



AlcoChange Detailed Instructions for Use v2.3.4
Jan 2025

available for

ios/Android

AlcoChange Mobile App

Dear User,

Thank you for choosing AlcoChange by CyberLiver.

Intended Use and Indications for Use

AlcoChange is a digital therapeutic intended to reduce alcohol use and maintain abstinence in individuals with established alcohol-related liver disease (ARLD).

AlcoChange is intended to increase abstinence and reduce alcohol use in patients with alcohol-related liver diseases (ARLD) by providing behavioural therapy based on the **CyberLiver Behaviour Change (CBC) Model** that is designed from a blend of principles from various behaviour-change theories in the design of **Digital Behaviour Change Techniques (DBCTs)**, **Digital Behaviour Change Interventions (DBCIs)** and **Personalised Digital Behaviour Change Notifications (DBCNs)** that help patients self-monitor, manage cravings, and sustain abstinence.

AlcoChange is intended to provide behavioural therapy as an adjunct to a contingency-management system, for patients 18 years of age and older who are enrolled in outpatient or community-based alcohol-management programmes.

The device may also be used by healthcare professionals supporting patients at risk of relapse or harmful drinking, including individuals with co-existing mental-health or wellbeing needs, under appropriate clinical oversight.

AlcoChange is indicated as a 90-day prescription-only treatment for eligible patients.

Intended Users and Patient Population

Users

1. Patients engaged in treatment for alcohol-related conditions or harmful drinking.
2. Healthcare professionals (hepatologists, addiction specialists, GPs, mental-health clinicians).
3. Trained operators supporting clinical use and digital prescribing.

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.

Contraindications and Restrictions for Use

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.
- Acute psychiatric crisis (psychosis, severe mania, suicidal ideation).

Relative Contraindications (Require Clinical Judgement)

- Limited digital literacy or cognitive deficits.
- Unstable housing preventing reliable smartphone use.
- Inpatient or custodial environments where device use is restricted.

Restrictions for Use

- Prescription-only; adjunctive to clinical care.
- Requires clinical oversight.
- Standard therapeutic duration: 90 days.
- Requires internet connectivity and notification access.

Principle of Operation and Mode of Action

(Include this either before or after your “Warnings & Precautions” section — reviewers often check it.)

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-monitoring tools.
- **Clinician Dashboard (Web Portal):** Enables prescription, monitoring, and engagement tracking.
- **Behaviour Change Engine (Cloud Service):** Analyses behavioural, psychological, and biometric data to generate personalised interventions.
- **Optional Accessory – Bluetooth Digital Breathalyser:** Captures breath-alcohol readings and transmits data securely to the app.

System Operation:

1. Patients onboard via a prescription code or clinician referral.
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 (DBCNs) and motivational feedback.
4. Clinicians monitor progress and engagement through the dashboard, supported by automated alerts and clinical summaries.

Key Performance Claims

1. Reduction in alcohol consumption compared to baseline after 90 days.
2. Increased abstinence rates and reduced relapse frequency.
3. Improvement in psychological wellbeing, anxiety, and mood.
4. Enhanced engagement and adherence to clinical treatment plans.
5. Demonstrated safety and usability across alcohol-misuse and ARLD populations.
6. Positive impact on patient quality of life and long-term recovery outcomes.

Safety, Risk and Compliance Standards

ISO 13485:2016 (QMS) | ISO 14971:2019 (Risk Management) | IEC 62304:2006 + A1:2015 (Software Lifecycle) | IEC 82304-1:2016 (Health Software Safety) | IEC 62366-1:2015 (Usability Engineering) | DCB0129:2018 (Clinical Risk Management) | ISO 14155:2020 (Clinical Investigation) | RED 2014/53/EU (Bluetooth functionality) | Regulation (EU) 207/2012 (Electronic IFU).

Technical Specifications and Compatibility

Device Architecture and Components

AlcoChange operates as a cloud-hosted Software as a Medical Device (SaMD) comprising the following components:

- **Patient Mobile Application (iOS / Android):** Provides access to behavioural-therapy content, self-

monitoring tools, and motivational prompts.

- **Clinician Dashboard (Web Portal):** Enables secure prescription, monitoring, and review of patient engagement.
- **Behaviour Change Engine (Cloud Service):** Analyses behavioural, psychological, and biometric data to generate personalised interventions.
- **Optional Accessory – Bluetooth Digital Breathalyser:** Captures breath-alcohol readings and transmits data securely to the app.

Operating Environment

- iOS 15.0 or later / Android 10.0 or later
- Modern web browser (Chrome, Edge, Safari v15 +) for dashboard access
- Internet connection (Wi-Fi or mobile data) required for full functionality
- Notifications must be enabled for reminders and alerts
- Device storage requirement: approx. 150 MB

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To use AlcoChange,

1. Download the free “AlcoChange” Mobile App
 - a. App iOS - available on App Store
 - b. Android - available on Play Store
2. Install the App on your phone/tablet.
3. Alcohol-Liaison nurse will assist you in completing your enrolment onto therapy and setup the application for use.

Note: Please ensure that you allow Notifications to be “On” for the AlcoChange application in your Smartphone’s settings. This is important for the application to work to its full usage.

Splash Screen

This screen shows up for a brief moment as your application loads.



Patient Safety Information Label

Read the Patient Safety Information label carefully before your enrolment



Version: 2



CyberLiver Limited
First Floor; Burnells,
5 Garland Road, Stanmore,
Middlesex,
HA71NR, UK.

Indications for use:
<https://alcochange.com/intendeduse/>

Warnings:
<https://alcochange.com/warnings/>

 Instructions for use
<https://alcochange.com/patient-eifu/>



<https://alcochange.com>

Next >>

Note:

Your clinician will register you on to the behavioral therapy system and you will be able to access the application using your NHS number, which will your Patient Access Code. Please note that unless your clinician registers you on to the system, your NHS number will not be recognized as the Patient Access Code. Once you are onboarded on to the system, please go to your Alcohol-Liaison nurse, who will be able to help you with the initial setup of the application for your use.

Your Alcohol-Liaison nurse will help you setup the following app sections of the app

- Patient Safety Information Label
- Patient Access Code Verification Terms and Privacy Notice ○

Registration Screen ○ Baseline assessment (6 sections)

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

Benefits of Alcohol Therapy Screen

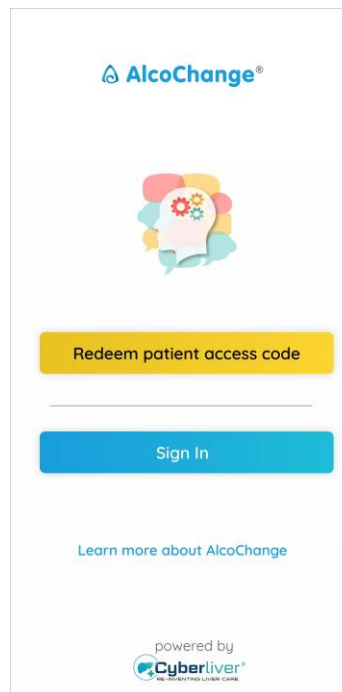
Welcome Screen

You can redeem your **Patient Access Code** if you are a first time user, or **Sign In** into the app if you are an already registered user.

First time users, please click on the “Redeem Patient Access Code” to take you to the screen where you can enter your Patient Trial ID to register onto the system.

Returning users, please click on the “Sign In” to login to the app.

Please click on “Learn more about AlcoChange” to understand more about how AlcoChange can help you.

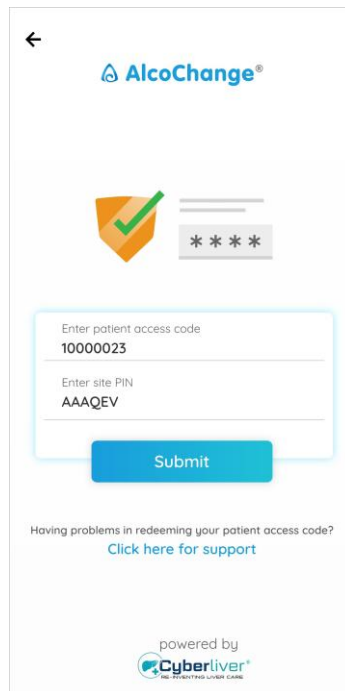


Patient Access Code Verification Screen

Once you click on “Enter Patient Access Code and Site PIN” on the previous screen, you will be brought to this screen, where you can enter your NHS number, which will be your Patient Access Code. Once you enter the Patient Access Code and Site PIN, click on the “Submit” button.

If you are facing issues with your Patient Access Code and Site PIN, talk to your Alcohol-Liaison Nurse or your Clinician to ensure that you have been onboarded on to the therapy system. You can also click on the “Click here for support” and follow on-screen instructions.

Please note that unless your clinician has onboarded you on to the therapy system, your NHS number will not be accepted as your Patient Access Code.

