



Insulin (Rapid or Long-acting)

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Exercise

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Food + insulin

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Multiple/Custom notes – indicates different types of notes entered together or notes entered within a short period of time. A numbered badge next to the symbol indicates the number of notes.

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## Reviewing Your History

Reviewing and understanding your glucose history can be an important tool for improving your glucose control. The App stores about 90 days of information and has several ways to review your past glucose readings and notes. From the Main Menu, tap **Logbook** to view the Logbook or tap on one of the other history options under **Reports**.



### IMPORTANT:

- Work with your health care professional to understand your glucose history.
  - Remember that FreeStyle LibreLink and Readers do not share data. For complete information on a device, be sure to scan your Sensor every 8 hours with that device; otherwise, your reports will not include all your data.
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## Logbook

The Logbook contains entries for each time you scanned your Sensor as well as notes you added. If you would like to view a different day, tap the  symbol or use the arrows. To add a note to a Logbook entry, tap on the entry and then tap 

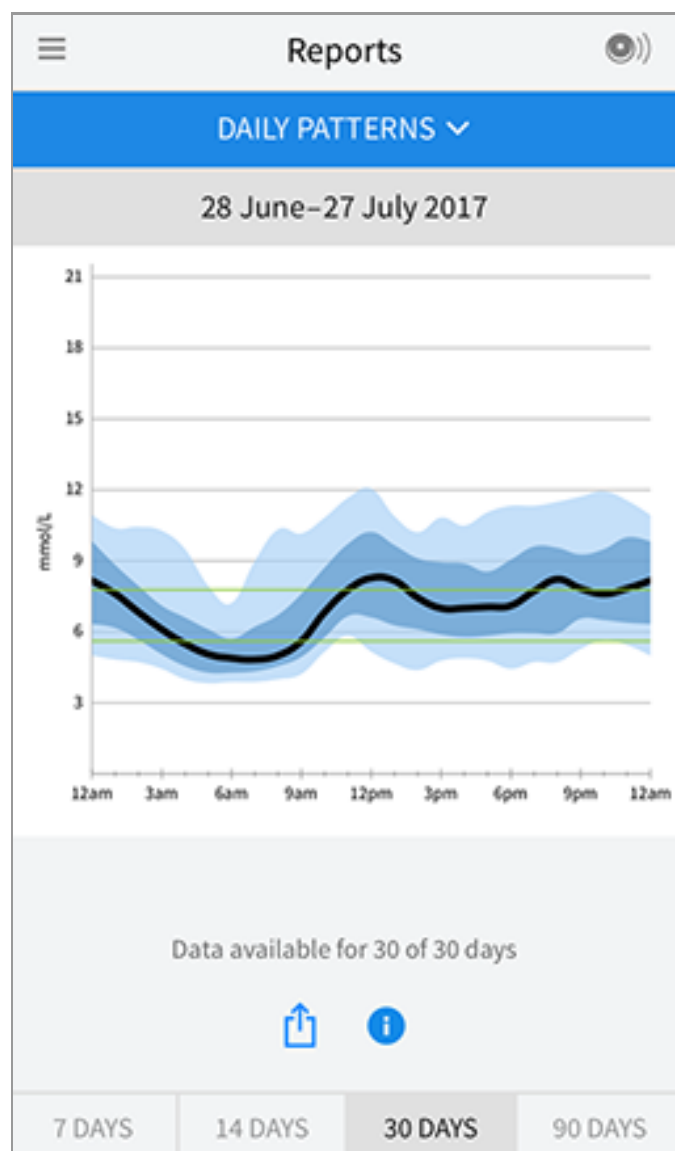
. Select your note information and tap **DONE**.

To add a note that is independent of a Logbook entry, tap  on the main Logbook screen. Tap  if you want to add a note on a different date.

