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# Continuous Glucose Monitor Videos

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Some people with diabetes use a continuous glucose monitor (CGM) to manage their blood glucose levels. These videos can assist you in learning how to use your continuous glucose monitor.

Click on the links below, or use the QR code.

To use a QR code:

1. Open your phone camera and point it at the black and white square.
2. Tap the link when it appears, to take you to the video.



[Freestyle Libre 2: Insertion and Start with Smartphone App \(12:18\)](#)



[Freestyle Libre 2: Insertion and Start with Handheld Receiver \(7:55\)](#)



[Freestyle Libre 2: How to Share Data with Your Healthcare Team Using the Handheld Reader \(6:40\)](#)



[Freestyle Libre 2: How to Share Data with Your Healthcare Team Using the Smartphone App \(2:49\)](#)



[Comprehensive Overview of Freestyle Libre 2 Continuous Glucose Monitor \(55:10\)](#)



[Freestyle Libre 3: How to Insert and Start a Sensor Using the App](#)



[Dexcom G6: How to Insert and Start a Sensor Using the Handheld Receiver \(9:54\)](#)



[Dexcom G6: How to Upload and Share Your Data Using the Handheld Receiver \(7:12\)](#)

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