The image shows a mobile application screen for AlcoChange. At the top left is a back arrow. The AlcoChange logo is at the top center. Below it is a shield icon with a green checkmark. To the right of the shield is a four-digit PIN input field showing four asterisks. Below these is a form with two input fields. The first is labeled 'Enter patient access code' and contains the text '10000023'. The second is labeled 'Enter site PIN' and contains the text 'AAAEV'. Below the form is a blue 'Submit' button. At the bottom of the screen, there is a link that says 'Having problems in redeeming your patient access code? Click here for support'. At the very bottom is the 'powered by Cyberliver' logo.

Terms and Privacy Policy Screen

This screen lists all the terms and privacy policy that is required for you to agree as you register for the therapy. Kindly read the terms and policies carefully and click on “I agree to the Terms & Privacy”. If you have any questions, kindly reach out to your Alcohol-Liaison nurse or Clinician.



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

Registration Screen

This screen is used to enter your personal information in order to complete registration.

This screen has the following fields

Patient Access Code (pre-entered) First

Name

Last Name

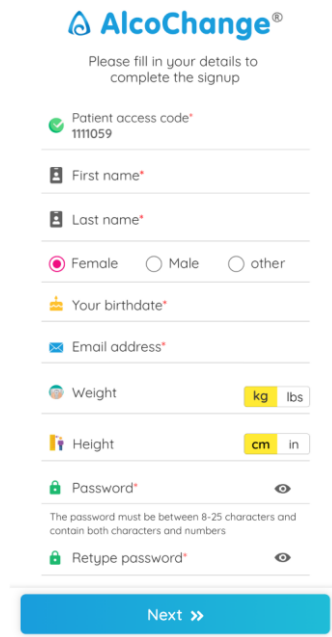
Gender

Date of Birth

Email

Password (Please enter a private and secure password) Retype password

Click on “Complete Registration” to finish your registration process



The image shows a mobile app registration screen for AlcoChange. At the top is the AlcoChange logo and a prompt to fill in details. The form includes fields for a patient access code (pre-filled with 1111059), first and last names, gender selection (Female, Male, other), birthdate, email address, weight (kg/lbs), height (cm/in), password, and a retype password field. A 'Next' button is at the bottom.

AlcoChange®
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 >>](#)

Baseline Assessment Starting Screen

Once you have completed registering your personal information, please fill the baseline assessment data with the help of your Alcohol-liaison nurse.

There are 6 sections of information to be filled. Please take your time and answer the questions honestly. Your alcohol-liaison nurse will take you through the steps.

1. Patient Health Conditions
2. AUDIT Assessment
3. Drinking Habit Assessment
4. Goal Setting

5. Reasons – Triggers – Coping Strategies
6. Adding Supportive Contacts

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

Patient Health Condition Screen

Please fill how these following health conditions impact you. Each condition is graded from 0 to 10.

0 – Not at all bothered

10 – Extremely bothered

Once you are done, please click on “Save & Proceed” to move to the next section

The image shows a mobile app interface for 'AlcoChange'. At the top, there is a navigation bar with a back arrow and the 'AlcoChange' logo. Below this is a question: 'How strong is your urge to drink right now?' with a smiley face icon and the word 'None' to its right. A horizontal slider is shown with a red circle at the '0' end (labeled 'Low') and a red circle at the '10' end (labeled 'High'). The slider is currently set to '0'. Below the question is a section titled 'What triggered this craving?' with five options, each with a horizontal slider:

- 'I'm at a social event' with a slider set to '7'.
- 'I'm with friends' with a slider set to '3'.
- 'I'm stressed' with a slider set to '0'.
- 'I'm bored or lonely' with a slider set to '0'.
- 'I'm anxious' with a slider set to '0'.

At the bottom of the screen is a yellow button labeled 'Record my craving'.

AUDIT Assessment Screens – Drinking Audit

The set of Audit Assessment Screens have 10 questions, 2 questions per screen. Please read the questions and choices carefully and select the choice that is closest to your current alcohol consumption pattern. Please answer honestly to enable correct therapy options.

AlcoChange®

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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

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 >>

AlcoChange®

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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 >>

AUDIT Assessment Screens - Drinking Audit



1

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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

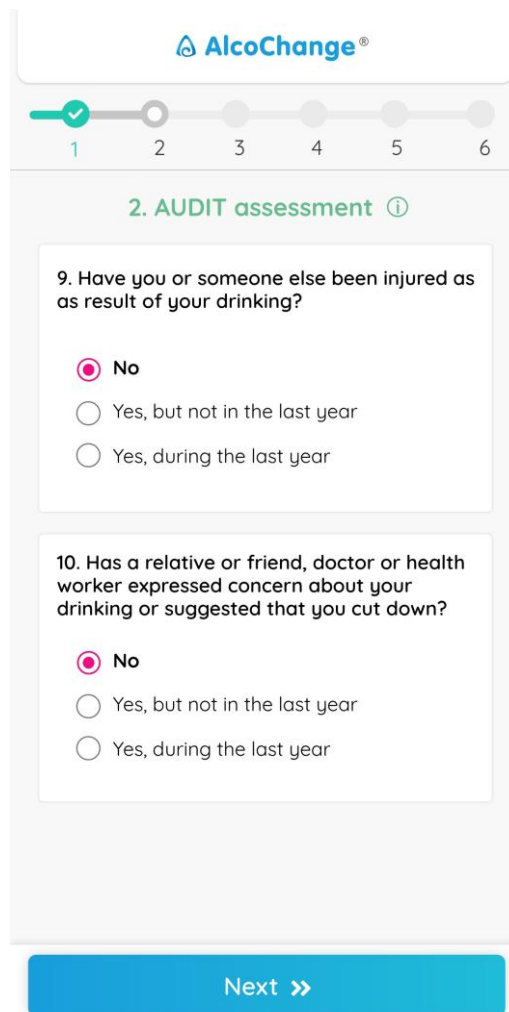
☐ Weekly

☐ Daily or almost daily

« Previous

Next »

AUDIT Assessment Screens – Drinking Audit



The image shows a mobile application interface for AlcoChange. At the top, there is a progress bar with six steps. Step 1 is highlighted with a green checkmark, and step 2 is labeled '2. AUDIT assessment' with an information icon. Below the progress bar, there are two questions, each with three radio button options. Question 9 asks if the user or someone else has been injured as a result of drinking. Question 10 asks if a relative, friend, doctor, or health worker has expressed concern about the user's drinking. Both questions have 'No' selected. At the bottom, there is a blue button labeled 'Next >>'.

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1 2 3 4 5 6

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 >>

You can use the “Previous” and “Next” buttons to navigate between the screens. Once you have finished with the AUDIT assessment, please click on “Next” button.

Drinking Habit Assessment Screen

This screen is used to fill the last drink you had. Please enter your last drinks and how much of each drink you had.

The four options given here are Beer, Wine, Spirits and Cider.

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

Beer

+ Add

Wine

+ Add

Spirits

+ Add

Cider

+ Add

Next >>

Drinking Habit Assessment Screen – Adding Drink

Please click on the “ADD” button to select the Measure and Alcohol Strength and Count.

AlcoChange®

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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 >>

Drinking Habit Assessment Screen – Confirmation

Once you select the drink, you will be able to see the units, calories and the cost. If you have added multiple drinks, the cumulative details are displayed. Once you have added all drinks, you can click on the “Next” button.

Drinking Habit Assessment Screen – Confirmation Screen

This screen is used to select the number of separate occasions you had a drink last week. Once you have made your selection, please select on “Save & Proceed” to finish your Drinking Habit Assessment Screen.

1

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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 >>

Goal Setting – Past Goals Screen

This screen is used to assess your past goals in trying to stop drinking, before you move on to setting your goals.

There are 2 sections in this screen. The first section is used to check on how many occasions you have tried to stop drinking in the past. Please select the closest option from the list.

The second section lets to enter the longest duration of you being drink free continuously. Once you have entered, please click on “Continue to choose your goal”.



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

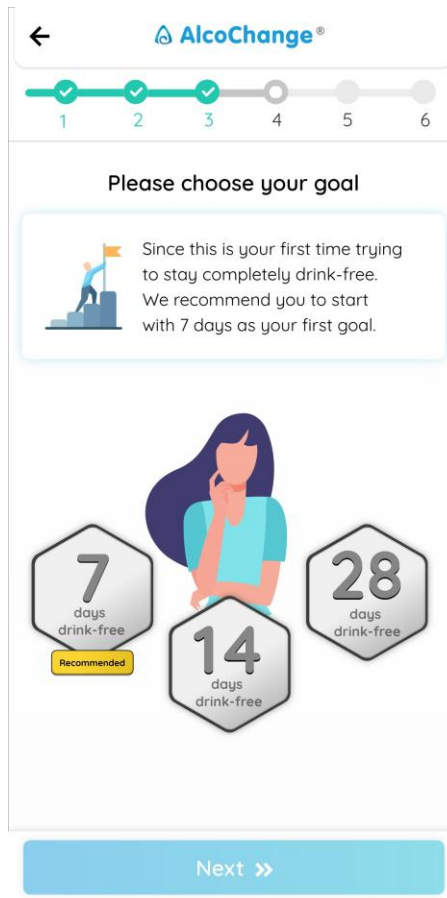
Next >>

Goal Setting – Selecting your goals screen

This screen has 2 sections. The first section is a dynamic section which has messages and recommendations based on your inputs in the previous screen. The below message is a sample that is shown if you have chosen “Never” in the previous screen.

