

AlcoChange

Detailed Instructions for Use

Version 3.2 | August 2026

**UK
CA
0120**

Class IIa Medical Device

Patient Mobile App — iOS / Android

Manufacturer: CyberLiver Limited, Devonshire House, 582 Honeypot Lane, Stanmore, HA7 1JS, United Kingdom

Website: www.alcochange.com | Email: info@cyberliver.com

This eIFU is available at: <https://alcochange.com/information-materials.html> | A paper copy is available on request: contact info@cyberliver.com

Dear User,

Thank you for choosing AlcoChange by CyberLiver. These Instructions for Use cover the AlcoChange patient mobile application v2.3.5.

1. Intended Use and Indications for Use

Intended Use

AlcoChange is a prescription-only digital therapeutic intended to support the reduction of alcohol use and the maintenance of abstinence in adults (aged 18 years or over) with established alcohol-related liver disease (ARLD). It is used as an adjunct to standard clinical care, under the supervision of a qualified clinical team, and does not replace standard clinical care. AlcoChange delivers behavioural change interventions and provides information used by the clinical team to monitor the patient's behavioural risk (relapse and disengagement) during treatment.

Indications for Use

AlcoChange is indicated as a 90-day, prescription-only treatment for adults (aged 18 years or over) with established ARLD who are enrolled in outpatient or community care under the supervision of a qualified clinical team. It provides behavioural therapy based on the CyberLiver Behaviour Change (CBC) Model, using personalised digital behaviour change techniques and behaviour change notifications, and presents behavioural-risk and engagement information, together with validated questionnaire outputs, to the supervising clinician for review..

2. Intended Users and Patient Population

2.1 Intended Users

This Instructions for Use is addressed to:

- Patients — adults aged 18 years or older with alcohol-related liver disease or harmful alcohol use, using the AlcoChange mobile app to engage with behavioural therapy content. Patients must have a smartphone (iOS 15.0+ or Android 10.0+), an active internet connection, and basic digital literacy sufficient to operate a smartphone app. Patients may have varying levels of cognitive function, including mild cognitive impairment related to liver disease, and must be under the supervision of a healthcare professional.
- Healthcare professionals — registered clinicians (hepatologists, alcohol nurse specialists, gastroenterologists, addiction specialists, GPs) who prescribe AlcoChange and monitor patient engagement via the Clinician Dashboard. Clinicians must be trained in the use of AlcoChange; training is provided by CyberLiver or the patient's NHS Trust alcohol care team. Refer to the Clinician Dashboard Guide (CL-IFU-CD-001) for clinician-specific instructions.
- Trained operators — clinical support staff who assist in patient onboarding under clinician supervision.

2.2 Patient Population

Adults aged 18 years or older with one or more of the following characteristics:

- Diagnosed ARLD or high-risk alcohol use
- Alcohol Use Disorder (AUD) or persistent harmful drinking behaviour
- Psychological or emotional symptoms related to alcohol misuse (e.g., anxiety, stress, low mood)
- Participants in structured outpatient or community alcohol-support pathways

3. Contraindications and Restrictions for Use

3.1 Absolute Contraindications

- Inability to provide informed consent
- Severe cognitive impairment or dementia
- Age below 18 years
- Lack of compatible smartphone device (iOS 15.0+ or Android 10.0+)
- Severe visual impairment preventing use of the app interface
- Acute psychiatric crisis (psychosis, severe mania, active suicidal ideation with plan or intent)

3.2 Relative Contraindications (require clinical judgement)

- Limited digital literacy or cognitive deficits — consider supported onboarding with alcohol liaison nurse
- Unstable housing preventing reliable smartphone use
- Inpatient or custodial environments where device use is restricted

3.3 Restrictions for Use

- Prescription-only — AlcoChange must be prescribed by a registered healthcare professional
- Adjunctive use only — AlcoChange is not a substitute for clinical care; it must be used alongside an active clinical treatment plan
- AlcoChange does not diagnose, treat, or make clinical decisions; all clinical decisions remain with the responsible clinician
- Standard therapeutic duration: 90 days
- Requires internet connectivity and notification access to function correctly

4. Warnings and Precautions

⚠ IMPORTANT SAFETY WARNING — ALCOHOL WITHDRAWAL

Do not use AlcoChange if you are experiencing symptoms of acute alcohol withdrawal.

Symptoms of alcohol withdrawal include: severe shaking or tremors, confusion, hallucinations (seeing or hearing things that are not there), severe sweating, seizures, or fits.

If you experience any of these symptoms, STOP using the app immediately and:

- Call 999 or attend your nearest Accident & Emergency department, OR
- Call 111 for urgent medical advice.

Do not attempt a breath test if you are experiencing withdrawal symptoms.

AlcoChange cannot detect or manage alcohol withdrawal. Withdrawal is a medical emergency.

⚠ WARNING — MENTAL HEALTH AND SUICIDAL THOUGHTS

AlcoChange includes a Patient Health Questionnaire (PHQ-9) that asks about thoughts of self-harm or suicidal ideation (Question 9).

If you are having thoughts of suicide or self-harm, tell your clinician or alcohol liaison nurse immediately.

You can also contact:

- Samaritans: 116 123 (free, 24/7)
- NHS 111 (free, 24/7)
- In a crisis: 999 or go to A&E

AlcoChange is not a crisis intervention service. Do not use it as a substitute for urgent mental health support.

⚠ WARNING — ADJUNCTIVE USE ONLY

AlcoChange is an adjunct to clinical care — it does not replace your alcohol care team, clinical appointments, or prescribed medications.

If your clinical condition changes or your alcohol use worsens, contact your clinical team promptly. Do not rely solely on AlcoChange to manage your care.

Continued engagement with AlcoChange does not indicate that your clinical condition is stable.

⚠ WARNING — BREATHALYSER USE

Wait at least 20 minutes after consuming alcohol, food, mouthwash, or smoking before taking a breath test. Testing immediately after these activities can produce an incorrect indication.

The breathalyser mouthpiece is for personal use only — do not share it with others.

Do not blow smoke into the breathalyser — this will damage the sensor.

The breathalyser is a separate, optional device. AlcoChange can be used without it.

The breathalyser provides a qualitative indication of whether alcohol is present or absent in your breath, for self-monitoring purposes only. It does not display a blood- or breath-alcohol level and does not constitute a clinical diagnosis or legal breath test.

⚠ PRECAUTION — CHANGES IN DEVICE PERFORMANCE

If you notice any of the following, stop using the affected function and contact your clinician or CyberLiver support:

- The app does not load or crashes repeatedly
- Your progress data (drink-free days, cravings) appears incorrect or has been lost
- Notifications stop working or are not being received

- The breathalyser consistently gives an indication that appears incorrect
- You cannot log in or access your account

Do not assume your data has been saved if the app behaves unexpectedly.

For technical support: visit www.alcochange.com, use the in-app Help (tap the '?' icon), or email info@cyberliver.com.

In the event of a technical failure, continue to record your alcohol use and cravings by other means and discuss with your clinical team at your next appointment.

WARNING — DO NOT RELY SOLELY ON APP FEEDBACK FOR CLINICAL DECISIONS

AlcoChange provides informational support only. It does not make clinical diagnoses or clinical recommendations.

Do not use the app as a substitute for clinical advice. App feedback, motivational messages, and breathalyser indications do not replace the assessment of your clinical team.

If you feel your condition has changed or you are concerned about your health, contact your clinician, Alcohol-Liaison nurse, or GP — do not wait for the app to prompt you.

WARNING — NOT FOR USE DURING PREGNANCY

AlcoChange is not indicated for use during pregnancy.

If you become pregnant or suspect you may be pregnant during your course of treatment, inform your clinical team immediately. Your clinician will advise whether to continue, pause, or stop therapy.

Age restriction: AlcoChange must not be used by anyone under the age of 18 years.

PRECAUTION — PRIVACY AND DATA SECURITY

Your data — including alcohol use records, breathalyser indications, craving logs, and assessment scores — is stored securely on NHS-compliant UK cloud servers (AWS UK).

Your clinical team has access to your app data via the Clinician Dashboard. This is an intentional and important part of your clinical care.

