criteria may apply.

You cannot use both the FreeStyle Libre 3 reader and the Libre app to scan the same FreeStyle Libre 3 Plus sensor for glucose readings. If you start the sensor with the app, then you cannot use the reader to scan for glucose readings and if you start the sensor with the reader, then you cannot use the app to scan for glucose readings. Whichever device you start the sensor with will receive alarms. * Study was performed with the outside US version of the FreeStyle Libre 14 day system. Data is applicable to FreeStyle Libre 3 system, as feature sets are similar as FreeStyle Libre 14 day system, excluding alarms. † For information about mobile device compatibility, see compatibility guide at https://www.freestyle.abbott/us-en/support.html.

Meet the FreeStyle Libre 3 system.

The Libre 3 Plus sensor tracks your glucose in real time so you can make more informed choices*[1].

Applicator with sensor | Reader | App | App on watch

The sensor applicator contains one Libre 3 Plus sensor. After using the applicator to apply your sensor, use the Libre app† or reader‡ to start your sensor. Then you'll start to receive real-time glucose readings, get optional glucose alarms§, see your glucose history, any notes you have added, and the actual impact of food, activity, and medications on your glucose levels. You can also see your glucose values on your Apple Watch‖¶.

‡ The FreeStyle Libre systems apps and the FreeStyle Libre systems readers have similar but not identical features. Fingersticks are required for treatment decisions when you see the Check Blood Glucose symbol and when your glucose alarms and readings from the system do not match symptoms or expectations. § Alarm notifications will only be received when alarms settings are enabled and turned on and sensor is within 33 feet unobstructed of the reading device. ‖ The Libre app for smartwatches is only compatible with certain devices and operating systems. Please check the Support section of our website for more information about device compatibility before using the app. Use of the Libre app may require registration with LibreView. The Libre app for smartwatches should not be used to make treatment decisions. Please follow the Libre app instructions on your smartphone. ¶ Glucose information and notifications will only be received when your smartphone is within range of your sensor and smartwatch. Notifications seen on your smartwatch are mirrored from the Libre app on your smartphone. You must enable the appropriate settings on your smartphone to receive alerts on your smartwatch.

1. Fokkert M, et al.*BMJ Open Diabetes Res Care*(2019): https://doi.org/10.1136/bmjdrc-2019-000809

Get the Libre app.*

Download the Libre app on your smartphone before starting.

Using an insulin pump?
If you are using the FreeStyle Libre 3 Plus sensor with a compatible automated insulin delivery (AID) system, do not activate your sensor with the Libre app or reader. Please visit your insulin pump manufacturer's website for specific activation instructions.

Medicare and other payer criteria may apply.
* For more information about mobile device compatibility, see compatibility guide at https://www.FreeStyle.abbott/us-en/support.html

Sign up for your free guided experience.

My FreeStyle

Feel confident using your FreeStyle Libre 3 system with personalized support.

By signing up, you'll get:

- Helpful tips via email to get the most out of your FreeStyle Libre systems
- 1:1 training over the phone with a Certified Diabetes Care and Education Specialist (CDCES)
- Exclusive access to the MyFreeStyle app—with onboarding guides, premium movement tracking, nutrition features, and so much more

Sign up today. It's 100% free—no strings attached
Scan the QR code or visit FreeStyleLibre.us/Libre-Support

Apply your sensor.

1 Wash, prep, dry

Select a site on the back of your upper arm. Clean skin with non-moisturizing, fragrance-free soap and water. Use an alcohol wipe to remove any oily residue and let air-dry.

2 Open applicator

The applicator contains one sensor. In order to apply the sensor, first unscrew the cap from the applicator. Then place the applicator over the back of your upper arm.

⚠ **Do not put cap back on, as it may damage the sensor.**

3 Apply

To apply the sensor, press down firmly on the applicator and listen for the click. After a few seconds, pull the applicator back slowly and then discard it.

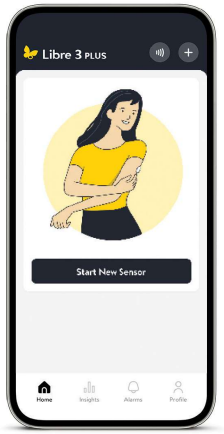
The sensor will now be held in place on your arm with a small adhesive pad, and the sensor filament will measure your glucose.

