



FreeStyle  
**Libre**

FLASH GLUCOSE MONITORING SYSTEM

# Making the most of your glucose data

## It's About Time

Your quick guide to understanding more  
about FreeStyle Libre glucose reports



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before purchase and follow the instructions. Find out more  
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# FreeStyle Libre gives you the tools you need to manage your diabetes

Keeping on top of your diabetes can sometimes feel like a huge challenge – there’s so much that you have to keep in mind! And without the right information, it’s hard to know whether your treatment and other lifestyle changes are working.

That’s where FreeStyle Libre can help. FreeStyle Libre’s flash glucose monitoring technology lets you see in real time how your glucose levels are changing and records this information so that you can discuss it with your healthcare provider.

But FreeStyle Libre does more than just collect information. In this booklet, we’re going to explain some of the reports that FreeStyle Libre can generate – and how these can help you and your healthcare provider understand more about your unique situation and diabetes requirements.

<b>Time in Range</b> .....	<b>2</b>
<b>Daily Glucose Patterns</b> .....	<b>3</b>
<b>Low Glucose Events</b> .....	<b>4</b>
<b>Estimated A1c</b> .....	<b>4</b>
<b>Reviewing data with your healthcare provider</b> .....	<b>5</b>
<b>Setting goals with FreeStyle Libre</b> .....	<b>6</b>

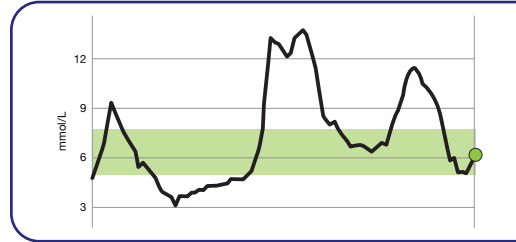
# Time in Range

## What is Time in Range?

Time in Range (or TIR) is the amount of time you spend within your glucose target range throughout the day. This is usually measured as a percentage (%).

The target glucose range is the green shaded area on your 'Home' screen.

Glucose target ranges differ from person to person, but usually sit between 3.9 and 10.0 mmol/L.<sup>1</sup> Your healthcare provider will help you set a target range that is right for your needs.



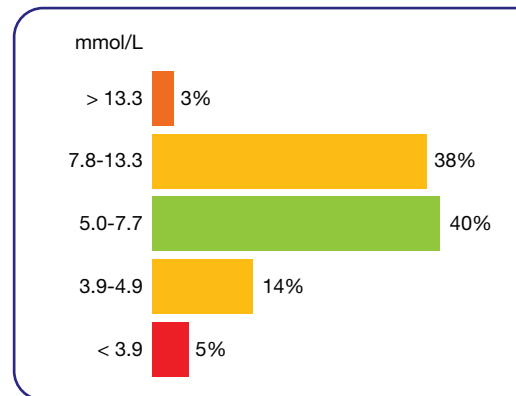
*Not real data – example only.*

## How much time are you spending in range?

You can find your TIR by looking under the Time in Target tab of the FreeStyle LibreLink app.

Guidelines recommend spending at least 70% of the time within your target glucose range (3.9–10.0 mmol/L)<sup>1\*</sup>

It's important to check the amount of time you are spending in your target range regularly. If you see that you are spending too much time outside your target range, speak to your healthcare provider about this.



*Not real data – example only.*

## Why is Time in Range important?



Every 10% increase of Time in Range can lower A1c by 0.8%<sup>2</sup>



Increasing your Time in Range by as little as 5% can cause improvements in your A1c that your doctor can measure<sup>2</sup>



Spending more Time in Range can reduce long-term health complications like kidney disease and eye problems<sup>3</sup>

**Remember, Time in Range is called Time in Target on your FreeStyle LibreLink app.**

\*For adults with type 1 and type 2 diabetes who are not pregnant, not older, or at risk.

# Daily Glucose Patterns

Also called an Ambulatory Glucose Profile (AGP)

## What does Daily Pattern data tell me?

Your Daily Patterns (AGP) report allows you to see how your glucose levels change on average throughout the day. This can give you an extra level of detail on top of TIR by letting you see exactly when your glucose tends to be high or low.