To protect your account:

- Use a strong, unique password and keep it private
- Never share your login credentials with others
- Log out when using a shared or borrowed device
- If your phone is lost or stolen, contact your clinical team and CyberLiver support (info@cyberliver.com) immediately

If you have concerns about your data, email info@cyberliver.com or visit www.alcochange.com.

PRECAUTION — ACTIVE ENGAGEMENT REQUIRED

AlcoChange is only effective if used regularly. Treatment benefit requires at minimum 3–4 meaningful interactions with the app per week.

Passive installation without regular use will not produce clinical benefit.

If you are finding it difficult to engage with the app, speak to your Alcohol-Liaison nurse or clinician. They can review your engagement and adjust your support plan.

4.1 Anticipated Adverse Effects and Residual Risks

Based on risk analysis, pilot study data, and post-market surveillance, the following adverse effects may be experienced. All adverse effects identified to date are non-serious and manageable through clinical support.

Category	Possible effects	What to do
Psychological (mild)	Increased anxiety from therapy use; guilt or shame when recording a drink; disappointment with slow progress; motivational pressure from notifications	Speak to your Alcohol-Liaison nurse or clinician. Notification settings can be adjusted. These feelings typically ease with time and are a normal part of recovery.
Technology-related (mild)	Frustration with app crashes, sync delays, or breathalyser connectivity issues; occasional incompatibility with older phone models	Use the in-app Help (tap '?') or contact info@cyberliver.com . Average technical support response time is less than 4 hours.
Social (mild)	Privacy concerns using the breathalyser in public; worry about others seeing the app; perceived stigma	The app is designed to be discreet. You are not required to use the breathalyser in public. Speak to your clinician if these concerns affect your engagement.
Physical	None identified. No physical adverse effects have been reported.	N/A

5. Principle of Operation

AlcoChange operates as a Software as a Medical Device (SaMD) platform comprising:

- Patient-Facing Mobile App (iOS/Android): Delivers structured digital behavioural therapy and self-management tools.
- Clinician Dashboard (Web Portal): Enables prescription, monitoring, and engagement tracking by healthcare professionals.
- Behaviour Change Engine (Cloud Service): Analyses behavioural, psychological, and biometric data to generate personalised interventions.
- Optional external device: the ADBII (Model BA6) breath alcohol indicator is a separate, standalone medical device with its own instructions for use. Where the patient chooses to use it, the app receives from it, over Bluetooth, a qualitative indication of whether alcohol is present or absent in the breath.

System operation:

1. Patients onboard via a prescription code issued by their clinician.
2. The app collects patient-reported outcomes (alcohol use, cravings, wellbeing, anxiety/depression scores) and optional breathalyser data.
3. The Behaviour Change Engine processes these data to deliver tailored digital interventions and motivational feedback.
4. Clinicians review progress and engagement through the dashboard. AlcoChange does not provide automated clinical alerting on questionnaire outputs; clinical action remains the responsibility of the clinical team.

6. Key Performance Claims

- Patients cut their weekly drinking by 75.5% over three months.
- 57% of frequent users were fully abstinent at 12 weeks, versus 22% of less frequent users.
- One alcohol-related hospital admission avoided per 12 patients over 12 months;

7. Technical Specifications and Compatibility

Operating systems	iOS 15.0 or later / Android 10.0 or later
Dashboard browser	Chrome, Edge, Safari v15+, Firefox (current versions)
Internet connection	Required for full functionality (Wi-Fi or mobile data)
Notifications	Must be enabled for reminders and alerts
App storage	Approx. 150 MB
Cloud hosting	AWS UK region — NHS DSP Toolkit compliant
Data encryption	AES-256 at rest; HTTPS TLS 1.3 in transit

8. Getting Started — Installation and Setup

To use AlcoChange:

5. Download the free "AlcoChange" Mobile App — available on the Apple App Store (iOS) or Google Play Store (Android).
6. Install the app on your smartphone or tablet.
7. Your Alcohol-Liaison nurse will assist you in completing enrolment and setting up the app for use.

IMPORTANT — Notifications

Please ensure that notifications are set to 'On' for the AlcoChange application in your smartphone settings. Notifications are required for the app to send you daily check-ins, reminders, and motivational messages.

8.1 Splash Screen

This screen appears briefly as your application loads.



Splash Screen

8.2 Patient Safety Information Label

Read the Patient Safety Information label carefully before your enrolment.



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September 2026



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Devonshire House,
582 Honeypot Lane, Stanmore,
HA7 1JS, United Kingdom

Indications for use

Warnings and precautions



Instructions for use (eIFU)

<https://alcochange.com/information-materials.html>



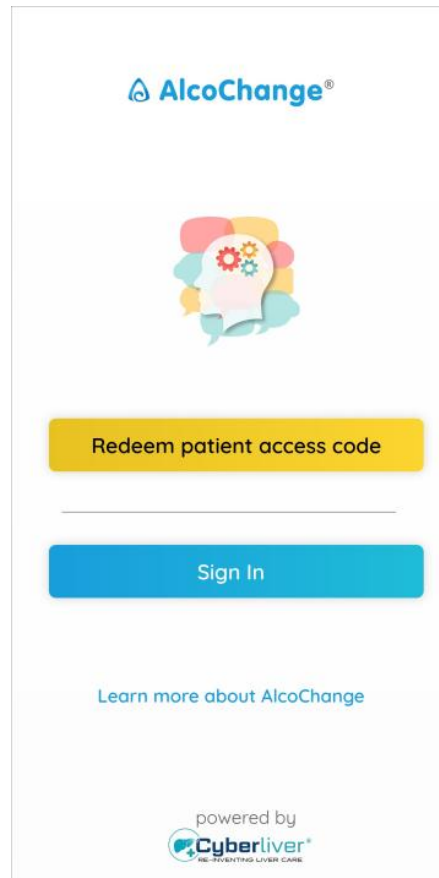
<https://alcochange.com>

Next >>

Patient Safety Information Label — showing UKCA 0120 mark, MD symbol, manufacturer details, and links to intended use, warnings, and IFU.

8.3 Welcome Screen

You can redeem your Patient Access Code if you are a first-time user, or Sign In if you are an already-registered user. Click on 'Learn more about AlcoChange' to understand how AlcoChange can help you.



Welcome Screen

Note — Patient Access Code

Your clinician will register you onto the behavioural therapy system. You will access the app using your NHS number as your Patient Access Code.

Unless your clinician has registered you onto the system, your NHS number will not be recognised as the Patient Access Code.

Once onboarded, your Alcohol-Liaison nurse will help you with initial setup.

Your Alcohol-Liaison nurse will assist you in setting up the following sections:

- Patient Safety Information Label
- Patient Access Code Verification, Terms and Privacy Notice
- Registration Screen
- Baseline Assessment (6 sections)
- Benefits of Alcohol Therapy Screen

8.4 Patient Access Code Verification

Once you click 'Enter Patient Access Code and Site PIN', enter your NHS number (Patient Access Code) and Site PIN, then click 'Submit'.

If you have issues with your Patient Access Code or Site PIN, speak to your Alcohol-Liaison Nurse or Clinician. You can also click 'Click here for support' and follow the on-screen instructions.





Enter patient access code
10000023

Enter site PIN
AAAQEV

Submit

Having problems in redeeming your patient access code?
[Click here for support](#)

powered by
Cyberliver®
HE-REVENTING LIVER CARE



We at CyberLiver Limited value the privacy and protection of your personal data.

When you sign up for AlcoChange, CyberLiver will be the data controller for the personal data collected through the use of the app.

Please proceed to confirm the statement in the below section by tapping, '**I have read accepted & agree**'.

If you have any further questions about how we use your data or want to exercise rights over your information, you can email us at privacy@cyberliver.com

I have read, accept, and agreed to the

- [Privacy Policy \(v1.4 14 Nov 2021\)](#)
- [Terms of Service \(v1.4 14 Nov 2021\)](#)

I consent to the processing of my data for the specified purposes included in the Privacy Policy.

Further, I represent that I am at least 18 years of age or older.

I have read accepted & agree

Patient Access Code Verification Screens

8.5 Terms and Privacy Policy

This screen lists the terms and privacy policy you must agree to when registering. Read carefully and click 'I agree to the Terms & Privacy'. Contact your Alcohol-Liaison nurse or Clinician if you have any questions.



