



MORE TIME IN RANGE BETTER GLUCOSE CONTROL



Keep your glucose **S**teady, **T**ight, **A**nd in **R**ange

No more fingersticks.¹



1. Fingersticks are required when glucose readings do not match symptoms or expectations.

What is Time In Range?

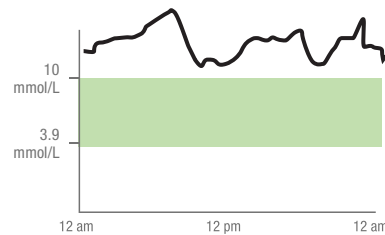
Time In Range is the percentage of time that a person spends with their blood glucose levels in a target glucose range



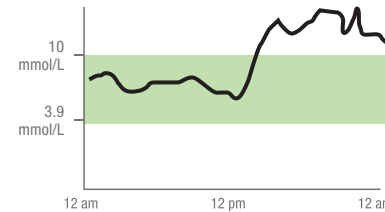
Target Glucose Range

For example: 3.9-10.0 mmol/L

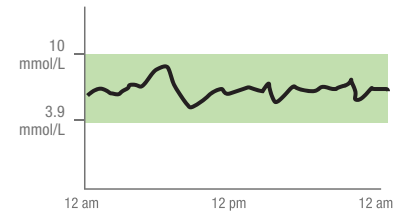
Here are different examples of Time In Range:



0% Time In Range

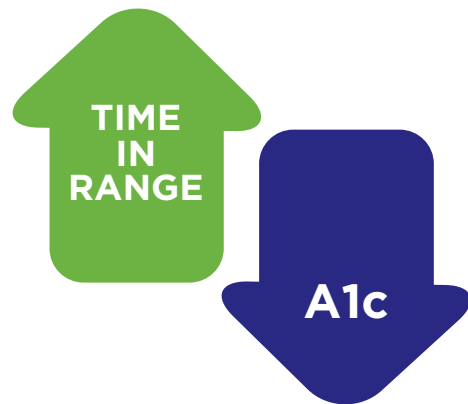


50% Time In Range



100% Time In Range

Why is Time In Range important?



**WHEN YOUR
TIME IN RANGE INCREASES,
YOUR A1c DECREASES**

Every 10% increase in Time In Range can lower A1c by 0.8%¹

Every extra hour in range has a positive impact on your glucose control²

Spending more Time In Range can reduce long-term health complications³

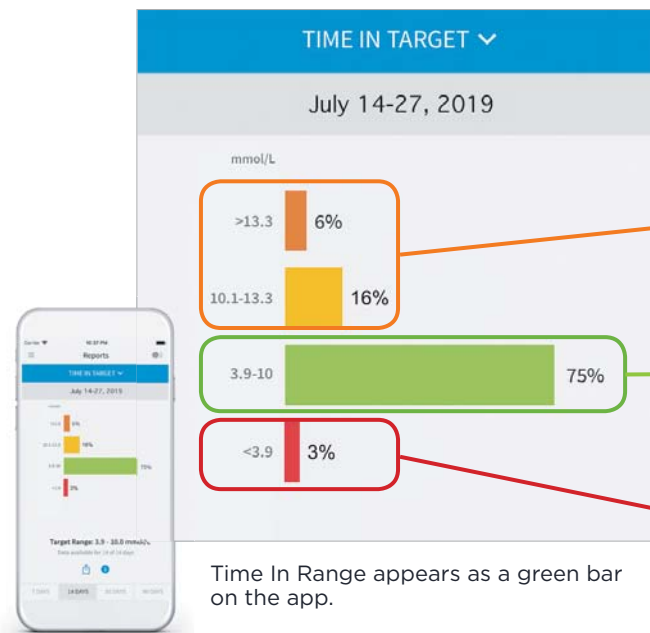
Guidelines recommend spending at least 70% of your Time In Range (3.9-10.0 mmol/L)^{2,4}

A1c is your average glucose over the last 2-3 months.



The FreeStyle Libre system automatically calculates the percentage of time you spend in, above, or below target range

This Time In Target report shows a person who spent 75% of their day in target glucose range