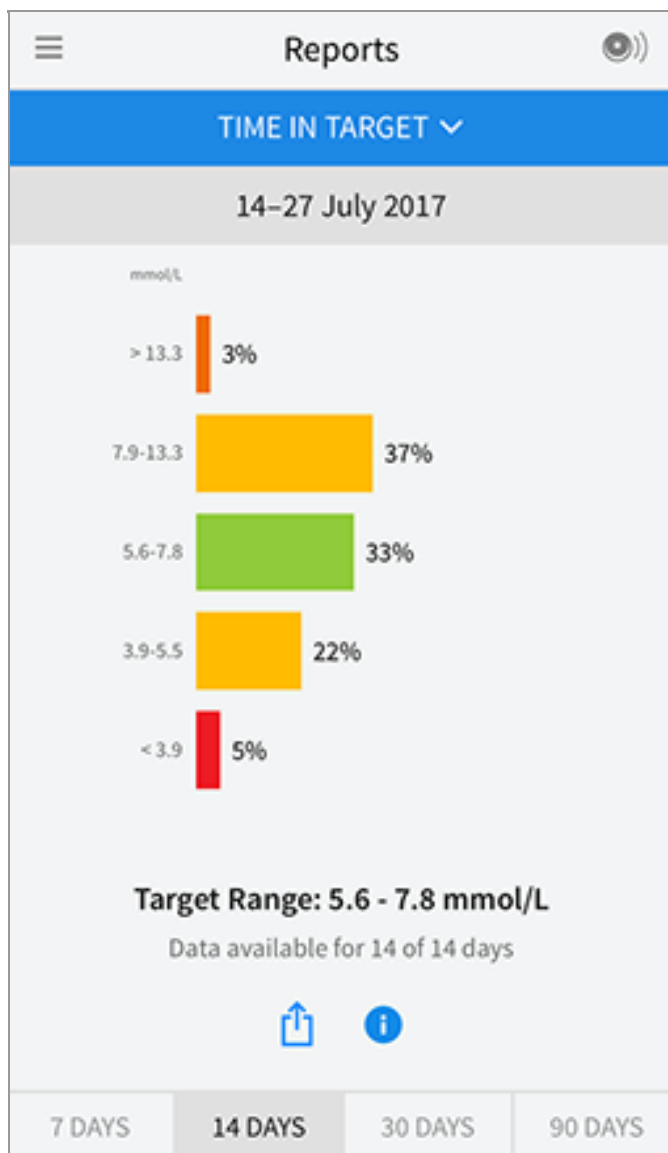
## Other History Options

**Daily Patterns:** A graph showing the pattern and variability of your Sensor glucose readings over a typical day. The thick black line shows the median (midpoint) of your glucose readings. The light blue shading represents the 10th - 90th percentile range of your glucose readings. Dark blue shading represents the 25th - 75th percentile range.

