

## HOMEPAGE

Your daily dose of motivational messages will be delivered in this card.

Goal Progress: you can track your current goal and progress.

**Quick Access Menu:** gives you easy access to record your cravings, view your progress/calendar, add a drink, use your breathalyser and access help/support.

### Record a Craving

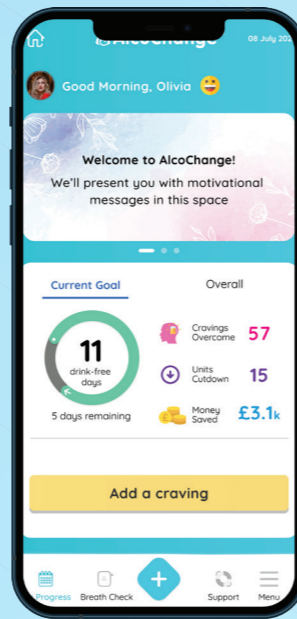
Whenever you get desperate for a drink, click the Record a Craving button on the home page. The app will motivate you to stay drink-free by displaying the reasons you've specified to stay abstinent and presenting alternatives to overcome.

### Daily reminders to record your progress

The app will motivate you on everyday basis to record your progress.

### Help

You can call your friend or UK Drinkline from the app if you need more help. The app will also check back with you to see if you have managed to overcome your craving or will get you to add a drink in case you had been unable to overcome the craving.



## COMPATIBILITY

Please check [www.alcochange.com/compatibility](http://www.alcochange.com/compatibility) for mobile devices that will be compatible with the AlcoChange application and Digital breathalyser. In case you have issues with your Digital breathalyser, please email [help@alcochange.com](mailto:help@alcochange.com) for troubleshooting/replacement.

## CONTACT

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5 Garland Road, Stanmore, Middlesex,  
HA71NR, UK.  
[hello@alcochange.com](mailto:hello@alcochange.com)

# AlcoChange®

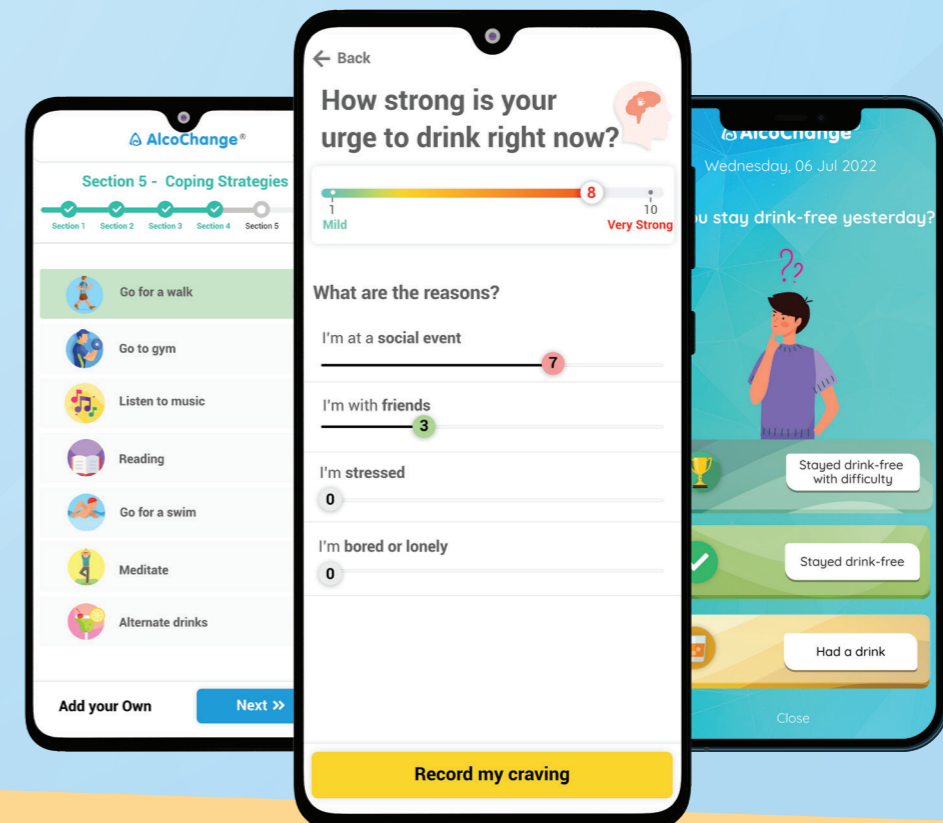
## INTRODUCTION

Welcome to AlcoChange DTx. We would like to walk you through some basics to start with.



## HOW ALCOCHANGE DTx WORKS

AlcoChange DTx is a computerised therapeutic system with a digital breathalyser device, intended to help you manage your alcohol use as advised by your doctor. The breathalyser works with Android\* and iOS Smartphones with the AlcoChange mobile app.