Watch helpful tutorials

Medicare and other payer criteria may apply.
* For more information about mobile device compatibility, see compatibility guide at https://www.FreeStyle.abbott/us-en/support.html † 60-minute warm-up required when starting the sensor.

Start your new sensor.

On the app*:



1. Open the Libre app and tap the **Start New Sensor** button on the app screen.
2. To **scan the sensor**, touch it with the top front or top back of your smartphone. Each smartphone is different, so move your smartphone around, if needed. You'll receive a tone and vibration when you've successfully started it. If you accidentally exit the screen, tap the **Scan** button in the top right corner on the Libre app home screen.
3. The sensor can be used to check your glucose after a **60-minute warm-up period**. You will automatically receive a notification when your sensor is ready, if notifications are turned on.

See page 22 for instructions on how to set up the Libre Watch app‡ on your smartwatch.

On the reader:

1. Press the **Home Button** to turn on the reader and touch **Start New Sensor**.
2. Hold the reader 1.5 inches from the sensor to **scan and activate it**.
3. The sensor can be used to check your glucose after **60 minutes**†.

‡ The Libre app for smartwatches is only compatible with certain devices and operating systems. Please check the Support section of our website for more information about device compatibility before using the app. Use of the Libre app may require registration with LibreView. The Libre app for smartwatches should not be used to make treatment decisions. Please follow the Libre app instructions on your smartphone.

Understand your glucose with a glance at your smartphone*.

Easily see your glucose levels, where they're going, and where they've been.

A **Glucose message**

B **Current glucose reading** is updated every minute.

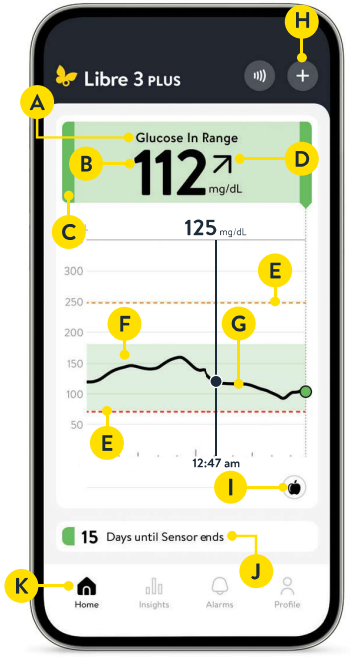
C **Glucose readings** determine background color at top of phone screen.

ORANGE
High glucose (above 250 mg/dL)

YELLOW
Glucose going high or low (between target glucose range and high or low glucose threshold)

GREEN
Within the target glucose range (70-180 mg/dL is standard, but target range can be customized)

RED
Low glucose (below 70 mg/dL)



Medicare and other payer criteria may apply.

* For information about mobile device compatibility, see compatibility guide at https://www.freestyle.abbott/us-en/support.html. † Alarm notifications will only be received when alarms settings are enabled and turned on and sensor is within 33 feet unobstructed of the reading device. ‡ Default range is 70-180 mg/dL. Consult with a healthcare professional on individual target glucose range.

D **Trend arrows** show where your glucose levels are headed.

↑	**Glucose is rising quickly** more than 2 mg/dL per minute
↗	**Glucose is rising** between 1 and 2 mg/dL per minute
→	**Glucose is changing slowly** less than 1 mg/dL per minute
↘	**Glucose is falling** between 1 and 2 mg/dL per minute
↓	**Glucose is falling quickly** more than 2 mg/dL per minute

E **Optional high and low** glucose alarm† levels

F **Target glucose range**‡ is set at 70-180 mg/dL and can be customized

G **Interactive glucose graph** shows your 12-hour history, and you can can slide your finger along to see historical glucose data in 5-minute increments

H **Add or edit notes**

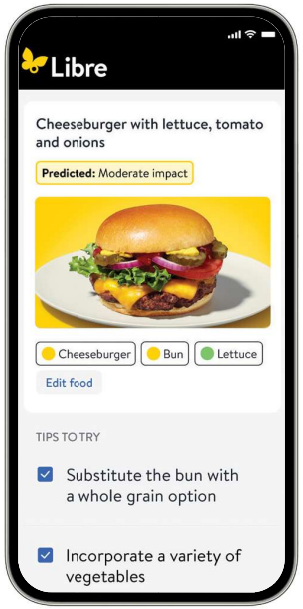
I **Food note**

J **Sensor life**

K **Navigation bar**

Predict the impact‡ of your food choices with Libre Assist*.