**Note:** Daily Patterns needs at least 5 days of glucose data.



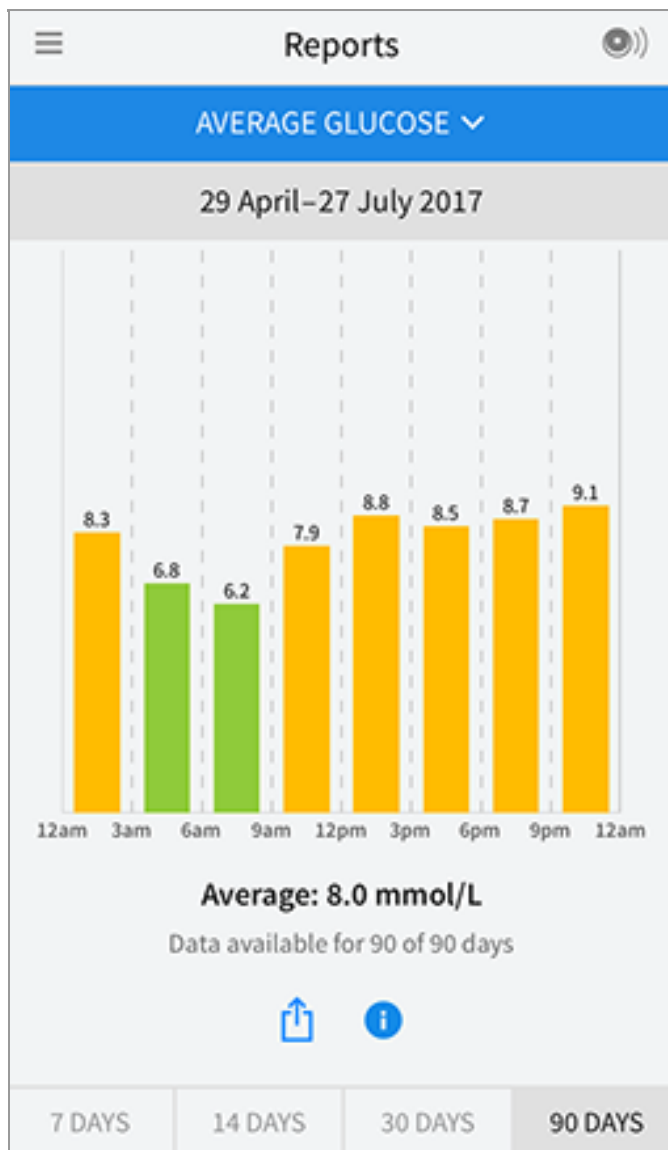
**Time In Target:** A graph showing the percentage of time your Sensor glucose readings were above, below, or within your Target Glucose Range.



**Low Glucose Events:** Information about the number of low glucose events measured by your Sensor. A low glucose event is recorded when your Sensor glucose reading is lower than 3.9 mmol/L for longer than 15 minutes. The total number of events is displayed below the graph. The bar graph displays the low glucose events in different periods of the day.