## Important tips

1. Please take a breathalyser test when prompted by AlcoChange

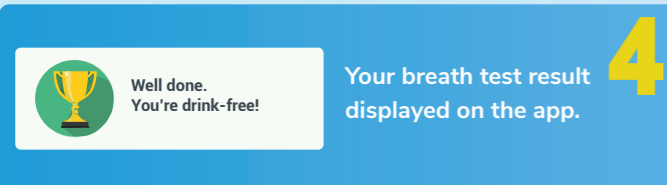
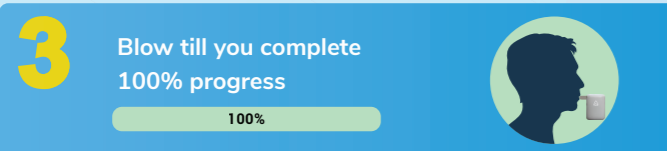
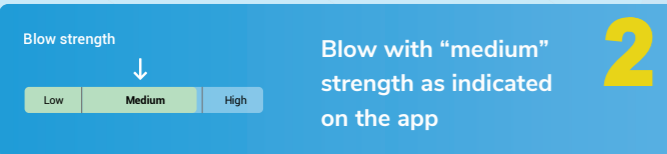
2. If you've had a drink recently, please wait for at least 20 minutes before taking the breathalyser test

3. Please note that you have to wait for at least 3 minutes between two consecutive tests

If you face any issues with using the app or breathalyser please email us at [alcochange@soton.ac.uk](mailto:alcochange@soton.ac.uk)

## How to take a Breathalyser test

Please note: If you've had a drink recently, please wait for at least 20 minutes before taking the breathalyser test.



## Breathalyser – Quick Start Guide

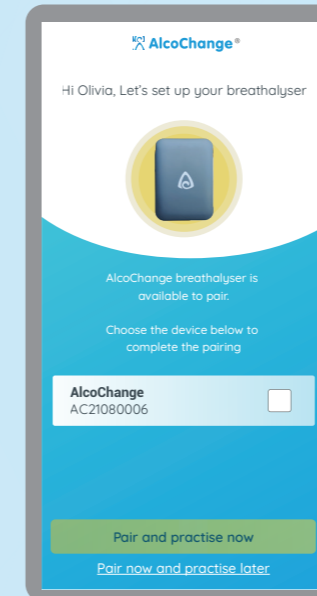


The AlcoChange Digital Breathalyser is a quick, convenient and reliable tool for estimating the Blood Alcohol Content (BAC%) with professional grade accuracy.



## Pairing your Breathalyser via Bluetooth

1. Open Breathalyser menu from AlcoChange app
2. Power on breathalyser by pressing power key for 3 seconds
3. Select and pair breathalyser
4. Ready for breath test

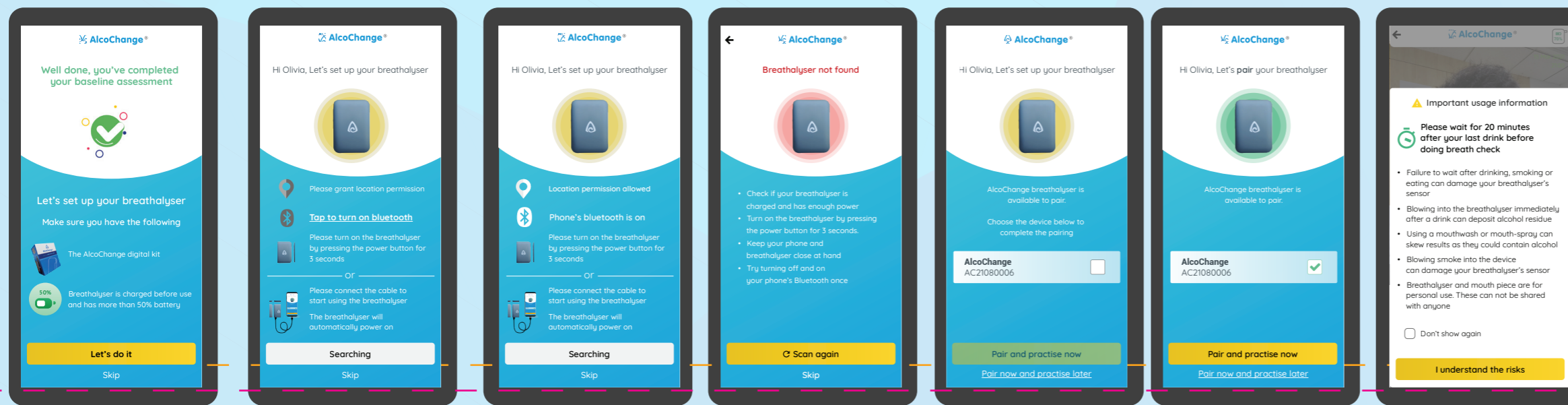


## Pairing your Breathalyser via cable

1. Connect the USB C-type cable to your breathalyser and the other end to your phone
2. Breathalyser powers on and AlcoChange mobile application opens
3. Ready for breath test



## PAIRING & CONNECTING BREATHALYSER



## BREATHALYSER FLOW & RESULT SCREEN