Libre Assist* is a feature in Libre app† that shows you the connection between food choices and potential glucose impact‡.



Analyzes and provides the potential glucose impact of the food:

- Minor impact
- Moderate impact
- Major impact

Provides personalized recommendations§ and tips that help lower a food's impact‡ on your glucose.

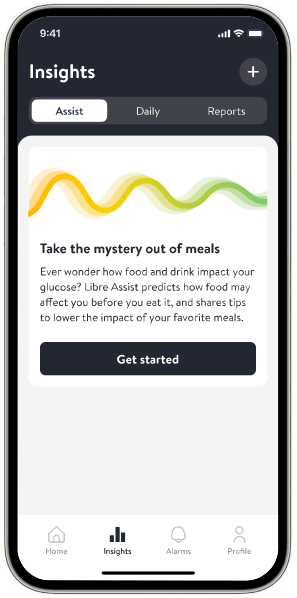
A few hours later, you can see the actual impact‡ of that food based on your glucose response. That way, you'll learn to make informed food choices that work for you.

* Libre Assist is a feature within Libre app that uses generative artificial intelligence to provide information on how foods could impact your glucose levels. Generative artificial intelligence may not always be accurate, and it should not be used to make treatment decisions. † The FreeStyle Libre systems apps are only compatible with certain mobile devices and operating systems. Please check the Support section of our website for more information about device compatibility before using the apps. Use of the FreeStyle Libre systems apps may require registration with LibreView.

How to use Libre Assist:

1. Open your Libre app†. On Navigation bar, tap **Insights**.
2. Tap **Get Started** to complete your Libre Assist onboarding.
3. Tap **Libre Assist** to select one of three options to add food: **Take a photo, Upload a photo**, or **Type it in** (add details).

To make an edit, tap the food entry, then tap **Edit food**, make the updates and tap **Save**.



You can fill out an optional dietary preferences form for more relevant food recommendations:
Tap **Profile, Health Details, Dietary Preferences**, make updates and tap **Save**.

Watch helpful videos

‡ Predicted glucose impact is based on user-provided food data and may differ from actual impact, which depends on sensor readings and factors like activity, stress, medication, and alcohol. For personalized advice, consult your healthcare provider.
§ Personalized food suggestions are based on food preference information inputted by the user.

See the whole picture with A1c and Time in Range[1].

A1c shows your average glucose level over the past 3 months

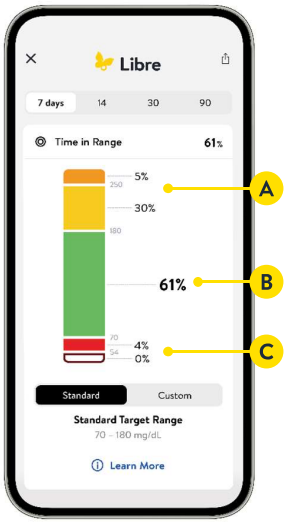
While it's helpful to see this summary number, it doesn't tell you much about daily high or low glucose levels.

The time in range (TIR) graph shows the percentage of time you spend above, within, or below the target glucose range set by your healthcare provider.

The standard target range falls between **70 mg/dL and 180 mg/dL***[1].

Every 10% increase in time in range can lower A1c by about 0.8%[2]

Review your time in range report



On the app†

On the navigation bar, tap **Insights** to view reports.

- **A** **Above target glucose range** >180 mg/dL
- **B** **Target glucose range** 70-180 mg/dL
- **C** **Below target glucose range** <70 mg/dL