Please fill in your details to complete the signup



Patient access code*
1111059



First name*



Last name*

☒ Female

☐ Male

☐ other



Your birthdate*



Email address*



Weight

kg

lbs



Height

cm

in



Password*



The password must be between 8-25 characters and contain both characters and numbers



Retype password*



Next >>

Terms and Privacy Policy Screen

8.6 Registration

Enter your personal information to complete registration: Patient Access Code (pre-entered), First Name, Last Name, Gender, Date of Birth, Email, Weight, Height, Password. Click 'Complete Registration' to finish.

Baseline assessment

Let's review and personalise AlcoChange for your 2nd therapy, request you to answer these honestly

-  Health conditions
-  AUDIT assessment
-  Drinking habit assessment
-  Your goal
-  Personalisation
-  Supportive contacts

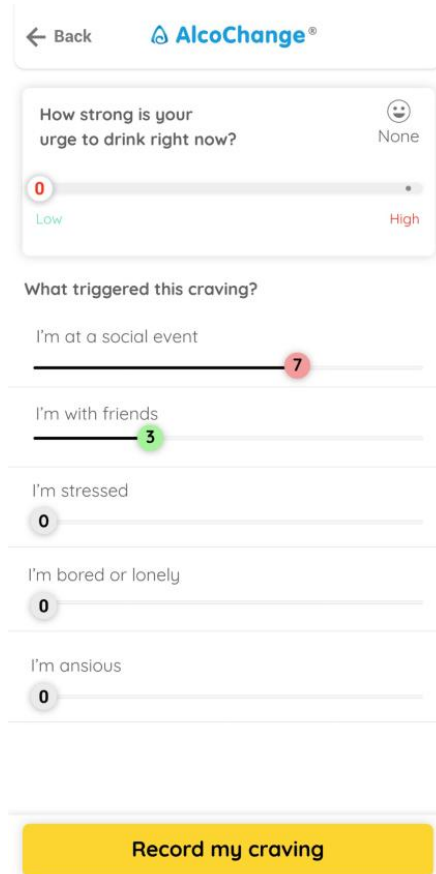
 Takes approximately 10 to 15 minutes to complete

Let's do this

Registration Screen

9. Baseline Assessment

Once you have completed registration, fill in the baseline assessment with the help of your Alcohol-Liaison nurse. There are 6 sections. Please take your time and answer honestly.



← Back AlcoChange®

How strong is your urge to drink right now? 😊 None

0 Low High

What triggered this craving?

I'm at a social event 7

I'm with friends 3

I'm stressed 0

I'm bored or lonely 0

I'm anxious 0

Record my craving

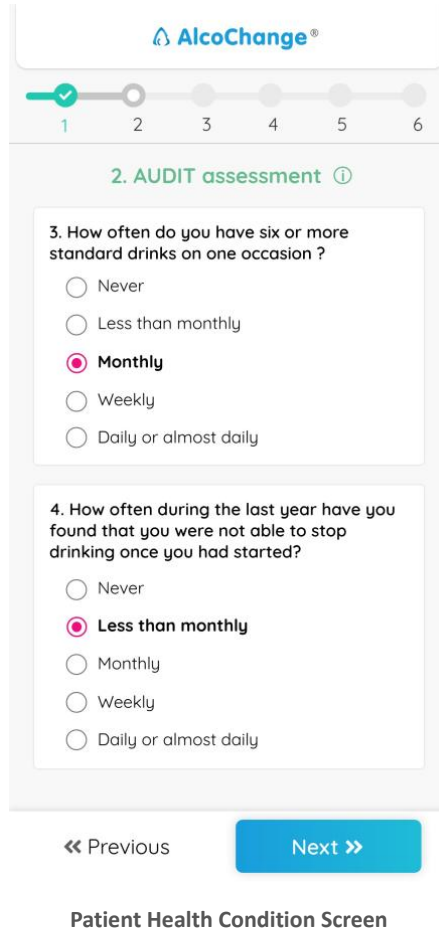
Baseline Assessment Starting Screen

The 6 sections are:

8. Patient Health Conditions
9. AUDIT Assessment
10. Drinking Habit Assessment
11. Goal Setting
12. Reasons – Triggers – Coping Strategies
13. Adding Supportive Contacts

9.1 Patient Health Condition Screen

Rate how the following health conditions impact you on a scale of 0 (not at all bothered) to 10 (extremely bothered). Click 'Save & Proceed' to continue.



The screenshot shows the AlcoChange mobile application interface. At the top, the AlcoChange logo is displayed. Below it is a progress bar with six numbered steps (1-6). Step 1 is highlighted with a green checkmark, and step 2 is labeled '2. AUDIT assessment' with an information icon. The main content area contains two questions, each with five radio button options. Question 3 asks about the frequency of having six or more standard drinks on one occasion, with 'Monthly' selected. Question 4 asks about the frequency of being unable to stop drinking once started in the last year, with 'Less than monthly' selected. At the bottom, there are 'Previous' and 'Next' navigation buttons.

AlcoChange®

1 2 3 4 5 6

2. AUDIT assessment ⓘ

3. How often do you have six or more standard drinks on one occasion ?

☐ Never

☐ Less than monthly

☒ **Monthly**

☐ Weekly

☐ Daily or almost daily

4. How often during the last year have you found that you were not able to stop drinking once you had started?

☐ Never

☒ **Less than monthly**

☐ Monthly

☐ Weekly

☐ Daily or almost daily

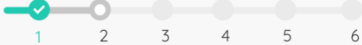
« Previous Next »

Patient Health Condition Screen

9.2 AUDIT Assessment

The AUDIT Assessment has 10 questions (2 per screen). Read each question carefully and select the answer closest to your current alcohol consumption pattern. Use 'Previous' and 'Next' to navigate between screens.





2. AUDIT assessment ⓘ

5. How often during the last year have you failed to do what was normally expected from you because of drinking?

☒ **Never**

☐ Less than monthly

☐ Monthly

☐ Weekly

☐ Daily or almost daily

6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

☐ Never

☒ **Less than monthly**

☐ Monthly

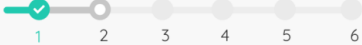
☐ Weekly

☐ Daily or almost daily

<< Previous

Next >>





2. AUDIT assessment ⓘ

7. How often during the last year have you had a feeling of guilt or remorse after drinking?

☒ **Never**

☐ Less than monthly

☐ Monthly

☐ Weekly

☐ Daily or almost daily

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

☐ Never

☒ **Less than monthly**

☐ Monthly

☐ Weekly

☐ Daily or almost daily

<< Previous

Next >>





2. AUDIT assessment ⓘ

9. Have you or someone else been injured as result of your drinking?

☒ **No**

☐ Yes, but not in the last year

☐ Yes, during the last year

10. Has a relative or friend, doctor or health worker expressed concern about your drinking or suggested that you cut down?

☒ **No**

☐ Yes, but not in the last year

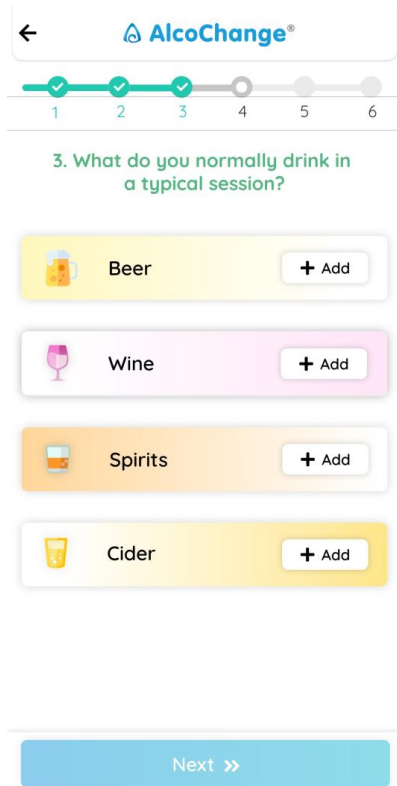
☐ Yes, during the last year

Next >>

AUDIT Assessment Screens

9.3 Drinking Habit Assessment

Record the drinks you typically consume. The four options are Beer, Wine, Spirits, and Cider. Click 'ADD' to select the Measure, Alcohol Strength, and Count for each drink. Once done, click 'Next'.