The second section lets you choose your first goal.

Once you have chosen your goal, please click on “Next” button.



The screenshot shows the AlcoChange app interface. At the top, there is a back arrow and the AlcoChange logo. Below this is a progress bar with six steps, numbered 1 to 6. Steps 1, 2, and 3 are marked with green checkmarks, while steps 4, 5, and 6 are marked with grey circles. The main heading is "Please choose your goal". Below this, there is a message box with an icon of a person climbing stairs and a flag, containing the text: "Since this is your first time trying to stay completely drink-free. We recommend you to start with 7 days as your first goal." Below the message box, there is an illustration of a woman thinking. In front of her are three hexagonal buttons representing different goal durations: "7 days drink-free" (with a yellow "Recommended" tag), "14 days drink-free", and "28 days drink-free". At the bottom of the screen is a large blue button labeled "Next >>".

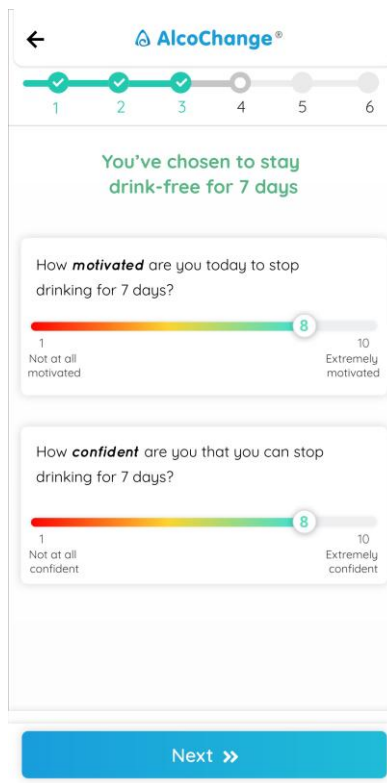
Goal Setting – Motivational Assessment Screen

This screen lets you select your motivation and confidence levels.

1- Not at all motivated

10 – Extremely motivated

Once you have selected your motivation and confidence levels, click on “Next” to save your goals.



The image shows a mobile app interface for AlcoChange. At the top, there is a navigation bar with a back arrow and the AlcoChange logo. Below the navigation bar is a progress indicator with six steps, numbered 1 to 6. Steps 1, 2, and 3 are marked with green checkmarks, indicating they are completed. Steps 4, 5, and 6 are marked with grey circles, indicating they are not yet completed. Below the progress indicator, the text "You've chosen to stay drink-free for 7 days" is displayed in green. The main content area contains two assessment questions, each with a horizontal slider. The first question is "How **motivated** are you today to stop drinking for 7 days?" and the second question is "How **confident** are you that you can stop drinking for 7 days?". Both sliders have a color gradient from red (1) to green (10). The sliders are set to 8, with the number 8 displayed in a green circle at the end of the slider. Below the sliders, there is a large blue button labeled "Next >>".

Goal Setting – Confirmation Screen

Congratulations! You have set your first goal. This screen is to confirm your goals towards complete abstinence. Please click on “Let’s start!” to complete your goal setting.

Reasons to Stay Abstinent – Selection screen

Please select reasons to stay abstinent. The listed reasons include reasons pre-populated from your health conditions and other common reasons. You can also click on “Add your own” to enter your own reasons to stay abstinent. Please select minimum of one reason and maximum of as many reasons as required to help to stay abstinent. Once you have selected the reasons, please click on “Next” to go to the next screen.

✓

✓

✓

✓

123456

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 >>

Reasons to Stay Abstinent – Images addition screen

This screen displays the reasons you have selected to stay sober in the previous screen. For each of the reasons, please select images that are appropriate to the reason selected. You can select images from your own gallery or select images recommended by the app. These images work as motivational images for you to stay sober.

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

+ Tap to add picture(s)
Improve my jaundice

+ Tap to add picture(s)
Improve my energy levels

+ Tap to add picture(s)
Improve my sleep

+ Tap to add picture(s)
I want to get my life back

« Previous Next » Save

← AlcoChange®

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

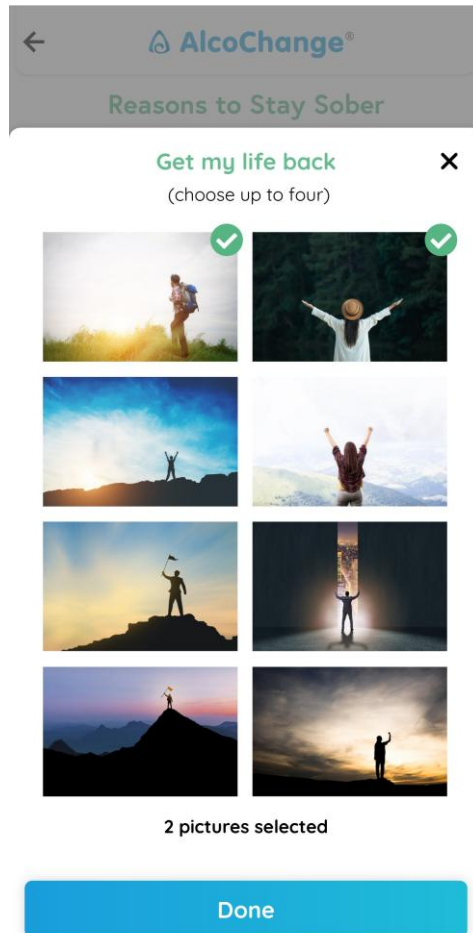
Take photo

✕ ✕

Save

Reasons to Stay Abstinent – Images addition confirmation screen

This screen lets you confirm your images and reasons to stay abstinent. Click on “Next” to confirm and proceed to the next section.



Triggers – Selection screen

This screen lets you select your triggers for drinking. Triggers can be Everyday or at specific times or randomly. You can use this screen to select your triggers. If specific days/timings trigger your drinking, please select that as well. Other than the listed triggers, you can also “Add your own Triggers”. Once you add triggers, please select “Next”.

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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

Coping Strategies Screen

This screen lets you select Coping Strategies that can help you overcome your alcohol cravings. You can choose the coping strategies from the list given. You can also add your own coping strategies. Once you have selected your coping strategies, please click on "Next".



AlcoChange®

✓

1

✓

2

✓

3

✓

4

5

6

5. Select coping strategies to overcome your cravings ⓘ

(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 >>

Coping Strategies Screen – Alternate drinks

This screen lets you select alternate non-alcoholic drinks that can help you overcome your urge to drink. Once you have selected the options, click on “Save”.



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

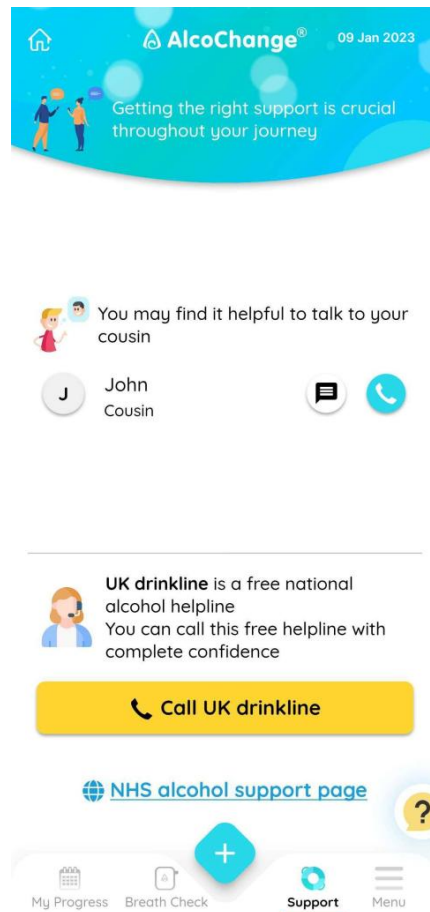


I will do later

Save

Supportive Friends & Family

This screen lets you enter contacts who can be your close confidante/friend/family member who can help and support you in your journey towards abstinence. Please enter name, relationship and phone number of each of your support contact. Click on "Save".



Benefits of AlcoChange Therapy Screen

This screen is a dynamically generated screen which will list the benefits of the therapy based on your inputs in the baseline assessment sections. Please read through the benefits carefully and begin your journey towards abstinence and good health by clicking on “I commit to abstaining from alcohol”.