On the reader

1. Click the **Review History** icon.
2. Click **Time In Target** to find reports.

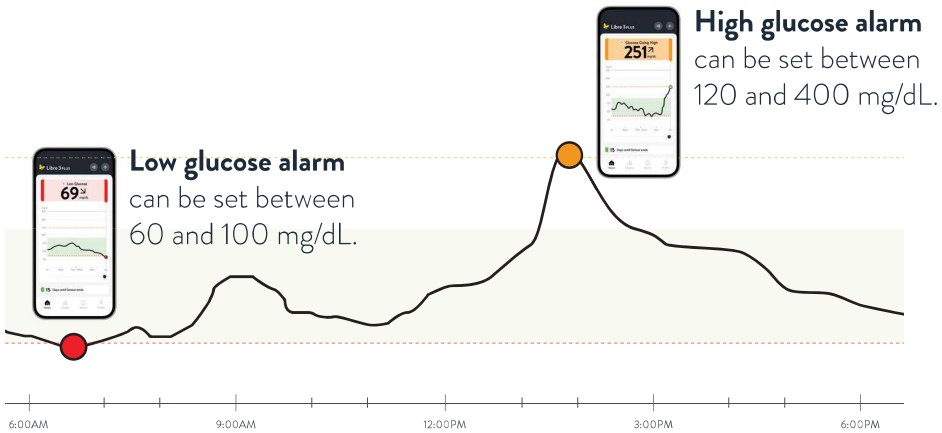
Medicare and other payor criteria may apply.

* Default range is 70-180 mg/dL. Consult with a healthcare professional on individual target glucose range.
† For more information about mobile device compatibility, see compatibility guide at https://www.FreeStyle.abbott/us-en/support.html

1. Battelino, T. *Diabetes Care* (2019) https://doi.org/10.2337/dci19-0028. **2.** Vigersky, RA. *Diabetes Tech Ther* (2019): https://doi.org/10.1089/dia.2018.0310.

How do I customize my alarms*†?

Optional alarms† help you know when to take action.



High glucose alarm can be set between 120 and 400 mg/dL.

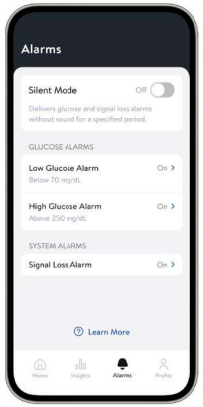
Low glucose alarm can be set between 60 and 100 mg/dL.

Sensor signal loss alerts if your phone has not communicated with your sensor in over 20 minutes. This may happen if Bluetooth is off, or if the sensor is more than 33 feet away from the phone. To restore connection, make sure your phone is within 33 feet of the sensor. Try turning Bluetooth OFF and ON. If that doesn't help, restart your phone.

Glucose alarm levels and target glucose range levels‡ are different and can be customized independently. Talk to your healthcare provider about both.

Medicare and other payor criteria may apply.

* Alarm notifications depend on thresholds set by user. † Alarm notifications will only be received when alarm settings are enabled and turned on and sensor is within 33 feet unobstructed of the reading device. ‡ Default range is 70-180 mg/dL. Consult with a healthcare professional on individual target glucose range. § For information about mobile device compatibility, see compatibility guide at https://www.freestyle.abbott/us-en/support.html. ‖ Glucose information and notifications will only be received when your smartphone is within range of your sensor and smartwatch. Notifications seen on your smartwatch are mirrored from the Libre app on your smartphone. You must enable the appropriate settings on your smartphone to receive alerts on your smartwatch.



On the app§

1. On your navigation bar, tap **Alarms**.
2. Select the alarm you want to customize.
3. Tap **On**, set the value, then click **Save**.
4. Select **Override Do Not Disturb** if you want an alarm to display even when your smartphone is muted or Do Not Disturb is enabled.

Alarm settings follow your phone's sound and vibration settings. Adjust them so you can hear your alarms.

Notifications‖ for Libre Watch app¶ follow the Apple Watch's functionality to mirror notifications from phone to watch.

On the reader

1. Click the gear to go to **Settings**.
2. Select **Alarms**.
3. Click **Change Alarm Settings** and select which alarm you'd like to set and turn on.

¶ The Libre app for smartwatches is only compatible with certain devices and operating systems. Please check the Support section of our website for more information about device compatibility before using the app. Use of the Libre app may require registration with LibreView. The Libre app for smartwatches should not be used to make treatment decisions. Please follow the Libre app instructions on your smartphone.

What's the difference between CGM and BGM?

