

## ► Brief summary instructions

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

## ► 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 geographical 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:

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). Compatible devices are iOS 14.0 or later, iPhone 6s Plus and above, and Android 8.0 or later.

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

<https://alcochange.com/compatibility/>

## What is AlcoChange?

### **AlcoChange**<sup>®</sup>

AlcoChange is a medical device that delivers behavioural therapy to help monitor your alcohol consumption 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.
- 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 the AlcoChange app independently 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 behavioural 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.