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



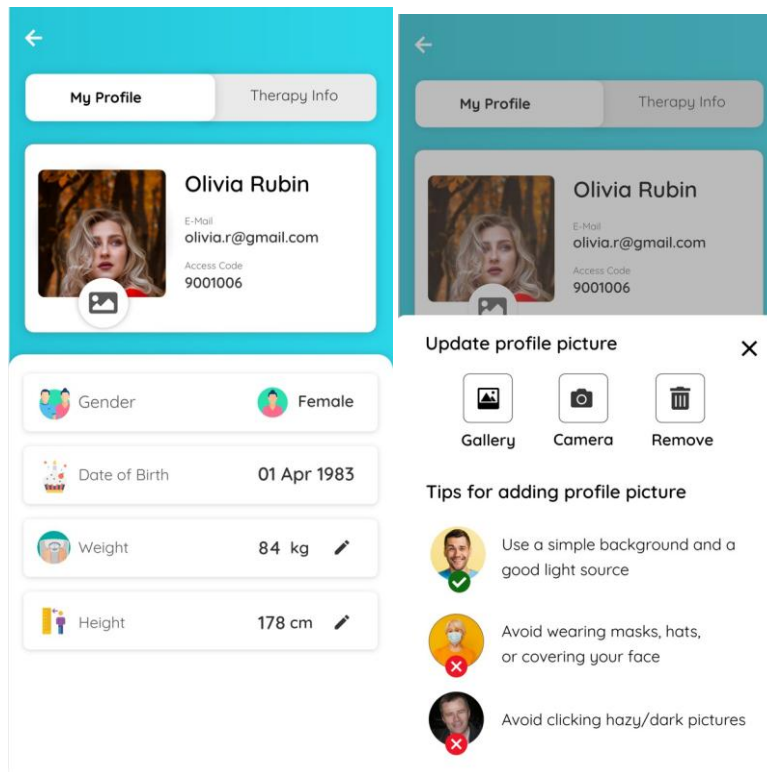
You will feel much better



I commit to abstaining from alcohol

Home Screen – Add Profile picture

This screen is launched once all of your baseline assessment is completed and you click on the “I commit to abstaining from alcohol” in the previous screen. It is mandatory to select your profile picture. You can either “Choose from Phone Gallery” or “Capture from Camera”.



This is the last screen you will be working with your Alcohol-Liaison nurse. With this, your initial setup is completed. You can now start entering and tracking your daily progress.

Sign In Screen

This screen is used to sign in into the AlcoChange app. Please use the Registered email and password that you set during the setup stage in order to sign in to the app.

In case you have forgotten your password, click on “Forgot Password?” and follow the on-screen instructions to reset your password.



Welcome back to



✉ Registered email

🔒 Password



Sign In

[Forgot Password?](#)



Home Screen – Main App Screen

This screen is your main screen once you sign into the AlcoChange app. The screen has the following sections

Logo and Date/Time

A dynamic message section that sends you motivational messages based on your drinkfree/drinking status . The message bar also offers you an option to take a breathalyzer test.

Your goal

Number of drink free days, money saved by not drinking and cravings that you have overcome

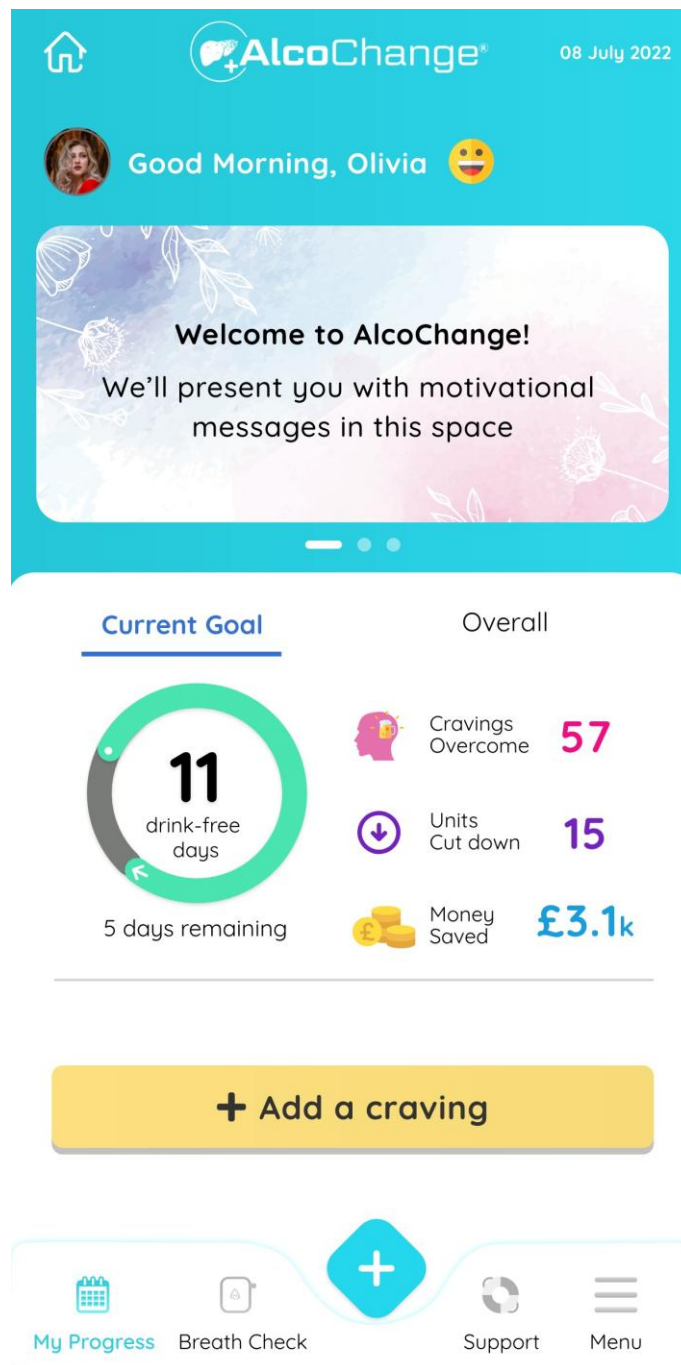
Button to “Record a drink free day”

Button to “Record a Craving”

Bottom bar showing the following buttons ○

Home

- Add Drink (to add a drink)
- My progress (to display your progress so far) ○ Help
- Menu (Side menu bar)



Record a drink free day Screen

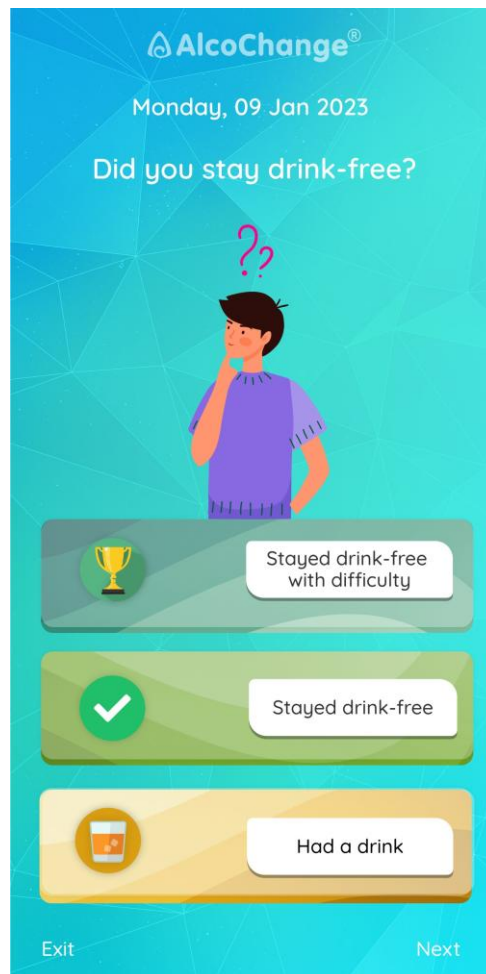
This screen is invoked in two ways

1. Clicking on "Record a drink free day" from the home screen
2. Daily notification that automatically pops up every morning

There are 3 options for you to select from

Had a drink – Click on this option if you had a drink

I stayed drink free but with less difficulty – Click on this option if you stayed drink free with ease I stayed drink free but it was difficult – Click on this option if you had cravings, yet stayed drink free



Record a drink free day Screen – Response to staying drink free with less difficulty

This message pops up if you clicked on you “I stayed drink free with less difficulty”.

This screen has a dynamic message section at the top, which reflects your motivations to stay drink free. You can click on the “Save” button to save your drink free day response, or you can click on “Change my Response” to go to the previous screen.

Once you click on Save, you will be taken to your “My Calendar” screen to see your progress for the month.

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?