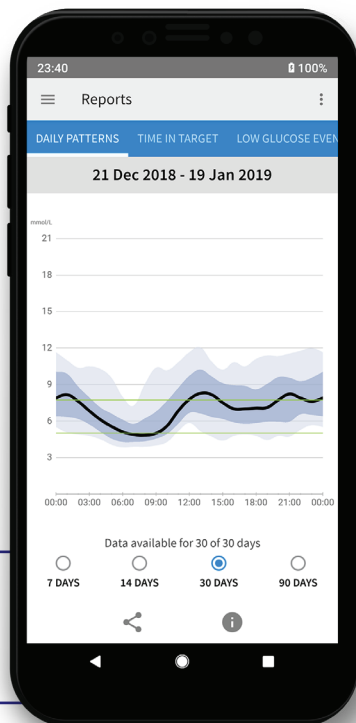
The Daily Patterns graph is created using the glucose readings collected over several days or weeks, but shows what the average 24-hour period looks like over this time. It is a simple way for you to visualise glucose patterns and trends.

The black line shows your median (mid-point) of your glucose readings throughout the day. The light blue shaded area is where most (80%) of your glucose readings lie, and the dark blue area shows the middle 50% of your readings.

**You can find this data by looking under the Daily Patterns tab of the FreeStyle LibreLink app.**

**You can view your average Daily Patterns over 7, 14, 30 or 90 days.**

*Not real data - example only.*



## Why is Daily Pattern data useful?

One of the most useful things about your Daily Patterns is that it can show you how variable your glucose levels are at different points in the day. The wider the shaded areas are, the more variable the glucose readings.<sup>4</sup>

This information is important, because it can offer you and your healthcare provider insight into when and why you might be spending time outside of your target glucose range. This can help them advise you on the useful changes in food habits and exercise you can make, as well as provide them with information about any necessary medication changes.

Talk with your healthcare provider if you have any questions about your Daily Patterns.

# Low Glucose Events

## What does Low Glucose Events data tell me?

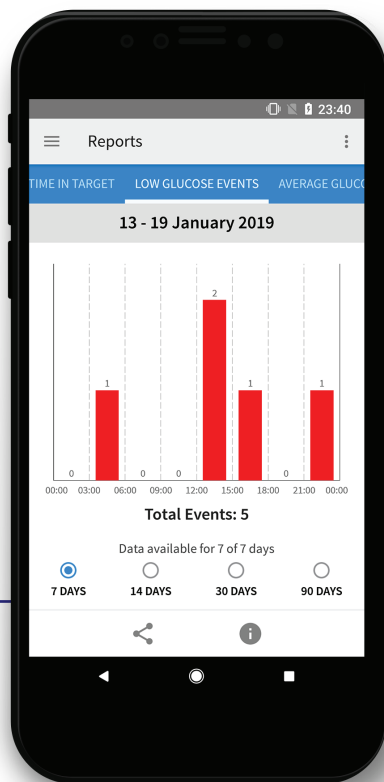
Your FreeStyle LibreLink app can also tell you how many low glucose events you have experienced at different times of the day over several days or weeks.

A Low Glucose Event is when your glucose levels dip below 3.9 mmol/L for longer than 15 minutes.

It's really important to identify what is causing Low Glucose Events and to work on a strategy for minimising these, with your healthcare provider.

**You can view the number of low glucose events you have experienced over 7, 14, 30 or 90 days.**

*Not real data - example only.*



## Estimated A1c

Your healthcare provider has probably talked to you about an A1c goal for your diabetes treatment, and may test you for this regularly.

A1c is a way of measuring how high your blood glucose levels have been over the last 2–3 months.<sup>1</sup> The ultimate goal of your diabetes treatment is to lower your A1c by managing your glucose levels.

Based on your daily glucose readings, FreeStyle Libre can generate an estimated A1c value. This doesn't replace a proper blood test for A1c, but can give you and your healthcare provider an indication of how you're tracking towards your treatment goal.