← AlcoChange®

1 2 3 4 5 6

3. What do you normally drink in a typical session?

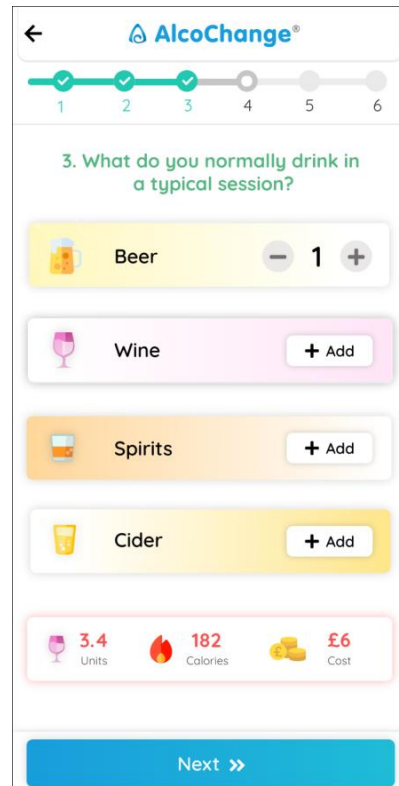
Beer + Add

Wine + Add

Spirits + Add

Cider + Add

Next >>



← AlcoChange®

1 2 3 4 5 6

3. What do you normally drink in a typical session?

Beer - 1 +

Wine + Add

Spirits + Add

Cider + Add

3.4 Units 182 Calories £6 Cost

Next >>

9.4 Goal Setting

Set your abstinence goals and rate your motivation and confidence levels. The app recommends a starting goal based on your drinking history.



1 2 3 4 5 6

3. What do you normally drink in a typical session?


Beer
- 1 +


Wine
+ Add


Spirits
+ Add


Cider
+ Add


3.4 Units

182 Calories

£6 Cost

Next >>



1 2 3 4 5 6

Please choose your goal


Since this is your first time trying to stay completely drink-free. We recommend you to start with 7 days as your first goal.

7 days drink-free
Recommended

14 days drink-free

28 days drink-free

Next >>



1 2 3 4 5 6

4. Your goal ⓘ

On how many occasions have you previously tried to stop drinking?

Never
☐

Once
☒

Twice
☐

Three times
☐

Four or more times
☐

What is the longest duration you have been drink-free for?

 Add the duration

Next >>



1 2 3 4 5 6

You've chosen to stay drink-free for 7 days

How **motivated** are you today to stop drinking for 7 days?

1 Not at all motivated

8

10 Extremely motivated

How **confident** are you that you can stop drinking for 7 days?

1 Not at all confident

8

10 Extremely confident

Next >>

Goal Setting Screens

9.5 Reasons, Triggers, and Coping Strategies

Select your reasons to stay abstinent, your triggers for drinking, and your coping strategies. You can add your own reasons and triggers. Select motivational images for each reason.






5. What triggers you to drink?
(can be more than one)

Emotional triggers

Loneliness  

Stress  ☐

Anxiety  ☐

Thinking about the past  ☐

Situational triggers

Being around friends who drink  ☐

Relaxing after work  ☐

Watching Sports or TV  ☐

Being at social events  ☐

Add your own 




Reasons to Stay Sober

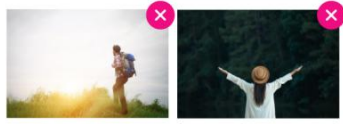
Get my life back 

For a source of motivation, why not add a few pictures to emphasize the reason you have chosen

 Choose from AlcoChange

 Choose from phone

 Take photo










5. For a source of motivation, why not add a few pictures to emphasise the reasons you have chosen



 Improve my jaundice



 Improve my energy levels



 Improve my sleep



 I want to get my life back







Reasons to Stay Sober

Get my life back 

(choose up to four)













2 pictures selected



← AlcoChange®

1 2 3 4 5 6

5. What triggers you to drink?

(can be more than one)

Emotional triggers

- Loneliness ☒
- Stress ☐
- Anxiety ☐
- Thinking about the past ☐

Situational triggers

- Being around friends who drink ☐
- Relaxing after work ☐
- Watching Sports or TV ☐
- Being at social events ☐

Add your own

Next >>

← AlcoChange® Add Drink

Section 5 - Reasons to stay drink free

When do you normally feel lonely?

	Morning	Noon	Evening	Night
All	☐	☐	☐	☐
Sun	☒	☒	☒	☒
Mon	☐	☐	☐	☐
Tue	☒	☒	☒	☒
Wed	☐	☐	☐	☐
Thu	☐	☐	☐	☐
Fri	☐	☐	☐	☐
Sat	☐	☐	☐	☐

Save

← AlcoChange®

1 2 3 4 5 6

5. Select coping strategies to overcome your cravings ①

(choose up to 3 options)

- Going for a walk or jog ☒
- Going to the gym ☐
- Listening to music ☐
- Watching sports or current affairs ☐
- Going for a swim ☐
- Meditating ☐
- Having alternate drinks ☐

Next >>

← AlcoChange®



You've chosen 'Having alternate drinks' as a coping strategy, let's personalise it for you.

Which mocktails do you want to have?

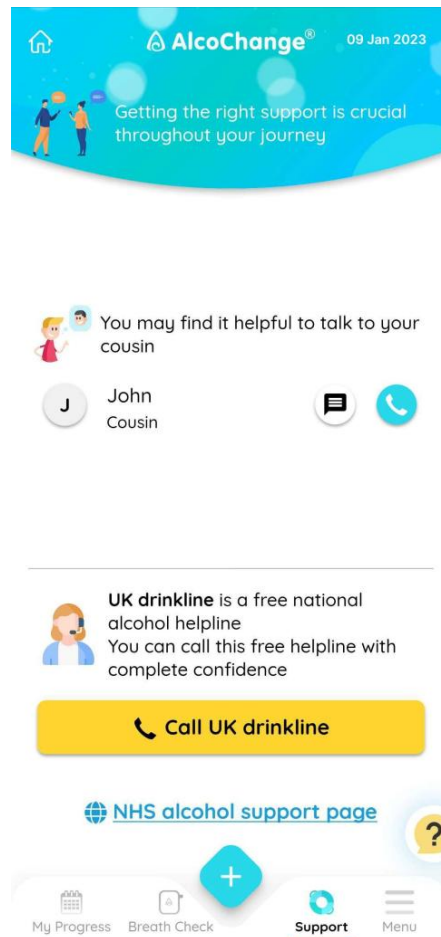
- | | |
|---|---|
| Virgin mojito ☒ | Watermelon lemonade ☒ |
| Raspberry cordial ☒ | Mulled apple juice ☒ |
| Ginger lemon fizz ☒ | Pink lemonade ☒ |

I will do later

Save

9.6 Supportive Contacts

Enter contacts who can support you in your journey towards abstinence. Enter name, relationship, and phone number for each contact. Click 'Save'.



Supportive Contacts Screen

9.7 Benefits Screen and Profile Picture

This screen shows the personalised benefits of therapy based on your baseline assessment. Click 'I commit to abstaining from alcohol' to continue. You will then be asked to add a profile picture (choose from your Gallery or take a new photo). This is the last step you will complete with your Alcohol-Liaison nurse.



We have completed the baseline
set up. Now, let's commit to
abstaining from alcohol

The benefits of abstaining from alcohol are:

-  Your blood test results will improve
-  Your ascites (swelling of abdomen or tummy) will improve
-  Your liver function test will improve
-  Your calorie intake, on average, will reduce by 2500 kcal per week
-  Your jaundice will get better
-  Your risk of cancer will be lower
-  You will feel much better

 I commit to abstaining from alcohol

Benefits Screen

10. Daily Use — Main App Screens

10.1 Sign In

Use your registered email and password to sign in. If you have forgotten your password, click 'Forgot Password?' and follow the on-screen instructions.