Very positive

Very positive

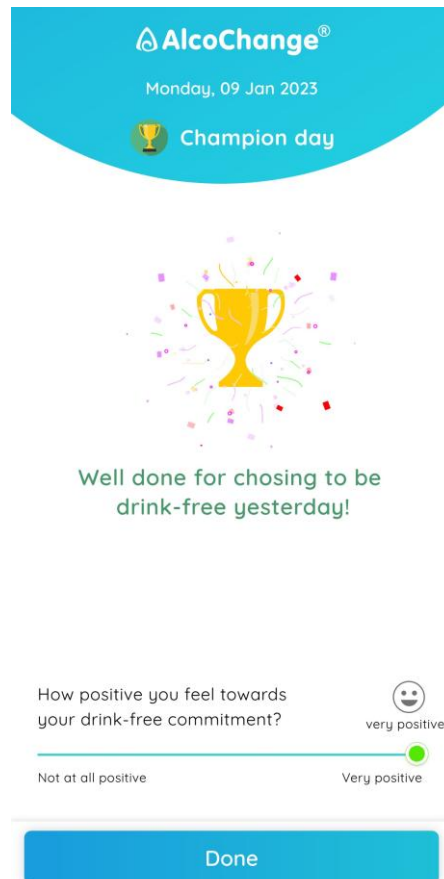
Not at all positive

Done

Record a drink free day Screen – Response to staying drink free with difficulty

This message pops up if you clicked on you “I stayed drink free but it was difficult”.

Once you click on Close, you will be taken to your “My Calendar” screen to see your progress for the month.



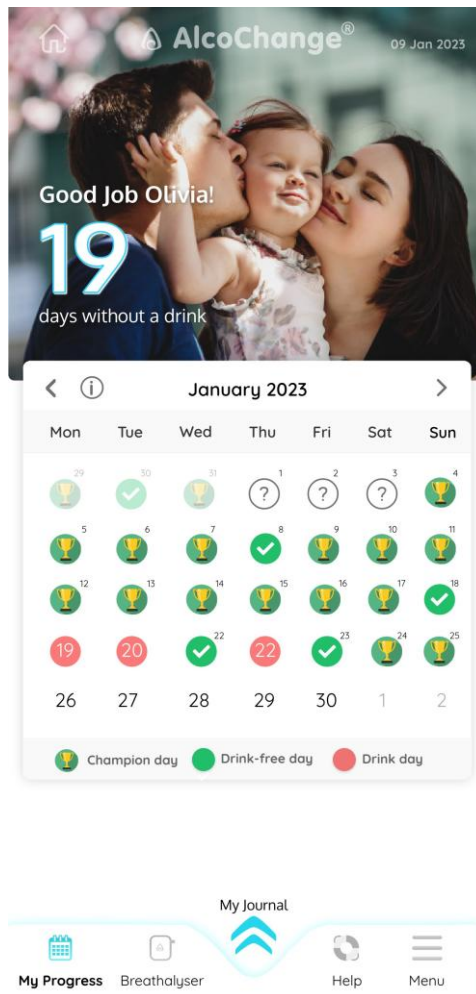
My Calendar tab – My Progress Screen

The “My Calendar” screen can be invoked in two ways

Once you record your drink free day or your drink, this screen comes up.

Alternatively, this screen can be invoked by clicking on the “My Progress” button in the bottom on the home screen

The Calendar shows your Drink Free Days, your champion days (where you managed to remain drink free in spite of your cravings) and your Drink days. The calendar also displays details of each day.



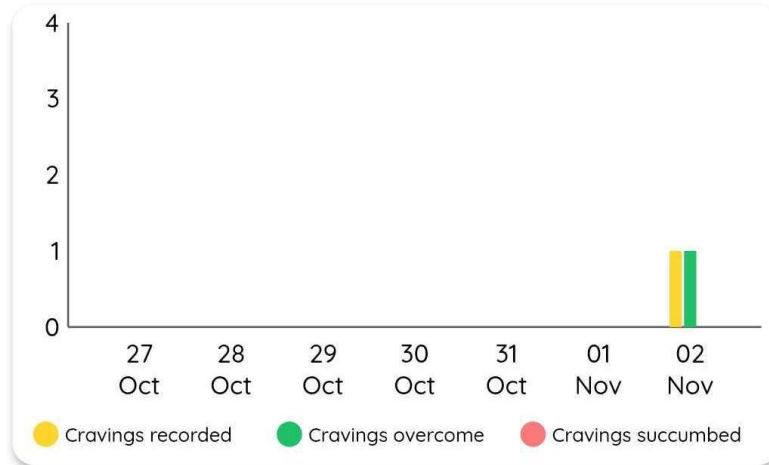
My Cravings tab – My Progress Screen

The “My Cravings” tab shows all your cravings that have been recorded by you with a personalized message as well as with triggers for your cravings, which can help you manage your cravings better in the future.

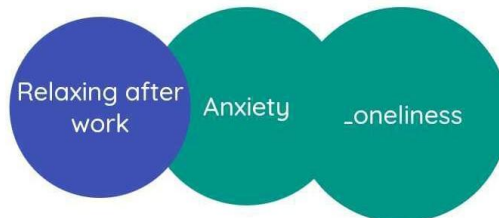


You're most likely to overcome your cravings if you record and seek help from AlcoChange.

Cravings



Triggers



These have been your biggest triggers
for the last 7 days
Loneliness & Anxiety

Record a Craving Screen

This screen is invoked when you click on “Record a Craving” on the home screen.

There are 3 main sections in this screen

- Your urge to drink (on a scale of 1-10, with 1 being mild and 10 being very strong)

- Reasons to drink (on a scale of 1-10, with 1 being lowest and 10 being highest). You can select 1 or more reasons

- The third section has dynamic options that are populated once you are a few weeks into the therapy based on your progress

Once you select the reasons, you can click on “Record my Craving” to save your craving.

All of these cravings will appear on the My Cravings tab of the My Progress screen.

←

AlcoChange®

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

Coping Strategies to deal with cravings screen

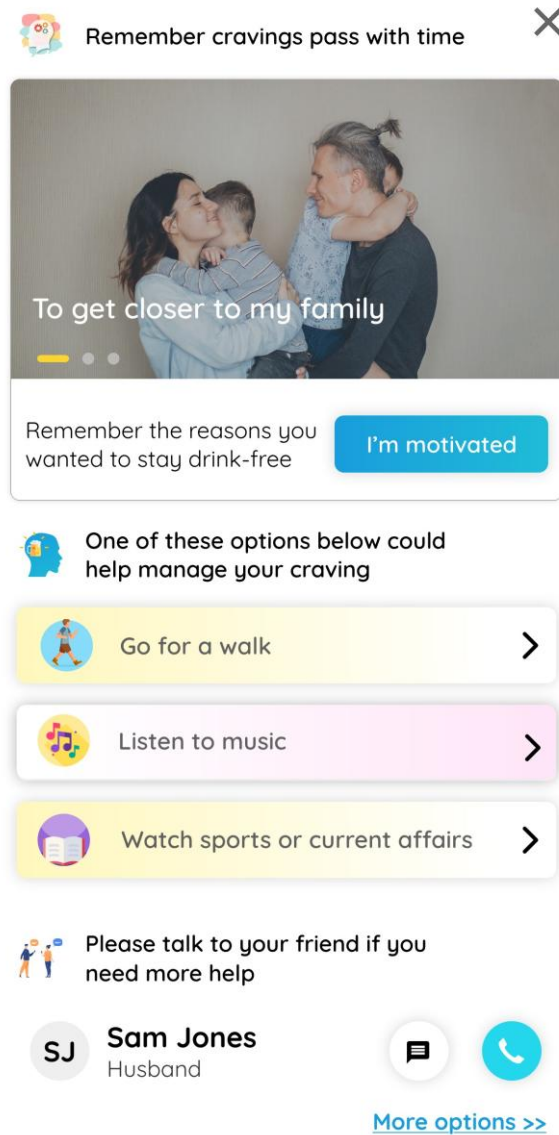
This screen is displayed once you record your cravings.

The screen has the following sections

Reasons that you recorded initially to stay abstinent along with images

Coping strategies

Button to click on “I need to talk to someone” in case you want a support to manage your cravings.