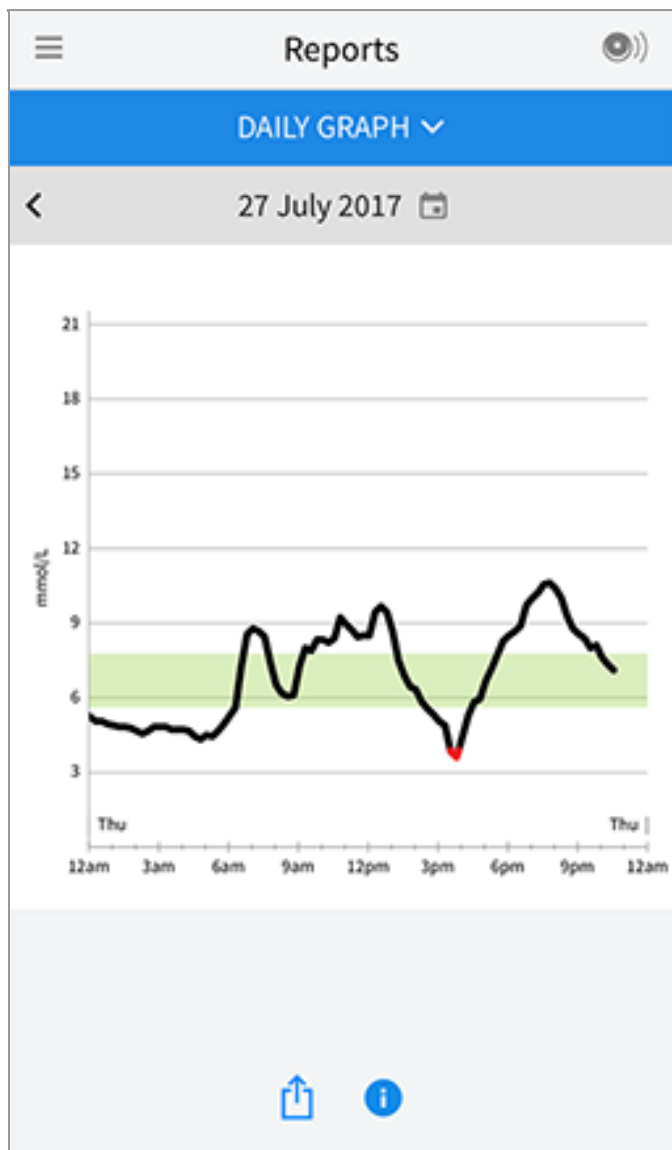


**Average Glucose:** Information about the average of your Sensor glucose readings. The overall average for the selected time period is displayed below the graph. The average is also shown for different periods of the day. Readings above or below your Target Glucose Range are yellow, orange, or red. Readings in range are green.



**Daily Graph:** A graph of your Sensor glucose readings by day. The graph shows your Target Glucose Range and symbols for notes you have entered.

- The graph will scale to 27.8 mmol/L to accommodate glucose readings above 21 mmol/L.
- You might see gaps in the graph during times when you have not scanned at least once in 8 hours.
- The 🕒 symbol may appear indicating a time change. Gaps in the graph may result or glucose readings may be hidden.

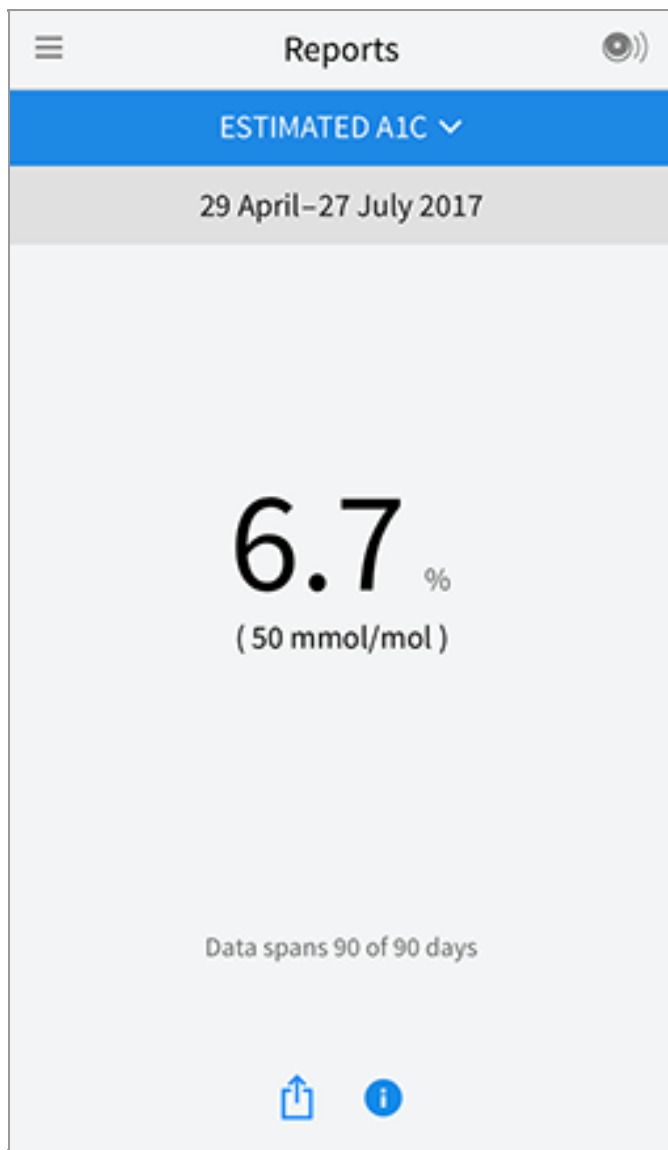


**Estimated A1c:** Your estimated A1c level (also called HbA1c) is based on available Sensor glucose data from the last 90 days. The more data available, the better your estimation will be. However, the estimated level may not match your A1c measured in a laboratory\*. A1c can be used as an indicator of how well your glucose levels have been controlled and may be used to monitor your diabetes treatment regimen.