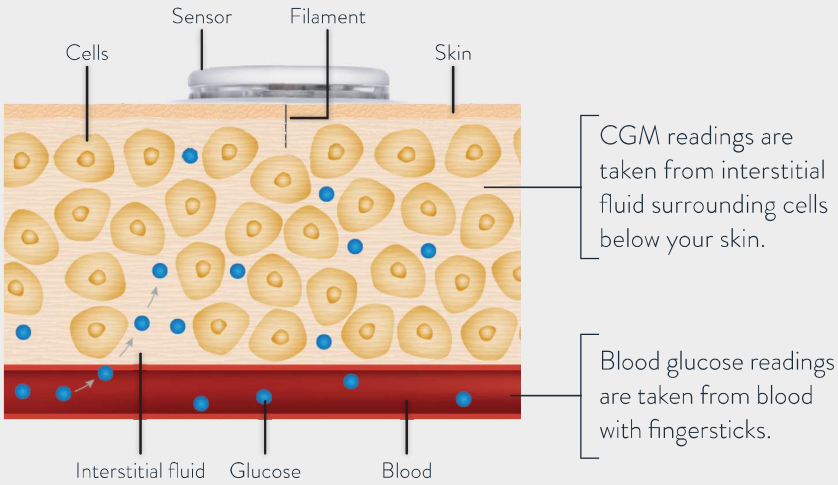
The FreeStyle Libre 3 continuous glucose monitoring (CGM) system shows readings in real time

You can easily see your glucose levels, where they're going, and where they've been—for more informed decisions*[1] without painful fingersticks†.

Blood glucose monitoring (BGM) shows readings at a single point in time

Even with multiple daily fingersticks, highs and lows may go undetected.

CGM measures glucose levels via interstitial fluid, not from blood.



* Study was performed with the outside US version of the FreeStyle Libre 14 day system. Data is applicable to FreeStyle Libre 3 system, as feature sets are similar to FreeStyle Libre 14 day system, excluding alarms. † Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first twelve hours.

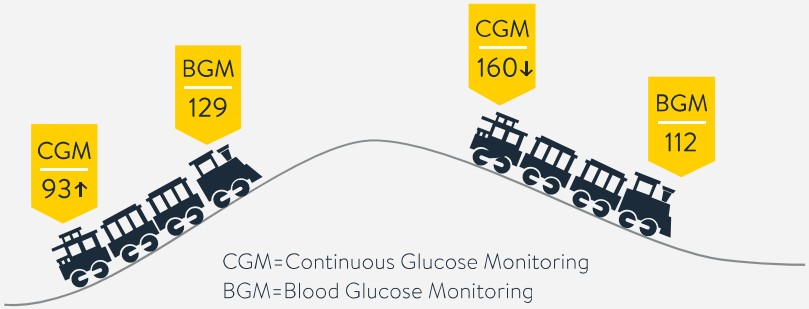
1. Fokkert M, et al. *BMJ Open Diabetes Res Care* (2019): https://doi.org/10.1136/bmjdrc-2019-000809. **2.** Tarini, C. *Glucose Sensor Use in Children and Adolescents* (2020). http://doi.org/10.1007/987-3-030-4206-8_2 **3.** FreeStyle Libre 3 User's Manual.

Do CGM readings match BGM readings?

CGM and BGM readings will likely be different, and that's okay

BGM measures glucose directly from the blood, while CGM measures glucose in the interstitial fluid, which is the fluid surrounding cells under the skin. Glucose enters the bloodstream first and then diffuses into the interstitial fluid. As a result, changes in blood glucose levels—whether they are increasing or decreasing—will be reflected in the BGM readings before they appear in the CGM readings. This is known as "the lag"[2].

Let's use a train to demonstrate the difference between CGM and BGM readings.



Factors that can affect Libre 3 Plus sensor glucose readings[3]:

- You took more than 1000 mg per day of vitamin C (ascorbic acid)
- You are in the first 12 hours of wearing a new sensor
- Your sensor is not securely applied
- Your sensor kit was stored somewhere outside of the recommended temperature range (36°F to 82°F)

How do I keep my sensor in place?

Be aware
Try not to catch your sensor on doorways, car doors, seat belts, and while removing your backpack or jacket. Avoid touching it once it's on.

Wear it comfortably
Be careful when dressing. Give the sensor room to breathe with lightweight, loose-fitting clothes*.

Take care around water
The sensor is water-resistant. Avoid submerging it in more than 3 feet of water for more than 30 minutes at a time. Gently pat it dry.

