PATIENT INFORMATION

Brief Summary Instructions

Pleaase see directions for use within the AlcoChange® app for important safety information or reach out to (help@cyberliver.com) to get a copy of the user manual.

Intended use

AlcoChange® is a Digital therapeutic intended to reduce alcohol use and maintain abstinence in individuals with established alcohol-related liver disease (ArLD)

Indications for use:

AlcoChange® is a digital therapeutic software intended to provide behavioural therapy based on CyberLiver Behaviour Change (CBC) model. AlcoChange® is intended to facilitate self-monitoring of alcohol use/abstinence through patient input and to deliver digital behaviour change interventions (DBCIs). The DBCIs are delivered in real-time in response to patient triggers such as cravings or geo- graphical location. It is intended to increase abstinence and increase retention in the outpatient treatment program.

Important safety information:

AlcoChange® is not a replacement for clinical care. If you have a health emergency, immediately go to the nearest A&E or urgent care.

AlcoChange® is not a substitute for your medications. You should continue taking your medications (if any) as directed by your clinician.

Patient eligibility:

Patients aged 18 or older.

AlcoChange® is intended only for patients with smartphone literacy.

You should have Android/iOS smartphone access with an internet connection and be familiar with smartphone applications (apps).

AlcoChange® is intended for patients who are enrolled in the prescription therapy program.

What is AlcoChange®?

AlcoChange® is a medical device that delivers behavioural therapy to help monitor your alcohol use and track goals towards staying abstinent by the means of positive reinforcement.

How to start using AlcoChange®?

Your clinician will prescribe you with AlcoChange® and provide a unique Patient Access Code to use AlcoChange®.

Download and install the "AlcoChange®" mobile app from the Apple App store or Google Play store. A nurse will help you set up your application for use. Register using your patient access code.

An optional personal breathalyser will be provided if it is part of your therapy.

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Once you are signed up, you will be asked to go through a baseline assessment where you will be entering the following details that help personalise the therapy. Your nurse will help you through this setup.

• Health Conditions
• AUDIT Assessment
• Drinking Habit Assessment
• Goal Setting
• Reasons – Triggers – Coping Strategies
• Adding Supportive Contacts

Once you set up your baseline with the help of the nurse, you will be able to use AlcoChange® at home.

AlcoChange® will send you personalised daily reminders to help track your progress. You will

also be asked to take regular breath checks using your breathalyser if you are provided with one.

With AlcoChange®, you can track your daily progress, manage your triggers and cravings

and reach your drink-free goal. Once you reach your goal, you can set a new goal.

Once the therapy is complete, your clinician may prescribe a new prescription for you,

or you can continue using AlcoChange® as a personal tracker.

AlcoChange's behavioural model tracks and understands your patterns and delivers

real-time digital behaviour change interventions to take you one step closer to your goal.

To help personalise and give you a better chance at reaching your drink-free goal,

AlcoChange® does ongoing health conditions assessments and other health questionnaires.

AlcoChange® will be your partner throughout your therapy with daily personalised motivational messages and behavioural interventions to help you stay drink-free.

AlcoChange®
What operating systems does AlcoChange® support?

The AlcoChange® app is supported on the following mobile operating systems:

• iOS
• Android

For a full list of compatible phones and specifications, please visit the link here **https://alcochange.com/compatibility**

General information about the safe and effective use of AlcoChange®:

You should only use AlcoChange® if enrolled in a Alcohol related liver disease (ArLD) or Alcohol use disorder (AUD) treatment program. AlcoChange® is meant to be used in conjunction with your standard treatment pathway. AlcoChange® is not intended to reduce face-to-face time with your clinician.

Additional Support Available: For additional support with any aspect of the AlcoChange®, contact us via email at **help@cyberliver.com.**

Rx Only