← Welcome back to




✉ Registered email

🔒 Password

👁

Sign In

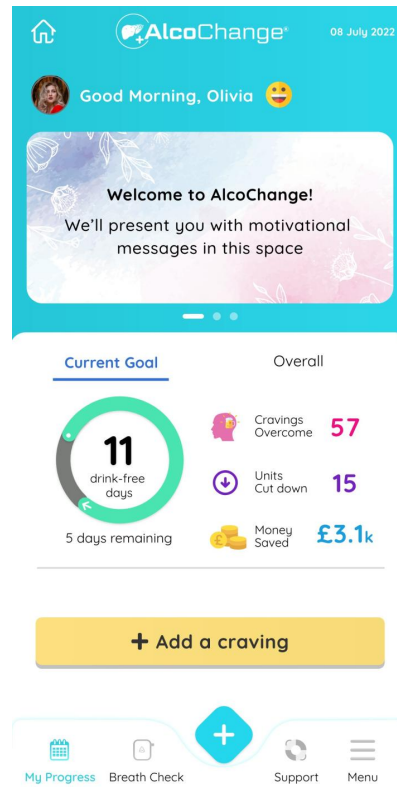
[Forgot Password?](#)



Sign In Screen

10.2 Home Screen

Your main screen displays: your motivational message card, your current goal and drink-free day count, money saved, cravings overcome, and buttons to record your day or add a craving. The bottom bar provides access to My Progress, Breath Check, Support, and Menu.



Home Screen

10.3 Recording Your Day

Tap 'Record a drink free day' or respond to your daily morning notification. Select one of three options:

- Stayed drink-free — with ease
- Stayed drink-free — but it was difficult (champion day)
- Had a drink

 **AlcoChange**[®]

Monday, 09 Jan 2023

Did you stay drink-free?

??

 Stayed drink-free with difficulty

 Stayed drink-free

 Had a drink

Exit Next

 **AlcoChange**[®]

Monday, 09 Jan 2023

 Drink-free day



Well done for choosing to be
drink-free yesterday!

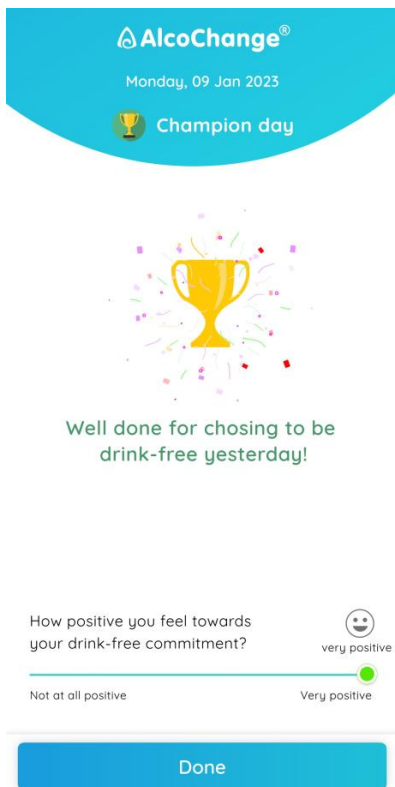
How positive you feel towards
your drink-free commitment?

Not at all positive

 Very positive

Very positive

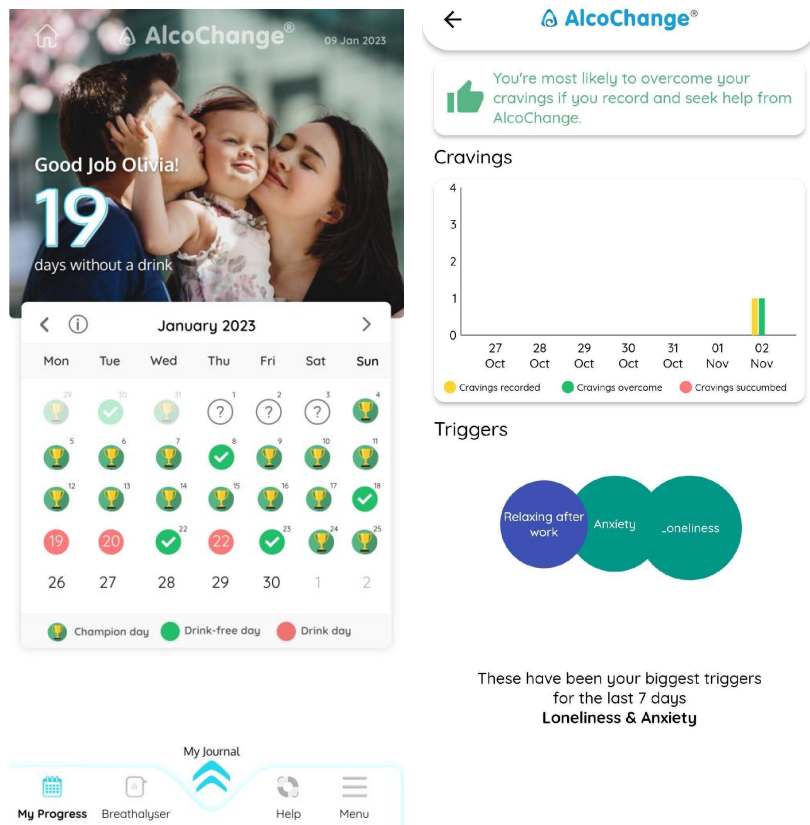
Done



Record Drink-Free Day Screens

10.4 My Progress Screen

Access via the 'My Progress' button at the bottom. The calendar shows drink-free days, champion days (trophy icon), and drink days. The 'My Cravings' tab shows recorded cravings with triggers and personalised messages.



My Progress and My Cravings Screens

10.5 Recording a Craving

Tap 'Add a craving' or 'Record a Craving'. Rate the strength of your urge to drink (1–10) and select your triggers. Tap 'Record my Craving'. You will be shown coping strategies and motivational images, and prompted to set a follow-up reminder.




How strong is your urge to drink right now?

a bit

1

Low High

What triggered this craving?

I'm at a social event

7

I'm with friends who drink

3

I'm stressed

0

I'm feeling lonely

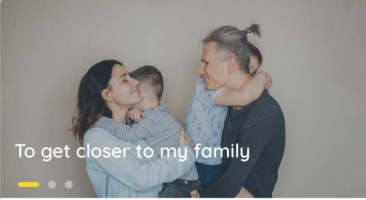
0

I'm anxious

0

Record my craving


Remember cravings pass with time

To get closer to my family

Remember the reasons you wanted to stay drink-free

I'm motivated

One of these options below could help manage your craving

Go for a walk

Listen to music

Watch sports or current affairs

Please talk to your friend if you need more help

SJ Sam Jones Husband

More options >>

Record a Craving and Coping Strategies Screens

10.6 Adding a Drink

Access via 'Add Drink' in the bottom menu or after recording a craving. Select drink type (Beer, Wine, Spirits, Cider), measure, strength, and quantity. Tap 'Save & close' or 'Save & add another'.

←
AlcoChange®



It's okay Olivia
It's important you try and stay
strong through these cravings -
they will get easier.

What made you drink?

 Loneliness

 Social Events

 Stress

 Anxiety

 Happy

 After work

 Friends who drink

+ Add my own

Now, let's record the drink you had

Record my drink

Close

Add Drink Screens

11. Optional Breath Alcohol Indicator (Separate Device)

AlcoChange can optionally receive a breath input from the ADBII breath alcohol indicator (Model BA6). This is a separate, standalone medical device.

Where you use it, the app presents you an indication of whether alcohol is present or absent in your breath. AlcoChange does not display or record a blood- or breath-alcohol level.

For setup, pairing, correct use, cleaning, technical specifications and all safety information, follow the instructions on screen. To Connect via Bluetooth (press the power button for 3 seconds) or via the USB cable. Once connected, follow the on-screen breath test instructions. Keep blowing until the progress bar reaches 100%.

 BREATHALYSER PRECAUTIONS
Wait at least 20 minutes after your last drink, food, mouthwash, or smoking before taking a breath test.
Blowing immediately after a drink can deposit alcohol residue and damage the sensor.
Using mouthwash or mouth spray before testing can affect results as they may contain alcohol.
Do not blow smoke into the device — this will damage the sensor.
The breathalyser and mouthpiece are for personal use only — do not share them.