Play it safe
Try an over-bandage† if playing contact sports. Use skin adhesive if sweating loosens the sensor.

If you need extra stickiness, try an over-bandage† (Tegaderm I.V.) or other products that help with adhesion (Torbot skin tac)‡.

Medicare and other payor criteria may apply.

* The reader or smartphone must be near the sensor when scanning. † Over-bandage must be applied at the time of sensor application. The opening/hole in the center of the sensor must not be covered. Additional medical-grade bandages/tape can be applied, but do not remove bandages/tape once applied until sensor is ready for removal. ‡ The information above does not constitute an endorsement of the manufacturer or product quality. Abbott Diabetes Care is not responsible for the completeness or accuracy of product information. Product availability may vary by country and region. The manufacturer's instructions for use of each product should be followed.

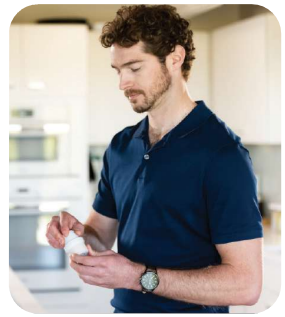
How do I remove and replace my sensor?

1 Remove sensor

The Libre 3 Plus sensor is designed to stay on for up to 15 days. The Libre app§ or FreeStyle Libre 3 reader‖ will notify you when it's time to remove the sensor. Pull up the adhesive edge and slowly peel it away from your skin.

2 Replace sensor

Apply the new sensor to a different spot on the back of your arm to avoid skin irritation. Switching arms with each new sensor can help.



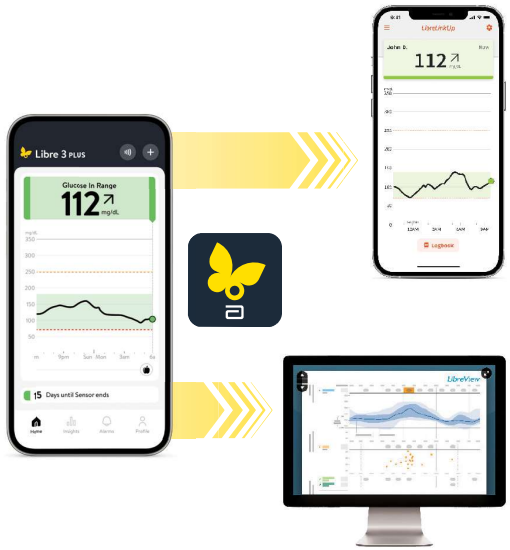
3 Dispose of sensor

To dispose of your sensor, follow your local regulations for electronic equipment, batteries, sharps, and materials that are exposed to body fluids.

Watch helpful tutorials

§ For more information about mobile device compatibility, see compatibility guide at https://www.FreeStyle.abbott/us-en/support.html. ‖ The FreeStyle Libre systems apps and the FreeStyle Libre systems readers have similar but not identical features. Fingersticks are required for treatment decisions when you see the Check Blood Glucose symbol and when your glucose alarms and readings from the system do not match symptoms or expectations.

How do I share my readings with others?



LibreLinkUp*

Loved ones can use this app to access your glucose information in real time†.

LibreView‡

Your doctors can use this secure§, cloud-based system to see your glucose data‖, making it easier to have discussions and make decisions together[1].

Medicare and other payor criteria may apply.

* Check the Support section of http://www.librelinkup.com for information about mobile device and operating system compatibility. LibreLinkUp is not intended to be used for dosing decisions or to replace self-monitoring practices as advised by a physician and requires registration with LibreView. † The user's device must have internet connectivity for glucose data to automatically upload to LibreView. ‡ The LibreView data management software 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. The LibreView software is not intended to provide treatment decisions or to be used as a substitute for professional healthcare advice. § LibreView is ISO27001/27018/27701 certified and HITRUST CSF Certified. ‖ For more information about mobile device compatibility, see compatibility guide at https://www.FreeStyle.abbott/us-en/support.html.

1. Unger J, et al. *Postgrad Med* (2020): https://doi.org/10.1080/00325481.2020.1744393.

To send an invitation and share data†

1. Open the Libre app‖ and tap **Profile** on the navigation bar.
2. Tap **Connected Apps**.
3. Tap **Connect** next to LibreLinkUp and add a connection.
4. Your loved one then downloads the LibreLinkUp app and accepts your invitation.

