

Can I get access to Flash? The situation in Wales:

Wales have been prescribing Flash for many months now and have a significant percentage of their type 1 population with accessing Flash on prescription.

In Wales, you **must** have undergone (or willing to undertake) previous 'advanced insulin self-management education' e.g. DAFNE, BERTIE, SEREN, X-pert Insulin programme.

You can read the full criteria here:

<http://www.wales.nhs.uk/sites3/Documents/814/FreeStyleLibreGlucoseMonitoringHTWstatementv1.1Nov2017.pdf>

To qualify in Wales, you must fulfil one or more of the following:

Regularly test:

- You must check your sugar levels more than 8 times a day to qualify for Flash in Wales

Consistently high HbA1c:

- If your HbA1c is consistently high – above 9% despite testing a lot – over ten times a day and you can show that Flash will help you reduce this – reducing to around 7%, then you should qualify for Flash

Regular and unpredictable hypos:

- If you find it tough to control your blood sugar levels which results in regular hypos – over 2 episodes a week, or if you have a loss of hypo awareness, you may also qualify for Flash

Severe hypos:

- You will be considered for Flash if you have more than 1 episode a year of severe hypoglycaemia with no obviously preventable precipitating cause.

Extreme Fear of Hypoglycaemia:

If you have an extreme fear of hypos and are worried or anxious about them, then you may also qualify for a trial of Flash in Wales.

Will these criteria change?:

Wales has been prescribing Flash to people living with type 1 diabetes for a long time now. We hope that the evidence showing how Flash improves people's ability to manage their diabetes will convince NHS decision makers in Wales to broaden the criteria in the future.

What happens if you don't meet the criteria or are refused access?

If you are not able to get Flash GM on prescription now, or after April, it can also be bought directly from the manufacturer. A starter pack for the Freestyle Libre (one read and two sensors) cost around £170, and further sensors are about £60 each.

Some pharmacies and shops also sell the Freestyle Libre over the counter at varying prices. There are some restrictions on self-funding Flash – with a limit to the number of sensors you can buy at once. It is also still only available for existing customers. We are working with Abbott to increase access to Flash privately.

You can also advocate for access to Flash – we have created an [advocacy pack](#) you can find which gives pointers about what things to highlight when making your case for Flash with your diabetes team.