 AlcoChange®

Let's set up your breathalyser now



Make sure your AlcoChange® digital breathalyser kit has the following:



- AlcoChange® digital breathalyser
- 3 mouthpieces
- USB charging cable
- Breathalyser carry case
- Instruction manual

Also make sure your breathalyser is fully charged

☐ I have received the kit

Let's do it

[Skip](#)

 AlcoChange®

Let's set up your breathalyser



Phone's bluetooth is on



Please turn on the breathalyser by pressing the power button for 3 seconds

OR



Please connect the cable to start using the breathalyser

The breathalyser will automatically power on

Searching

[Skip](#)

 AlcoChange®

Let's set up your breathalyser



Tap to turn on bluetooth



Please turn on the breathalyser by pressing the power button for 3 seconds

OR



Please connect the cable to start using the breathalyser

The breathalyser will automatically power on

Searching

[Skip](#)

 AlcoChange®

Let's set up your breathalyser



The AlcoChange breathalyser is available to pair

Choose the device below to complete the pairing

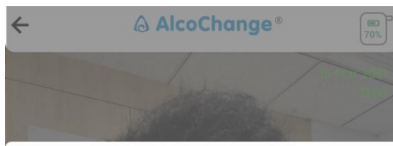
AlcoChange
AC21080006



Pair and practise now

[Pair now and practise later](#)

Breathalyser Setup and Pairing



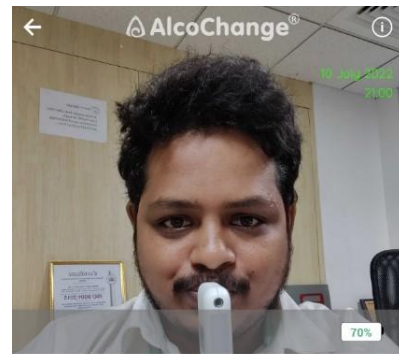
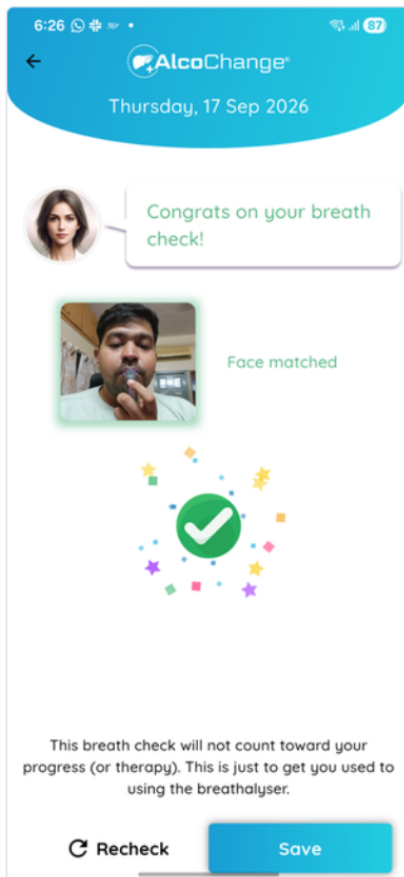
 Important usage information

 Please wait for 20 minutes after your last drink before taking the breath check

- Failure to wait after drinking, smoking or eating can damage your breathalyser's sensor
- Blowing into the breathalyser immediately after a drink can deposit alcohol residue
- Using a mouthwash or mouth spray can affect the results as they could contain alcohol
- Blowing smoke into the device can damage your breathalyser's sensor
- The breathalyser and mouth piece are for personal use. These shouldn't be shared

☐ Don't show again

I understand the risks



Keep blowing



This breath check will not be added to your progress

Blow strength

Low Just right High

Blow progress 40%



Breath Test Screens, keep blowing until 100%..

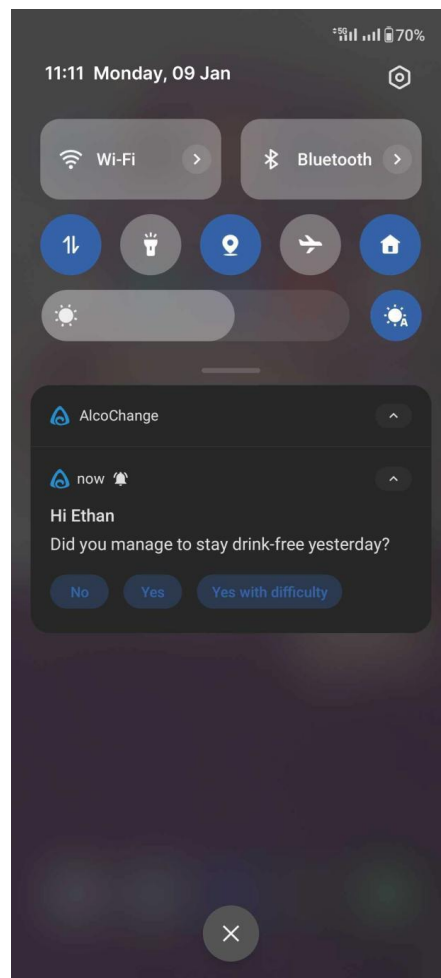
12. Motivational Notifications

IMPORTANT — Keep Notifications On

Please ensure notifications are always set to 'On' for the AlcoChange application in your smartphone settings.

Notifications deliver your daily check-in, motivational messages, craving support reminders, and safety alerts. Turning them off will significantly reduce the effectiveness of your therapy.

Motivational notifications pop up on your smartphone to help you stay sober and motivated. You can respond directly from the notification bar without opening the app.



Motivational Notification Screens

13. Your Data and Your Clinical Team

AlcoChange is designed to be used alongside your clinical care team. Your clinical care team have access to your app data via a secure web-based Clinician Dashboard. This section explains what data is shared, how your team may contact you, and what to expect.

13.1 What data your clinical team can see

Your clinical team can view the following in the Clinician Dashboard:

- Daily check-in records — drink-free days, drinking days, and champion days
- Craving records — frequency, triggers, and intensity scores
- Breath-check results (alcohol present or absent), if you use the optional external ADBII device
- Assessment scores — AUDIT (alcohol use), PHQ-9 (depression), GAD-7 (anxiety), K10 (psychological distress), MACE (craving assessment) — collected at baseline and at regular intervals
- Engagement metrics — how often you log in and interact with the app
- Goal progress — drink-free day count and goal completion

Important — what your clinical team CANNOT see

Your clinical team cannot see the content of any in-app motivational messages sent to you, or your private notes if you add any.

Your clinical team does not receive emergency alerts directly from the app. AlcoChange does not send emergency notifications to clinicians or emergency services on your behalf. If you are in crisis, contact your clinical team directly or call 999.

13.2 How your clinician may contact you

Based on their review of your data, your clinician or Alcohol-Liaison nurse may contact you in the following ways:

- In-app chat — via the secure messaging function within AlcoChange (tap the 'Support' button on the bottom bar, or the '?' Help icon)
- By telephone — using the phone number you provided at registration
- By email — using the email address you provided at registration

Contact from your clinical team is routine and supportive. It may be triggered by:

- Low engagement — fewer than the recommended number of interactions per week
- Elevated assessment scores — e.g. high PHQ-9 (depression), GAD-7 (anxiety), or K10 (distress) scores at your regular assessment
- Missed check-ins — several consecutive days without a daily record
- Increased alcohol use — a pattern of drink days following a period of abstinence
- Breath checks indicating alcohol present on multiple occasions

No emergency messages from the app

AlcoChange does not send emergency or crisis messages to you, your clinician, or emergency services.

If you are in a medical emergency, call 999. If you are in a mental health crisis, call Samaritans on 116 123 (free, 24/7) or NHS 111.

Your clinical team reviews your data periodically — not in real time. Do not rely on the app for immediate crisis support.

13.3 Your data rights

Your data is processed in accordance with UK GDPR and the Data Protection Act 2018. CyberLiver Limited is the data controller. You have the right to access, correct, or request deletion of your personal data. For data-related queries, contact: privacy@cyberliver.com or visit www.alcochange.com.

14. Ongoing Assessments

These assessment screens are displayed to you as you progress through therapy, typically at around the 3-week mark. Please answer honestly — your answers are used to personalise your therapy and are reviewed by your clinical team. You cannot be penalised for your answers.

