Cheatsheet on Freestyle Libre

Push button **once** to turn on

Push button **second** time to get to this screen:
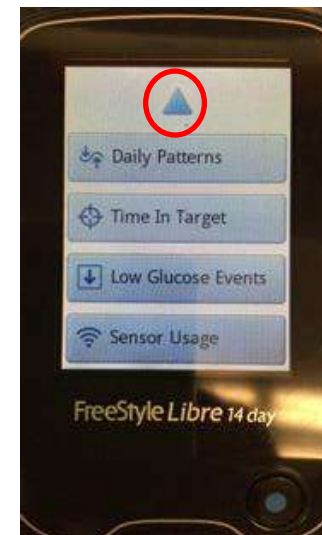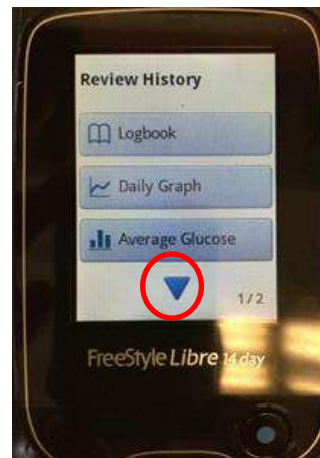
Tap "Review History"
Revisar historial

There are two pages of the main menu for Review History.

Tap blue arrow to move between page 1 and 2

(See next pages for details of each menu item)

Logbook
Libro de registro

The blue "OK" button on any screen returns you to the previous screen

Only 3 sensor glucoses appear on each screen.
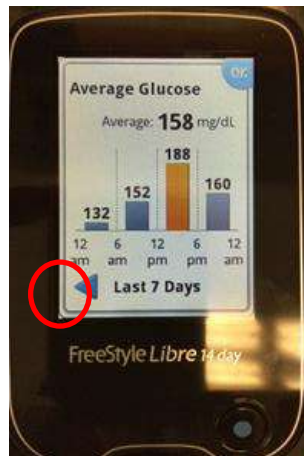Scroll down to see them in reverse chronological order.

Daily Graph
Grafico diario

(image not shown—it's just the sensor trend graph for the last 8 hrs)

Average Glucose
Glucosa promedio

On all the remaining screens, the default report is for 7 days.

To see 14-day reports, **tap** the blue triangle

Daily patterns
Patrones diarios

Time in target
Tiempo en el rango deseado

Goal for most T1/T2 (more relaxed if older, higher risk)*:
- < 25% time above 180 mg/dL
- > 70% time in range (70-180 mg/dL)
- < 4% time below 70 mg/dL
- < 1% below 54 mg/dL
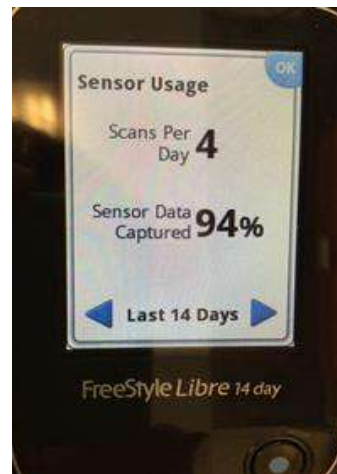
*Battelino et al, *Diabetes Care*, vol 42, Aug 2019.

Low glucose events
Eventos de glucosa bajo

Sensor usage
Uso del sensor

3 scans/day (every 8 hrs) needed to save data

On basal-bolus regimen, TID AC + HS at minimum is even better

Patient scanning < 3x/day needs coaching