\* The formula is based on the published reference, which compared average Sensor glucose and laboratory-measured A1c:

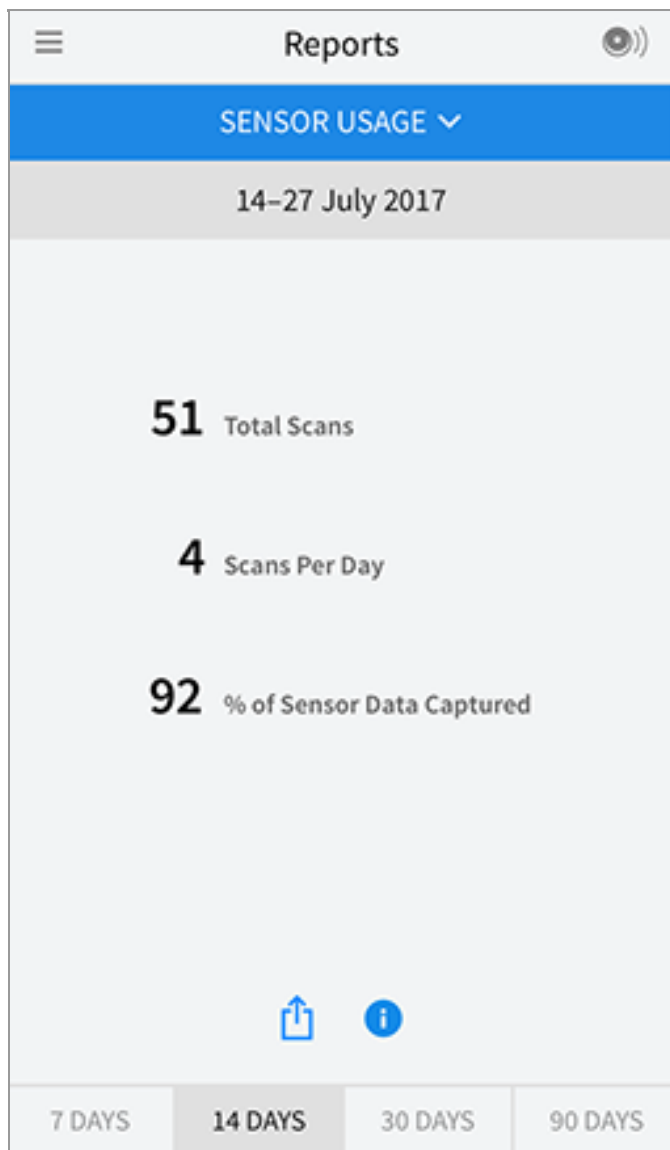
$$A1c_{\%} = (\text{Avg } SG_{\text{mmol/L}} + 2.59) / 1.59$$

Reference: Nathan DM, Kuenen J, Borg R, Zheng H, Schoenfeld D, Heine RJ for the A1c-Derived Average Glucose (ADAG). Study Group: Translating the hemoglobin A1c assay into estimated average glucose values. Diabetes Care 2008, 31:1473-8.





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**Sensor Usage:** Information about how often you scan your Sensor. This includes the total number of scans, an average of how many times you scanned your Sensor each day, and the percentage of possible Sensor data recorded from your scans.



## Note:

- Tap the  symbol on any report to share a screenshot of the report.
- Tap the  symbol to view a description of the report.
- To view a different report, tap the drop down menu above the report, or go to the Main Menu.
- On all reports except the Daily Graph and Estimated A1c, you can select to show information about your last 7, 14, 30, or 90 days.

## Removing Your Sensor

1. Pull up the edge of the adhesive that keeps your Sensor attached to your skin. Slowly peel away from your skin in one motion.

**Note:** Any remaining adhesive residue on the skin can be removed with warm soapy water or isopropyl alcohol.