About the assessment tools

The assessments in AlcoChange are validated clinical screening tools used worldwide in alcohol and mental health care. They are screening tools only — they do not provide a diagnosis.

Your scores are reviewed by your clinical team via the Clinician Dashboard. Elevated scores may prompt your clinician to contact you (see Section 13.2). They will not be shared outside your clinical team without your consent.

All answers are confidential within your care team. Answering honestly gives your clinical team the best picture of how you are doing and enables the most appropriate support.

14.1 Alcohol Use Disorder Identification Test (AUDIT)

The AUDIT is a 10-question validated screening tool developed by the World Health Organisation to assess alcohol use patterns. It is completed at baseline (with your Alcohol-Liaison nurse) and repeated at the 3-week ongoing assessment. Your AUDIT score is used to personalise your therapy goals and intervention content. There are no right or wrong answers — answer based on your actual drinking pattern.

14.2 Psychological Distress Scale (K10)

The K10 is a 10-question validated tool measuring psychological distress over the past 4 weeks. It assesses symptoms including nervousness, hopelessness, depression, and feeling worthless. Scores range from 10 (no distress) to 50 (severe distress). Your K10 score helps your clinical team identify whether you may benefit from additional mental health support alongside your alcohol therapy. If your score is elevated, your clinician may contact you to discuss further support options.

Psychological Distress Scale

1 2 3 4 5 6 7 8 9 10

1. How often do you have a drink containing alcohol?

- ☐ All of the time
- ☐ Most of the time
- ☒ **Some of the time**
- ☐ A little of the time
- ☐ None of the time

2. In the past 4 weeks, about how often did you feel nervous?

- ☐ All of the time
- ☒ **Most of the time**
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

Next >>**Psychological Distress Scale**

1 2 3 4 5 6 7 8 9 10

5. In the past 4 weeks, about how often did you feel restless or fidgety?

- ☐ All of the time
- ☒ **Most of the time**
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

6. In the past 4 weeks, about how often did you feel so restless you could not sit still?

- ☐ All of the time
- ☐ Most of the time
- ☒ **Some of the time**
- ☐ A little of the time
- ☐ None of the time

<< Previous**Next >>****Psychological Distress Scale**

1 2 3 4 5 6 7 8 9 10

3. In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☒ **A little of the time**
- ☐ None of the time

4. In the past 4 weeks, about how often did you feel hopeless?

- ☐ All of the time
- ☐ Most of the time
- ☒ **Some of the time**
- ☐ A little of the time
- ☐ None of the time

<< Previous**Next >>****Psychological Distress Scale**

1 2 3 4 5 6 7 8 9 10

7. In the past 4 weeks, about how often did you feel depressed?

- ☐ All of the time
- ☒ **Most of the time**
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

8. In the past 4 weeks, about how often did you feel that everything was an effort?

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☒ **None of the time**

<< Previous**Next >>**



Psychological Distress Scale

1 2 3 4 5 6 7 8 9 10

9. In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?

☐ All of the time

☒ **Most of the time**

☐ Some of the time

☐ A little of the time

☐ None of the time

10. In the past 4 weeks, about how often did you feel worthless?

☐ All of the time

☐ Most of the time

☒ **Some of the time**

☐ A little of the time

☐ None of the time

Save my Responses

Psychological Distress Scale (K10) Screens

14.3 Generalised Anxiety Disorder Questionnaire (GAD-7)

The GAD-7 is a 7-question validated screening tool for generalised anxiety disorder. It assesses symptoms such as feeling nervous, inability to control worrying, and feeling afraid over the past two weeks. Scores of 5, 10, and 15 represent mild, moderate, and severe anxiety respectively. Elevated scores may prompt your clinician to contact you to discuss additional support.



Generalised Anxiety Disorder Questionnaire

1
2
3
4
5
6
7

1. Feeling nervous, anxious or on edge?

- ☒ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

2. Not being able to stop or control worrying?

- ☐ Not at all
- ☐ Several days
- ☒ More than half the days
- ☐ Nearly every day

Next >>



Generalised Anxiety Disorder Questionnaire

1
2
3
4
5
6
7

3. Worrying too much about different things?

- ☐ Not at all
- ☐ Several days
- ☒ More than half the days
- ☐ Nearly every day

4. Trouble relaxing?

- ☒ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

<< Previous
Next >>



Generalised Anxiety Disorder Questionnaire

1
2
3
4
5
6
7

5. Being so restless that it is hard to sit still?

- ☐ Not at all
- ☐ Several days
- ☒ More than half the days
- ☐ Nearly every day

6. Becoming easily annoyed or irritable?

- ☒ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

<< Previous
Next >>



Generalised Anxiety Disorder Questionnaire

1
2
3
4
5
6
7

7. Feeling afraid as if something awful might happen?

- ☐ Not at all
- ☐ Several days
- ☒ More than half the days
- ☐ Nearly every day

Save my Responses

GAD-7 Screens

14.4 Patient Health Questionnaire (PHQ-9)

The PHQ-9 is a 9-question validated tool for screening depression. It assesses symptoms including low mood, sleep problems, fatigue, and concentration difficulties over the past two weeks.

⚠ IMPORTANT — PHQ-9 Question 9

Question 9 asks: 'Thoughts that you would be better off dead, or of hurting yourself in some way?'

Your clinical team reviews your PHQ-9 responses at your scheduled assessments. The app does not automatically alert your clinical team, so do not wait for the app or your clinician to reach out.

If you are having these thoughts right now, do not wait for your clinician to contact you.

Contact immediately:

- Samaritans: 116 123 (free, 24/7)
- NHS 111 (free, 24/7)
- Emergency: 999 or go to A&E



Patient Health Questionnaire

1 2 3 4 5 6 7 8 9

1. Little interest or pleasure in doing things?

☒ Not at all

☐ Several days

☐ More than half the days

☐ Nearly every day

2. Feeling down, depressed, or hopeless?

☒ Not at all

☐ Several days

☐ More than half the days

☐ Nearly every day

Next >>



Patient Health Questionnaire

1 2 3 4 5 6 7 8 9

3. Trouble falling or staying asleep, or sleeping too much?

☐ Not at all

☐ Several days

☒ More than half the days

☐ Nearly every day

4. Feeling tired or having little energy?

☒ Not at all

☐ Several days

☐ More than half the days

☐ Nearly every day

<< Previous

Next >>



Patient Health Questionnaire

1 2 3 4 5 6 7 8 9

5. Poor appetite or overeating?

☐ Not at all
☐ Several days
☒ More than half the days
☐ Nearly every day

6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down?

☒ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

<< Previous

Next >>



Patient Health Questionnaire

1 2 3 4 5 6 7 8 9

7. Trouble concentrating on things, such as reading the newspaper or watching television?

☒ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?

☒ Not at all
☐ Several days
☐ More than half the days
☐ Nearly every day

Previous

Next >>



Patient Health Questionnaire

1 2 3 4 5 6 7 8 9

9. Thoughts that you would be better off dead, or of hurting yourself in some way?

☐ Not at all
☐ Several days
☒ More than half the days
☐ Nearly every day

Save my Responses



Patient Health Questionnaire

1 2 3 4 5 6 7 8 9

9. Thoughts that you would be better off dead, or of hurting yourself in some way?

☐ Not at all
☐ Several days
☒ More than half the days
☐ Nearly every day

 **Your safety matters**

If you are having thoughts of suicide or self-harm right now, do not wait for the app or your clinician to contact you.

AlcoChange does not automatically alert your clinical team or emergency services.

Tell your clinician or Alcohol-Liaison nurse immediately.