Cravings Help screen – “I need to talk to someone”

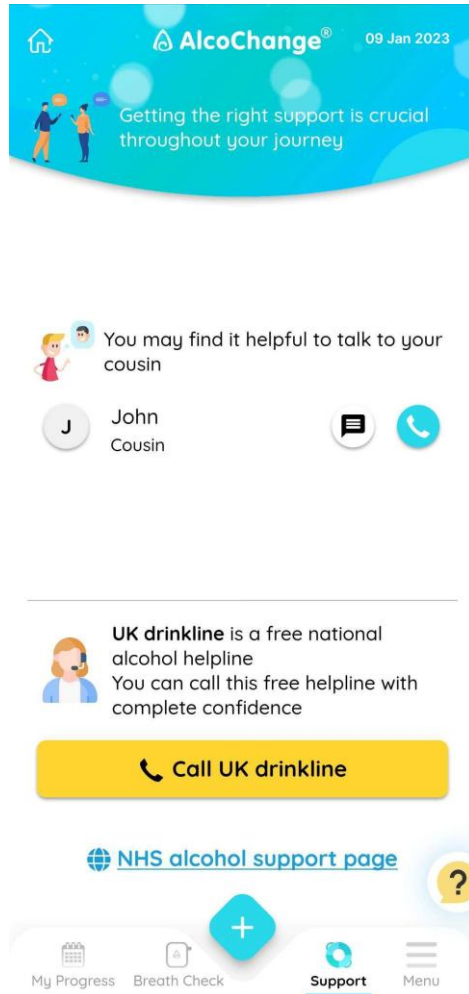
If you click on “I need to talk someone”, this Help screen gets invoked.

This screen has the following options.

List of your contacts that you initially saved to help cope with your cravings. You can either text them or call them directly.

You can also call the UK Drinkline

For additional support, you can visit the NHS Alcohol support page



Cravings Support Screen

Once you record your cravings, you will get a pop up screen to set a reminder to check for a follow up to help manage your cravings

In this screen, you will be able to set a reminder for 15 minutes, one hour or you can choose to not be followed up.



**AlcoChange is here to support,
when can we check back to know
how you're doing?**

Follow up in 15 minutes

Follow up in an hour

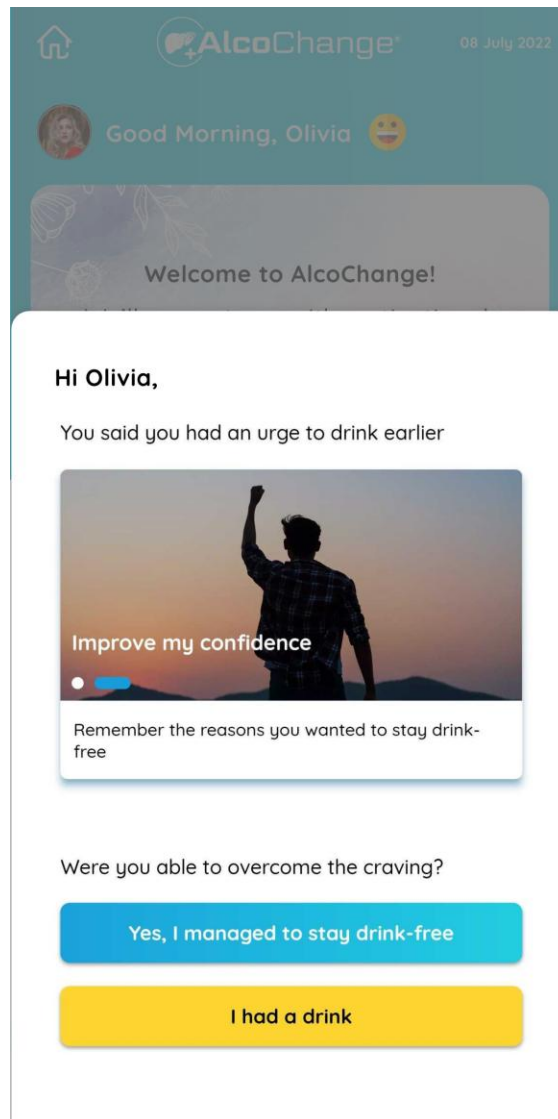
Don't Followup

Cravings Follow up Screen

This screen is a pop up that comes when you select for a follow up in the Cravings support screen.

If you managed to stay drink free, please select “Yes, I managed not to have a drink”, which will take you to the Record a drink free day Screen – Response to staying drink free with difficulty screen

If you had a drink, please select, “No, I had a drink”, which will take you to the Add a drink screen.



Record a drink Screen – Had a drink due to cravings

This screen pops up if you had a drink due to your cravings, once you click on “No, I had a drink” on your cravings follow up screen.

You have take a big step by downloading this app and trying to remain drink-free. Setbacks can happen. Keep going!

What were the reasons that made you drink?

 Stress

 Anxiety

 Happy

 After work

 Friends who drink

 Get my life back

 Improve relationship

 Back to work

 Save money

 Get my confidence back

 Sleep

 **Loneliness**

Now, let's record what you had to drink

+ Record my drink

Close

Add drink Screen

The Add drink screen can be invoked in the following ways

- Clicking on Add Drink from the bottom menu on the home screen

- Clicking on Add Drink from Record a Drink free day

- Clicking on Record my Drink from the pop up after you had a drink due to your cravings.

The screen lets you record the following

Type of drink, Measure, Strength and Quantity

The image shows two screenshots of the AlcoChange app's 'Add drink' screen.

Left Screenshot (Selection Screen):

- Header: AlcoChange® with a progress bar showing steps 1, 2, 3, 4, 5, 6. Step 3 is active.
- Question: "3. What do you normally drink in a typical session?"
- Drink Selection: Buttons for Beer, Wine, Spirits, and Cider. Beer is selected with a quantity of 1. Wine, Spirits, and Cider have a "+ Add" button.
- Summary: 3.4 Units, 182 Calories, £6 Cost.
- Bottom Button: "Next >>"

Right Screenshot (Confirmation Screen):

- Header: "2 bottles of regular beer" with a close button (X).
- Drink Type: "Beer".
- Start Time: "I started drinking at 8:00pm". Options: 8:00pm, 9:00pm, 10:00pm, and a "change time" button.
- Measure Selection: "Choose a measure". Options: Standard bottle (330ml), Standard can (440ml), Pint (568ml) (selected with a checkmark), Large bottle (750ml).
- Strength Selection: "Choose the strength". Options: Light (less than 4%), Regular (4 to 6%) (selected with a checkmark), Strong (more than 6%).
- Quantity: "How many?". Input: 2.
- Bottom Buttons: "Save & close" and "Save & add another".

Add drink Screen

2 small glass of regular wine

Wine

I started drinking at 8:00pm

8:00pm 9:00pm 10:00pm change time

Choose a measure

Small glass (125 ml)

Large glass (250ml)

Half bottle (375ml)

Full bottle (750ml)

One litre bottle (1000ml)

Choose the strength

Regular (12%) Fortified (18%)

How many?

- 2 +

Save & close Save & add another

2 single glasses of standard spirits

Spirits

I started drinking at 8:00pm

8:00pm 9:00pm 10:00pm change time

Choose a measure

Single measure (25ml)

Double measure (50ml)

Half bottle (375ml)

Full bottle (750ml)

Choose the strength

Standard (40%)

How many?

- 2 +

Save & close Save & add another

1 pint of regular cider

Cider

I started drinking at 8:00pm

8:00pm 9:00pm 10:00pm change time

Choose a measure

Standard bottle (330ml)

Standard can (440ml)

Pint (568ml)

Large bottle (750ml)

1 liter bottle (1000ml)

2 liter bottle (2000ml)

Choose the strength

Light (less than 4%) Regular (4 to 6%) Strong (more than 6%)

How many?

- 1 +

Save & close Save & add another

Add drink Screen

Clicking on “I need help” takes you to the Help screen, where you can reach out to your contacts or to the helpline

You have take a big step by downloading this app and trying to remain drink-free. Setbacks can happen. Keep going!

What were the reasons that made you drink?

 Stress

 Anxiety

 Happy

 After work

 Friends who drink

 Get my life back

 Improve relationship

 Back to work

 Save money

 Get my confidence back

 Sleep

 **Loneliness**

Now, let's record what you had to drink

 Record my drink

Close

Breathalyser Usage screens

Note: For first time usage, please work to your Alcohol-Liaison nurse on how to use your breathalyser properly with the app

Please connect your breathalyser via Bluetooth or via the cable given. Once your device is connected, take breath test

Breathalyser Specifications

Reading Range	0.000 % BAC to 0.400 %
---------------	------------------------

Accuracy	+ / - 0.01 BAC
Operating Temperature	-5°C to 40°C
Storage Temperatures	-10°C to 60°C
Storage Conditions	store in cool dryplace out of direct sunlight
Sensor	16mm fuel sensor
Sampling System	Advanced flow, pressure & volume

