

FRAMEWORK SCORE

FreeStyle Libre at a glance

5 / 5

iCGM-designated, non-adjunctive

Largest UK market share. Libre 3 Plus is the smallest CGM commercially available.

ACCURACY (LIBRE 3)

7.9%

MARD - lowest published

WEAR

15d

Libre 3 Plus / 2 Plus

AGE

4+

Libre 3 · Libre 2 all ages

Ref: Abbott 2022 pivotal · Vaughan 2025 DTT meta-analysis · 93.4% within ±20/20 · <0.1% outside ±40/40.

THE ESSENTIALS

- ✓ **15-day wear.** Libre 3 Plus and 2 Plus. No grace period after 15 days.
- ✓ **60-minute warm-up** on sensor start.
- ✓ **Libre 3: every 1 minute.** Continuous Bluetooth push. No scanning needed.
- ✓ **Libre 2: scan to read.** Bluetooth alarms only. Scan for current glucose.
- ✓ **Libre 3 is the smallest CGM** - more than half the size of Libre 2. Significantly smaller than G7.
- ✓ **Factory calibrated.** No calibrations. Finger-stick if a reading feels wrong.
- ✓ **FP10 prescribable** in England. Largest NHS-supplied CGM.

GETTING THE MOST FROM LIBRE · PART 1

Alerts - the three that matter

- ▶ **Low glucose alert.** Default 3.9 mmol/L. Tune to your floor. Bluetooth, does not require scanning.
- ▶ **High glucose alert.** Set against your time-in-range goal.
- ▶ **Signal loss alert.** Keep phone within Bluetooth range. If app closes, alarms stop.

Connectivity tip. LibreLink app must stay running in the background. Swiping it closed interrupts Bluetooth and you lose alerts until you reopen it.

SHARING & REPORTING

LibreLinkUp and LibreView

- ▶ **LibreLinkUp** - real-time sharing with family, carers and HCPs. Up to 20 followers.
- ▶ **LibreView** - free web-based reports for you and your team. AGP, time-in-range, hypo patterns.
- ▶ **LibreView Pro** - integrates with SystemOne and EMIS. SNOMED-coded. Your GP surgery can see your data during appointments.

GETTING THE MOST FROM LIBRE · PART 2

Trend arrows - your most important signal

Libre arrows describe *current* rate of change. The arrow tells you what's about to happen; the number tells you what is.

ARROW	RATE OF CHANGE	WHAT IT TELLS YOU
↑	rising fast (> 2 mmol/L per 15 min)	Fast rise - act now
↗	rising (1-2 mmol/L per 15 min)	Rising - consider correction or walk
→	stable (< 1 mmol/L per 15 min)	Steady
↘	falling (1-2 mmol/L per 15 min)	Falling - check insulin on board
↓	falling fast (> 2 mmol/L per 15 min)	Pre-empt the hypo

Libre uses 5 arrows (Dexcom uses 7). Less granularity at the extremes - when you see ↑ or ↓, assume at the top of the range and act.

AID PARTNERS

Automated insulin delivery with Libre

- ▶ **CamAPS FX** (YpsoPump) - Libre 3 and 3 Plus, native.
- ▶ **Omnipod 5** - Libre 2 Plus only.

MAJOR IN THE MAJORS · #1

Skin care and sites

Libre lasts 15 days - the longest of any mainstream CGM. That makes good skin prep even more important.

- ▶ **Approved site.** Back of upper arm (adults and children 4+).
- ▶ **Clean and dry.** Alcohol wipe, full dry before applying.
- ▶ **Barrier wipe** (Skin-Tac, Cavilon) for sensitive or sweaty skin.
- ▶ **Overlay patch** for sport, swimming, warm climates. Libre's small footprint makes patches easy.
- ▶ **Rotate arms.** Left one cycle, right the next.
- ▶ **Reaction?** Stop and speak to your diabetes team. Abbott sensors use different adhesive chemistry to Dexcom - a common culprit is colophonium rather than IBOA.

MAJOR IN THE MAJORS · #2

Accuracy - when to trust it, when to confirm

- ▶ **First 12 hours.** Can read low. If the reading doesn't match how you feel, confirm with a finger-stick.
- ▶ **Pressure (compression) lows.** Lying on the sensor at night drops the reading. If you wake to a sudden ↓ after hours stable, suspect compression before treating.
- ▶ **Rapid changes.** Sensor glucose lags blood glucose by ~5 minutes. The arrow is already telling you.
- ▶ **Keep the app open.** Libre's biggest accuracy issue is missed data from closing the app. Background permission ON, battery optimisation OFF for LibreLink.
- ▶ **Hypo registration.** A hypo must last 15+ minutes below 3.9 mmol/L to count as an event in reports. Quick treatment may not register - your felt experience is still valid.

MAJOR IN THE MAJORS · #3

Two actions that move HbA1c most

Don't take our word - use the tools. Each Explorer models the physiology for your number, your weight, your arrow.

ACTION 1

Walking a high down early

Brisk walking brings glucose down within 10-30 min depending on starting value and arrow. →

ACTION 2

Personalised hypo treatment

Glucose dose matched to weight, level and arrow. Glucose only - measure, then wait 20 min. →

GO DEEPER

GNL explorers, guides & podcasts

Interactive tools, graded evidence and long-form reading when you want more than a leaflet.

GUIDE

Full CGM Guide - 6-part series

Accuracy, alerts, arrows and real-world use across every CGM. →

DEVICE

GNL FreeStyle Libre Page

Deep dive on Libre 2 vs 3 Plus - framework, evidence. →

PODCAST

CGM Series + Episode 38 - Michael Skarlatos, Abbott

Abbott Medical Affairs on Libre's evolution. →

ASK

Grace - evidence-backed Q&A

Ask anything about Libre, CGM, A1D or T1D. →