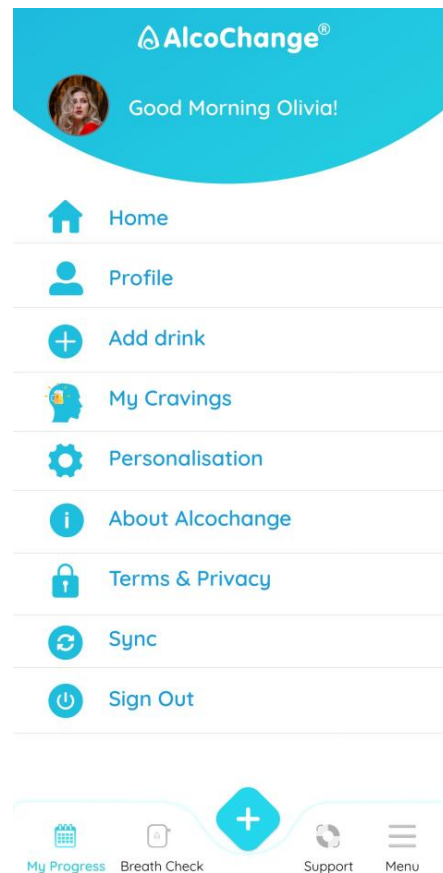
 Samaritans 116 123 • Free, 24/7 >

 NHS 111 • Free, 24/7 >

 Immediate danger: Call 999 or go to A&E >

Save my Responses

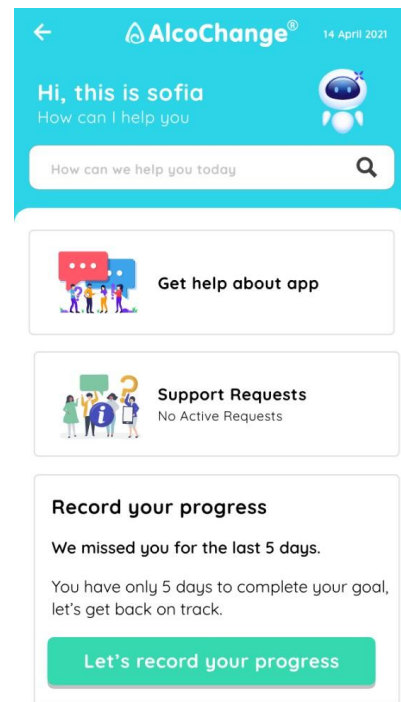
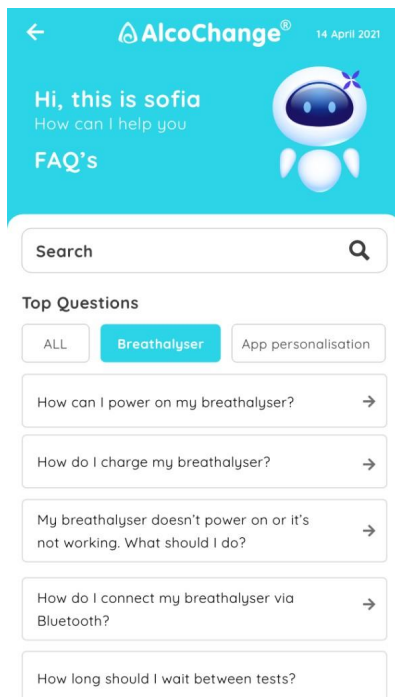
15. Side Menu



Side Menu Bar — access Home, Profile, Add Drink, My Cravings, Personalisation, About AlcoChange, Terms & Privacy, Sync, and Sign Out.

16. In-App Help and Troubleshooting

Tap the '?' icon on the Home screen to access in-app help. The Help Centre provides answers to frequently asked questions, searchable topics covering the app and breathalyser, and a live chat function.



Help Centre and Chat Support Screens

16.1 Common Technical Issues and Actions

Issue	What to do
App crashes or will not load	Close and reopen the app. If the problem persists, restart your phone and try again. Ensure the app is updated to the latest version. If still not resolved, email info@cyberliver.com or use in-app chat.
Cannot log in	Check your email and password. Use 'Forgot Password?' to reset. If your Patient Access Code is not recognised, contact your Alcohol-Liaison nurse — you may need to be re-enrolled.
Progress data appears missing or incorrect	Do not assume data is lost. Close and reopen the app — data may not have synced. Use the 'Sync' option in the Menu. If data remains incorrect, contact info@cyberliver.com immediately with your name and Patient Access Code.
Notifications not received	Check your smartphone Settings → Notifications → AlcoChange and ensure notifications are enabled. Check Do Not Disturb settings. Re-enable notifications and restart the app.
Breathalyser will not connect	Ensure Bluetooth is on. Press the breathalyser power button for 3 seconds. Move closer to your phone. Restart both the app and the breathalyser. Refer to the Help Centre FAQ for step-by-step pairing instructions.
Breathalyser gives unexpected indications	Ensure you waited at least 20 minutes after drinking, eating, smoking, or using mouthwash. Check the mouthpiece is clean and undamaged. If indications continue to appear incorrect, stop using the breathalyser and contact info@cyberliver.com .
App unavailable or server error	Check your internet connection. Try again after a few minutes. If the issue persists for more than 2 hours, contact info@cyberliver.com . Continue recording your daily status by other means and inform your clinical team.

16.2 Escalation — When to Contact Your Clinical Team

Contact your Alcohol-Liaison nurse or clinical team promptly if:

- You are experiencing thoughts of self-harm or suicide
- You are experiencing symptoms of alcohol withdrawal (see Section 4)
- Your alcohol use has significantly increased
- You feel unable to use the app and this is affecting your treatment
- You have experienced a serious adverse health event

In a medical emergency, call 999 or attend your nearest A&E department. Do not wait for a response from the app or CyberLiver support.

16.3 Safe Fallback if App is Unavailable

If AlcoChange is temporarily unavailable due to a technical issue:

- Continue to record your alcohol use and cravings using a paper diary or a notes app on your phone
- Continue attending your clinical appointments — AlcoChange is an adjunct to, not a replacement for, clinical care

- Contact your Alcohol-Liaison nurse if you are struggling without the digital support
- Contact UK Drinkline (free, 24/7): 0300 123 1110
- Visit the NHS alcohol support page: www.nhs.uk/live-well/alcohol-advice/alcohol-support

17. Support and Contact

In-app help	Tap the '?' icon on the Home screen — search FAQs or start a live chat
Website	www.alcochange.com
Support email	info@cyberliver.com
Paper IFU	Available on request — contact info@cyberliver.com
Previous IFU versions	Available on request — contact info@cyberliver.com
UK Drinkline (free)	0300 123 1110 (24/7)
NHS alcohol support	www.nhs.uk/live-well/alcohol-advice/alcohol-support
Samaritans (free)	116 123 (24/7)
Emergency services	999 or attend A&E

18. Safety, Risk and Compliance Standards

- The following standards and technical specifications have been applied:
- **BS EN ISO 13485:2016+A11:2021**
- **BS EN ISO 14971:2019+A11:2021**
- **IEC 62304:2006+A1:2015**
- **IEC 82304-1:2016**
- **EN 62366-1:2015+A1:2020**
- **EN IEC 81001-5-1:2022**

19. Document History

Version	Date	Author	Summary of Changes
v3.2	August 2026	Anu Balaji	Manufacturer address updated to Devonshire House, 582 Honeypot Lane, Stanmore, HA7 1JS (cover and safety label). Classification corrected to Class IIa / Rule 10 (CAR C.6-3-2). Intended Use, Indications for Use and performance claims aligned verbatim to Device Description v4.5 Section 2. Regulated app version updated to v2.3.5. Removed phantom automated-alert statements on questionnaire outputs (PHQ-9 Q9 and dashboard) to match the as-built device, per CL-CAPA-2026-001. Patient Safety Information Label and screenshots updated for relevant screens.
v3.1	April 2026	Anu Balaji	Added warnings: false reassurance, pregnancy/non-target population (CLI-11), privacy and data security, active engagement requirement. Added Section 4.1 anticipated adverse effects and residual risk quantification (NC G.1-2). Added Section 13 — Your Data and Your Clinical Team (clinical oversight, data shared, contact methods, no emergency messages). Expanded Section 14 with clinical context for each assessment instrument. Sections renumbered 13–19.
v3.0	April 2026	Anu Balaji	UKCA 0120 mark added to IFU front matter (CAR 43k-1). Section 4 Warnings and Precautions added: alcohol withdrawal, mental health, adjunctive use, breathalyser, and performance change. Troubleshooting/escalation/fallback section added. Intended users more explicitly described. Support contact details updated.
v2.3.4	Jan 2025	CyberLiver team	Updated for patient app v2.3.4.
v2.03.03	2023	CyberLiver team	Previous version.