 **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



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



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



The AlcoChange breathalyser is available to pair

Choose the device below to complete the pairing

AlcoChange
AC21080006



Pair and practise now

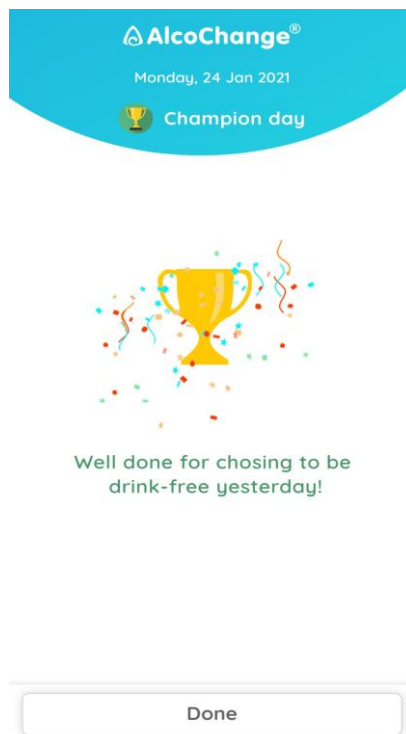
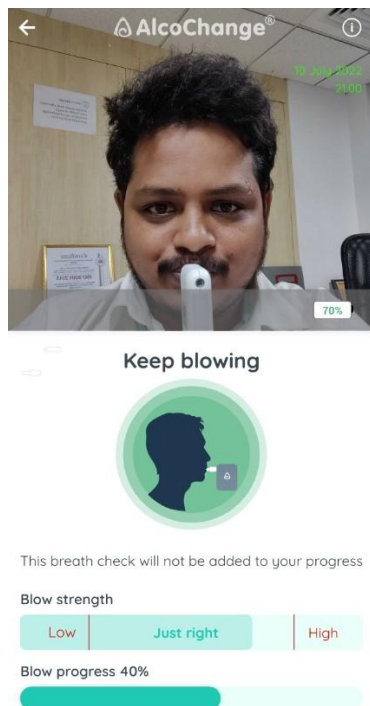
[Pair now and practise later](#)

Breathalyser Usage screens



Breathalyser Usage screens

Keep blowing on the breathalyzer till you reach 100%. This following screen shows a congratulatory message on a champion day if you had been drink free.



Breathalyser Usage screens

This screen shows your BAC reading on a day you have had a drink. Please ensure you use your breathalyzer on the days you have had a drink in order to record your BAC level.

Once you record your breathalyzer data, click on “Record Drink” in order to go to Add Drink screen and add your drinks

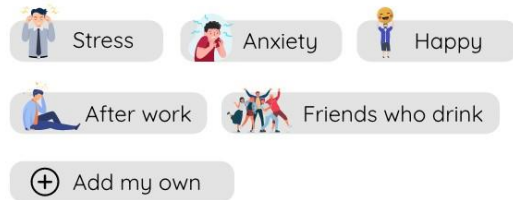


Your BAC% ⓘ

0.027

Remember to drink water through out the day to keep yourself hydrated. There are alternatives to drinking alcohol.

What were the reasons that made you drink?



🔄 Recheck in 3 mins

+ Record drink

[I don't remember](#)



AlcoChange®



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

What made you drink?



Now, let's record the drink you had

Record my drink

[Close](#)

Motivational Notifications

Note: Please ensure that in the App settings, notifications are always "On" for AlcoChange application

These screens pop up on your smartphone device to help you stay sober and motivated.

11:11 Monday, 09 Jan



Wi-Fi



Bluetooth



AlcoChange



now



Hi Ethan

Did you manage to stay drink-free yesterday?

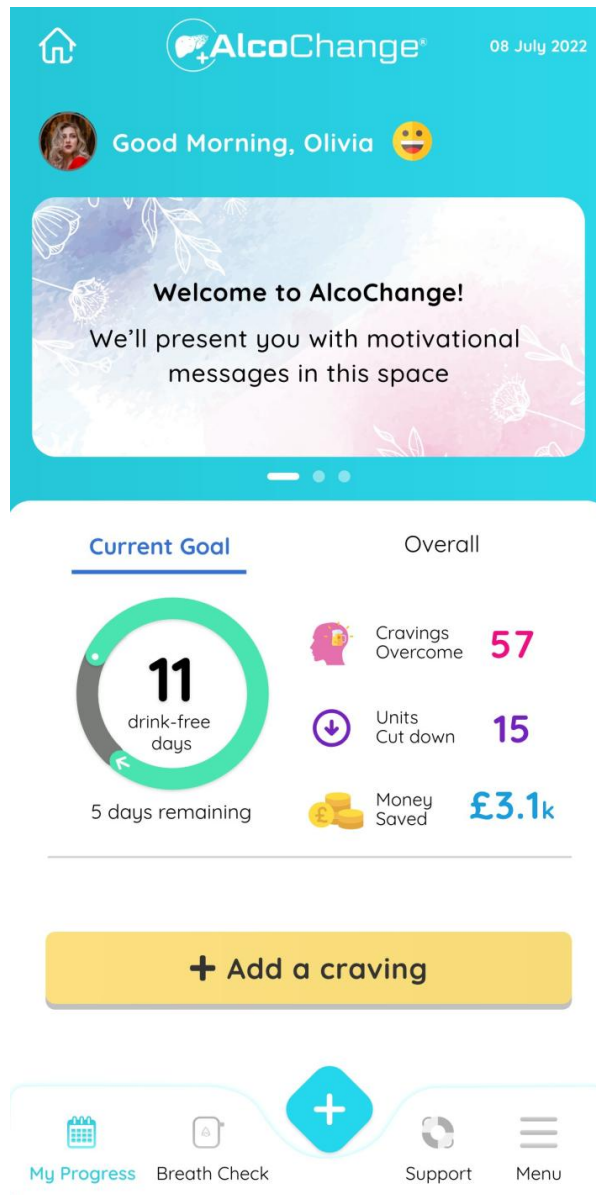
No

Yes

Yes with difficulty

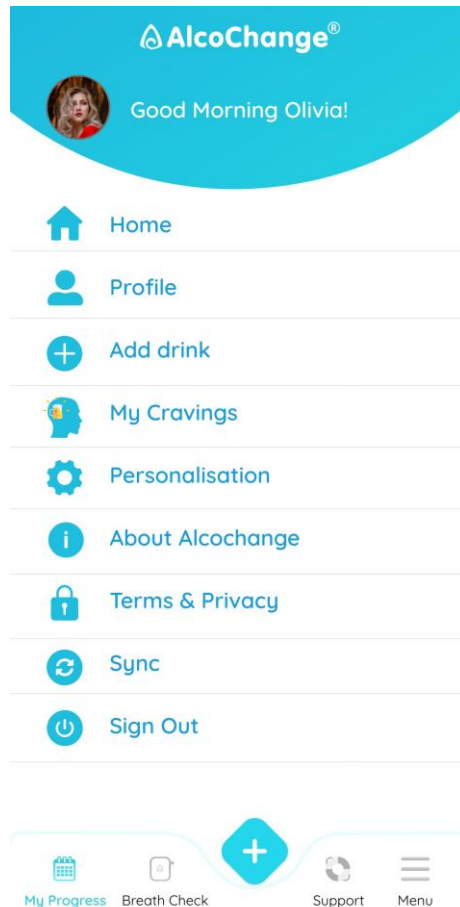


You will also be able to see motivational messages on the card



Side Menu bar

This is the side menu bar that slides in when you click on the “Menu” option on the bottom right of your home screen



ONGOING AUDIT ASSESSMENT SCREENS

These screens will be displayed to you as you are progressing through your therapy. This data is typically collected at around the 3 week mark once you start the therapy. Please answer the questions in each section honestly to help you progress on the right path towards abstinence and good health.

Psychological Distress Scale Screens

Generalized Anxiety Disorder Questionnaire Screens Patient
Health Questionnaire Screens

ONGOING AUDIT ASSESSMENT SCREENS- Psychological Distress Scale Screen

The set of Audit Assessment Screens have 10 questions, 2 questions per screen. Please read the questions and choices carefully and select the choice that is closest to your current alcohol consumption pattern. Please answer honestly to enable correct therapy 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

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 >>](#)

ONGOING AUDIT ASSESSMENT SCREENS- Psychological Distress Scale Screen

AlcoChange®

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

AlcoChange®

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

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

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

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ONGOING AUDIT ASSESSMENT SCREENS- Psychological Distress Scale
Screen

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

Once you have completed the questionnaire, please click on “Save my Responses” to move on to the next section.

ONGOING AUDIT ASSESSMENT SCREEN – Generalized Anxiety Disorder Questionnaire Screen

The set of Audit Assessment Screens has 7 questions on your generalized anxiety disorder. Please read the questions and choices carefully and select the choice that is closest to your current alcohol consumption pattern. Please answer honestly to enable correct therapy options.

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

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ONGOING AUDIT ASSESSMENT SCREEN – Generalized Anxiety Disorder Questionnaire Screen



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



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

[<< Previous](#)

[Next >>](#)

[Save my Responses](#)

Once you have completed the questionnaire, please click on “Save my Responses” to move on to the next section.

ONGOING AUDIT ASSESSMENT SCREEN – Patient Health Questionnaire Screen



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



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

2. Feeling down, depressed, or hopeless?

☒ 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

Next >>

<< Previous

Next >>

The set of Audit Assessment Screens has 9 questions on your generalized anxiety disorder. Please read the questions and choices carefully and select the choice that is closest to your current alcohol consumption pattern. Please answer honestly to enable correct therapy options.