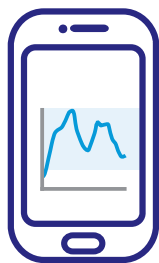
# Reviewing data with your healthcare provider

When you and your healthcare provider discuss your glucose monitoring data, they may ask you to explain or to think about why your data might be showing certain things – for example, why your glucose levels might be more variable in the middle of the day or what may have caused a spike at a particular time.

If you're using the online LibreView platform to share glucose data from your FreeStyle LibreLink app, your healthcare provider might also look at and discuss reports with you, such as your AGP Report.

An AGP Report summarises your TIR, Daily Patterns and estimated A1c together in one report, and can be used as a starting point for their discussions with you.

By talking through your data and using different reports to understand your individual glucose variation, your healthcare provider can help improve the way your diabetes is managed.



**It's a good idea to scan FreeStyle Libre often throughout the day so that both you and your healthcare provider can get as much information as possible about your glucose levels.**

**Note how different foods and exercise affect your glucose levels since they may produce different effects in different people.**

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# Setting goals with the FreeStyle Libre system

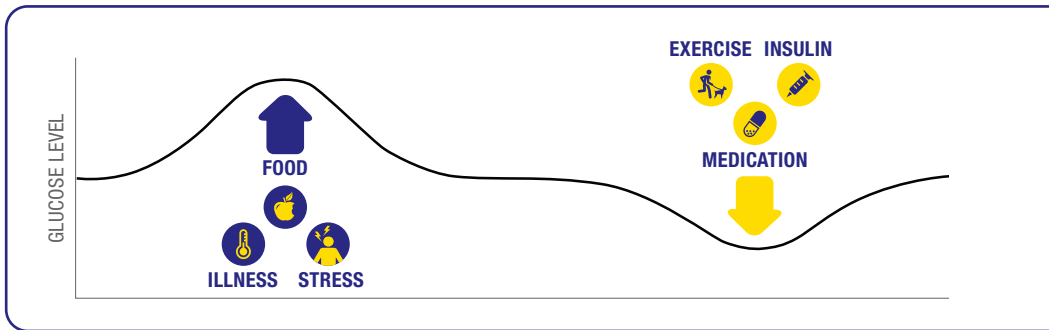
Increasing the amount of time you spend within your target glucose range is an important part of managing your glucose. By increasing your TIR you can lower your A1c and your risk of developing diabetes complications.<sup>1</sup>

## TIR and goal-setting

If you're aiming to increase your TIR, it's important to take a step-by-step approach. Rather than trying to reach your recommended TIR percentage right away, try creating smaller goals to work towards – think of it as steadily building up a house, brick by brick.

Even small improvements in your TIR can help to lower your A1c.<sup>1</sup> Working to achieve small changes over time is also the safest way for you to reach your desired TIR.

When you start developing your goals, it is important to remember that your daily activities impact the amount of time you spend in range. Here is an easy guide to keep in mind when you are working towards your goals:



When working towards your TIR goals remember to keep an eye on the amount of time spent below your target range. If you notice this increasing, you should speak to your healthcare provider.



**When setting TIR goals, it's important to speak to your healthcare provider about what is best for you, especially if you are pregnant, older or have other health issues.<sup>1</sup>**



# FreeStyle Libre

FLASH GLUCOSE MONITORING SYSTEM

Thanks for taking the time to explore the information your FreeStyle Libre Flash Glucose Monitoring System can give you!



If you have any questions, please contact our customer service team on 1800 801 478 (toll free from Australia)

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**References:** 1. Battelino T, *et al. Diabetes Care.* 2019;42(8):1593–1603. 2. Vigersky RA, McMahon C. *Diabetes Technol Ther.* 2019;21(2):81-85. 3. Beck RW, *et al. Diabetes Care.* 2019;42(3):400–405. 4. Matthaei S, *et al. Br J Diabetes Vasc Dis.* 2014;14(4):153–157.

The FreeStyle Libre Flash Glucose Monitoring System is indicated for measuring interstitial fluid glucose levels in people (age 4 and older) with insulin-requiring diabetes. The indication for children (age 4–17) is limited to those who are supervised by a caregiver who is at least 18 years of age.

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