To share data using the Libre app‖

1. In the Libre app, tap **Profile**.
2. Tap **Connected Apps**, tap **Connect** next to LibreView, followed by **Connect to a Practice**.
3. Enter your healthcare provider's Practice ID. Follow the remaining steps to finish setting up your connection.

To share data using the reader

1. Open the **Upload Device** screen and click the Press to Begin Upload button.
2. Click the **Download** button specific to your computer's operating system.
3. Open the downloaded file by clicking on it and allowing it to run. Follow the prompts to complete the installation.

To share data using an email invitation

Your healthcare provider can send an invitation to the email you used to create your LibreView account, which you accept within the app.

Other frequently asked questions.

Is the FreeStyle Libre 3 Plus sensor accurate?

Yes, glucose readings from the Libre 3 Plus sensor are accurate. It has been well studied and is backed by clinical data showing it can provide glucose information you can use to safely make treatment decisions[1]. The clinical data also showed that the Libre 3 Plus sensor not only met but exceeded the FDA's strictest standards for accuracy[1,2].

Is the FreeStyle Libre 3 Plus sensor water-resistant?

Yes, the Libre 3 Plus sensor is water-resistant and can be worn while bathing, showering, or swimming‡. Please note that Bluetooth performance may be impacted if using the system while underwater.

How do I set up the Libre app§ on my smartwatch‖?

The Libre app§ on watch works with Apple Watch Series 4 and later. To download the Libre app on your watch‖ make sure your phone has the latest Libre app. The Libre app will appear in your watch app list if **Automatic App Install** is turned on on your phone.

Or on your watch, open the **App Store**, search "Libre", and download the Libre app for watch. Tap the **butterfly icon** to open the app. Complete the onboarding on your phone if you haven't already. Review and tap **OK** to accept the one-time disclaimer on your watch. If no active sensor is paired, or if the sensor is out of range, the message **"Open the Libre app on your phone"** will appear on your watch.

How can I get sensor support?

You can submit a sensor support request if your sensor has fallen off or if you've received a sensor error message. Scan the QR code or visit FreeStyleLibre.us/Sensor-Support

Scan for Sensor Support

Where can I find more resources?

Scan the QR code or visit FreeStyleLibre.us/Libre3-Resources

Scan for Resources

Is glucose data that is collected and shared with my doctor secure?

FreeStyle Libre systems are certified by HiTrust, a global leader in cybersecurity assurance. You and your doctor can feel confident in knowing that your private data stays between the two of you.

‡ Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes.
§ For more information about mobile device compatibility, see compatibility guide at https://www.FreeStyle.abbott/us-en/support.html ‖ The Libre app for smartwatches is only compatible with certain devices and operating systems. Please check the Support section of our website for more information about device compatibility before using the app. Use of the Libre app may require registration with LibreView. The Libre app for smartwatches should not be used to make treatment decisions. Please follow the Libre app instructions on your smartphone.

1. FreeStyle Libre 3 User's Manual. **2.** Based on FDA iCGM special controls. Accessed Dec 22, 2025. https://www.ecfr.gov/current/title-21/chapter-I/subchapter-H/part-862/subpart-B/section-862.1355

Helping you live life with diabetes—on your terms

The FreeStyle Libre 3 system helps you make more informed decisions*[1] and take small actions that can add up to big changes over time.

This is progress.

FreeStyle Libre 3 Plus sensor is indicated for use in people with diabetes age 2 and older.

The FreeStyle Libre 3 system includes the Libre 3 Plus sensor, Libre 3 sensor, Libre 3 app, Libre app, and the Libre 3 reader.

* Study was performed with the outside US version of the FreeStyle Libre 14 day system. Data is applicable to FreeStyle Libre 3 system, as feature sets are similar as FreeStyle Libre 14 day system, excluding alarms.

1. Fokkert M, et al. *BMJ Open Diabetes Res Care* (2019): https://doi.org/10.1136/bmjdrc-2019-000809.

Important Safety Information

Product for prescription only, for Important Safety Information please visit https://www.FreeStyle.abbott/us-en/safety-information.html.

Abbott