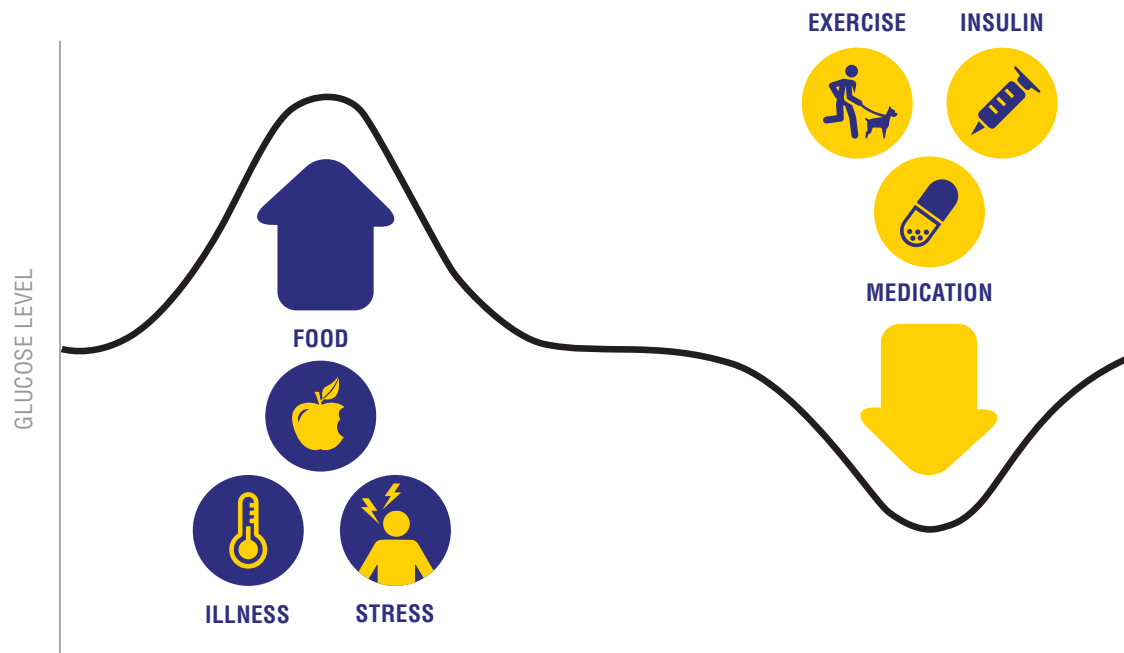
For example:

ABOVE TARGET RANGE
(>10.0 mmol/L)

TARGET GLUCOSE RANGE
(3.9-10.0 mmol/L)

BELOW TARGET RANGE
(<3.9 mmol/L)

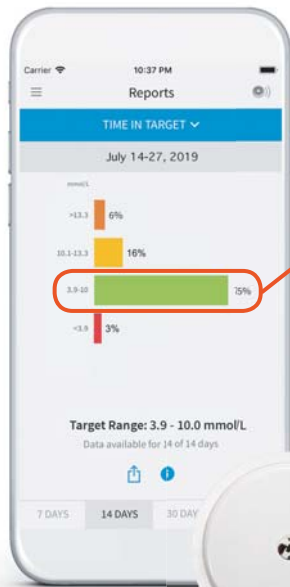
Learn how daily activity impacts your glucose



Suggested tips:

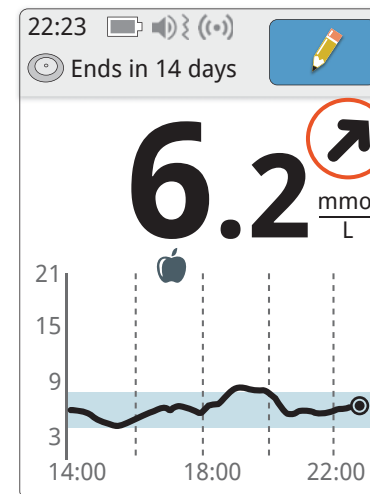
- Reduce big disturbances such as heavy carbs
- Keep checking your glucose
- Repeat what works for you

The FreeStyle Libre system gives you the tools to help you spend more Time In Range



Use the Time In Target report to help you see how food, activities, and medications impact your glucose

Check your glucose more often with a painless 1-second scan



Pay attention to the glucose trend arrow and take appropriate action

A whole new way to view your glucose data with LibreView



LibreView is a secure, cloud-based diabetes management system that provides you with a clear and easy way to view and share your glucose data to help aid better conversations with your healthcare professionals.

LibreView lets you easily share your data with your healthcare provider by linking to their LibreView professional accounts.

System | Consistent Reports | Easy Sharing

How it works



1

SIGN UP

Sign up is easy, free and accessible online, so no special hardware is needed.



2

SIMPLE UPLOAD

Log into your LibreView Account, connect your glucose device, and follow the on-screen instructions to upload data.



3

VIEW AND SHARE

Discover glucose patterns and trends to help you and your healthcare professionals make informed decisions about your health. Your glucose data is stored securely in the cloud so you and your healthcare professional can view your reports anytime, anywhere*.

*from most web-connected devices

Easy monitoring and real insights for better diabetes conversations



1. Easy and remote access

- Access your complete glucose profile online anytime, anywhere from your internet-connected device.
- Clear, easy-to-read reports.
- Discover glucose patterns and trends to help you make informed decisions about your health.



2. Connected Care

- Share your reports easily with your healthcare professionals between visits to help you have better conversations about your diabetes.

For further information, please contact the **Abbott Diabetes Customer Care Line: 0800 222 688** or your local Abbott FreeStyle Libre Specialist Representative.
Find out more at **www.FreeStyleLibre.za.com**



Keep your glucose **Steady, Tight, And in Range**



Steady

Keep your average glucose (black line) as **FLAT** as possible

Tight

Keep your graph (blue band) **NARROW**—less highs and lows

And in Range

Keep your readings **WITHIN THE TARGET RANGE**



FreeStyle
Libre
FLASH GLUCOSE MONITORING SYSTEM

Talk to your doctor about how you can increase Time In Range
with the FreeStyle Libre System



life. to the fullest.

Abbott

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