ONGOING AUDIT ASSESSMENT SCREEN – Patient Health Questionnaire Screen



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



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

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ONGOING AUDIT ASSESSMENT SCREEN – Patient Health Questionnaire Screen



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**

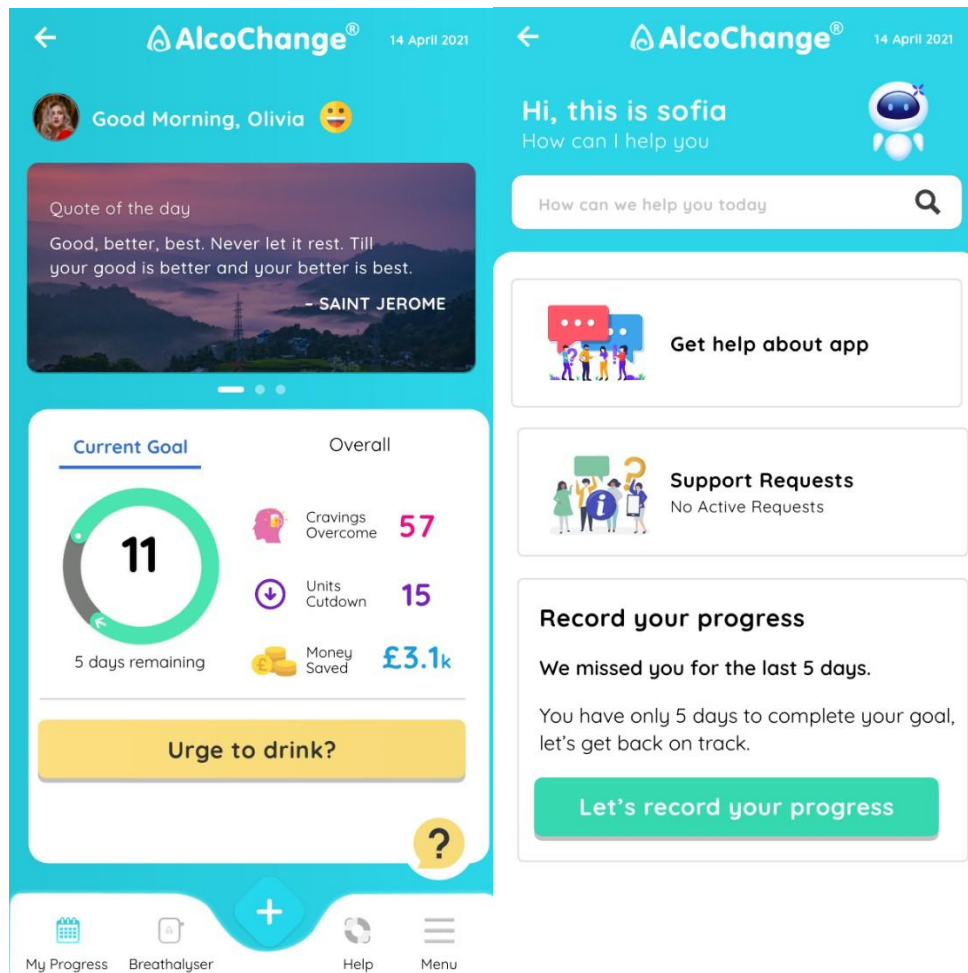
☐ Nearly every day

[Save my Responses](#)

Once you have completed the questionnaire, please click on “Save my Responses” to move on to the next section.

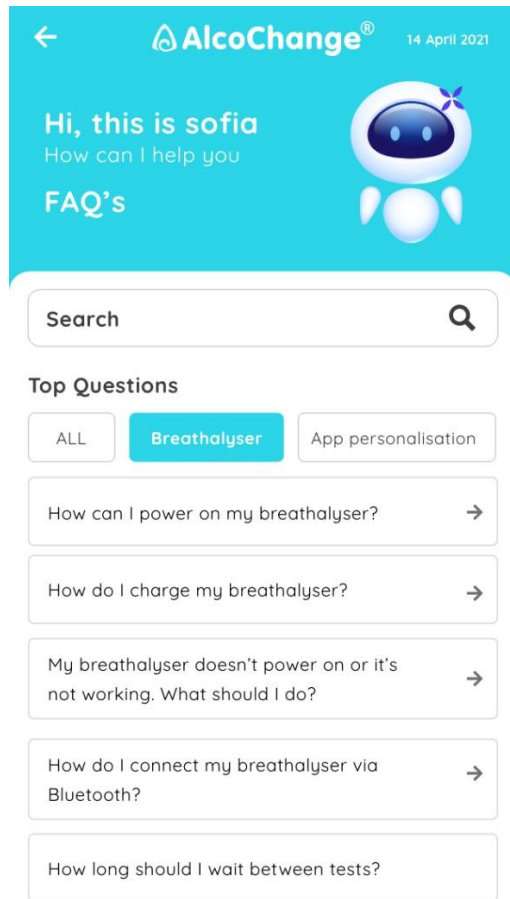
Help menu – In app help

The Help menu can be invoked by clicking on the “?” on the Home screen. This will invoke the in-app Help for any questions you may have about using the AlcoChange application.

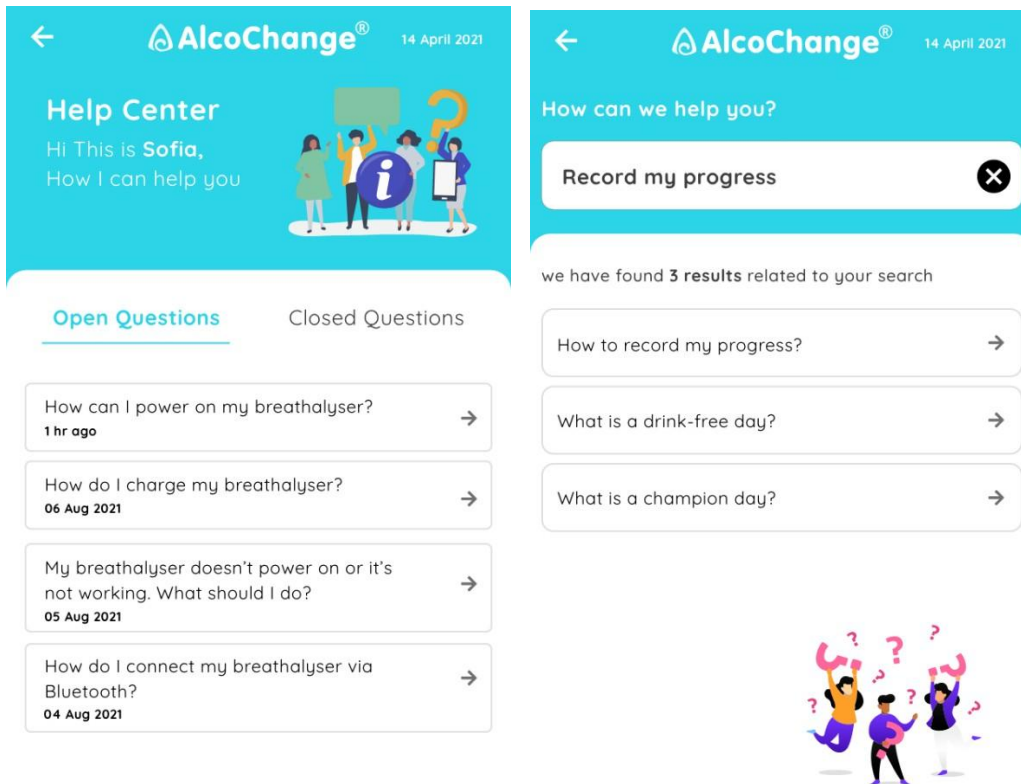


You will be able use the help screens to answer any questions you may have on the use of the breathalyser or the app. The search feature and the interactive chat feature will also help browse through various topics and have questions answered.

Help screens



Help screens



Help screens

What is a champion day?

A champion day is a day in your therapy where you stayed drink-free with difficulty or managed to overcome a craving and remained drink-free or you have used a breathalyser to mark your drink-free progress.

This is indicated by a “trophy” in the calendar on your “My Progress” page. Please make sure that you enter your progress every day.





Breathalyser

How do I charge my breathalyser?

11:00 AM

Hi this is olivia,

I Followed your instructions, still not able to charge my breathalyser

11:05AM

Hi, This is Sofia,

Surely I will help you



 Your message 

Manufacturer Information

CyberLiver Limited

First Floor, Burnells, 5 Garland Road, Stanmore, Middlesex, HA7 1NR, United Kingdom

Website: www.alcochange.com

Email: info@cyberliver.com

Please contact us if you'd like to receive an paper copy of this version or access to previous versions of the IFU.

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