

Information about Accountability Checks

BACtrack®



Feel Better. Faster.

App-Based Remote Alcohol
Monitoring, Simplified

We recognize the need for a flexible solution to support clients seeking Controlled Drinking (CD) or abstinence from alcohol as part of their recovery journey.

Traditional addiction recovery services often focus on complete abstinence, which can be ideal, but may not be viable for everyone. Some individuals find success managing their relationship with alcohol rather than terminating it completely.



How can alcohol monitoring help me if I want to reduce my drinking?

One client faced significant challenges in managing his relationship with alcohol. He struggled with the idea of complete abstinence and sought a solution that allowed him to control his drinking while staying accountable. He needed a tool that could help him monitor his alcohol consumption and support his goal of harm reduction.

Therapy Matters partners with [BACtrack](#) and [Soberlink](#) to support this “zone of proximal development” (ZPD), providing a safe transitional space for clients to learn how to consume alcohol responsibly while becoming comfortable with their *self-imposed limitations*. This period is crucial for clients to see these limitations as a gift, a luxury that helps them redefine their relationship with alcohol. The goal is a comfortable adaptation to the new relationship, not just adherence to self-imposed limitations.

How can alcohol monitoring help me if I want to stop drinking?

For those looking to abstain, alcohol monitoring can be an important option in treatment. This kind of consent to accountability can be very empowering.

Individuals often know before they blow. Knowing that a breathalyzer is scheduled can increase the individual’s resolve when a temptation comes earlier in the day. As a result, that awareness may help them avoid use.

An extra point of awareness like that can turn into a new kind of empowerment: a deeper knowledge of yourself and an awareness of your connection to others around you.

- **Use code *THERAPYMATTERS* for 10% off your BACtrack purchase**



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App-Based Remote Alcohol Monitoring, Simplified

- ✓ Access video and location verified breathalyzer results from your smartphone
- ✓ Set random, recurring or custom testing schedules for individual users
- ✓ Receive real-time email or SMS notifications for failed and missed tests

COMPANY OVERVIEW

Founded: 2001 **Number of Employees:** 15 **Headquarters:** San Francisco, CA **Other Locations:** San Diego, CA, Philadelphia, PA, Salt Lake City, UT

Founded in 2001, BACtrack is one of the pioneers of the breathalyzer industry. In 2004, it was the first company to obtain FDA approval to manufacture and market breathalyzers for consumer use in the United States. Since then, BACtrack has grown into a global leader in the alcohol testing and monitoring space, providing some of the most accurate and innovative breath alcohol testing devices and software on the market. Launched in

2016, BACtrack View was designed to fit the specific needs of treatment centers, health clinics, businesses and individuals, making it easy and affordable to remotely monitor the sobriety of users, directly from a smartphone. It currently supports thousands of users, testing multiple times per day, typically several days per week. To date, over one million video breath alcohol tests have been recorded, processed and securely stored on the BACtrack View platform.

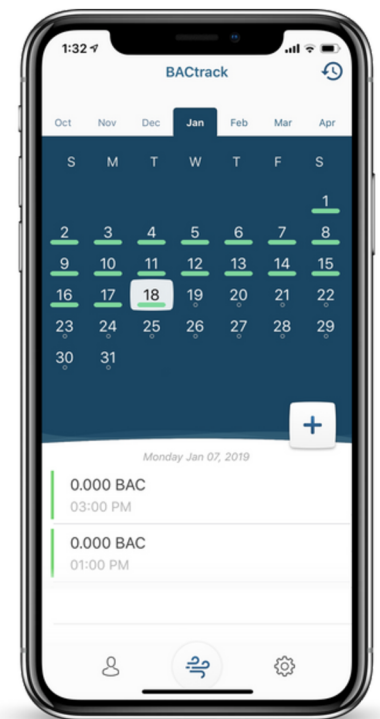
ABOUT THE SERVICE

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BACtrack View is an app-based remote alcohol monitoring service, designed to track the sobriety of users by providing a video of their breath alcohol tests to the person or organization monitoring them.

Testers are given a BACtrack Mobile Smartphone Breathalyzer to use while on the service, which connects to the BACtrack View App on an iPhone or iPad via Bluetooth. When it's time to take a test, the Tester receives a notification on their phone, which prompts them to turn on their breathalyzer and record themselves taking the test. The BAC results and video, along with the date, time and GPS location are uploaded to the BACtrack View App in near real-time for review by their Manager

Each Tester is assigned a Manager, who can request on-demand tests, set recurring or randomized testing schedules, view previous test video results, and download a summary PDF report of that user's test history. Managers have the option to receive Email or SMS notifications when an MU fails or misses a test. Additional Managers within the organization also have the option to receive these notifications.

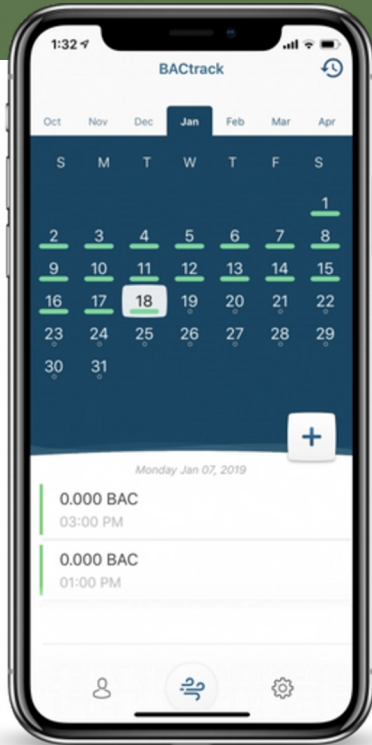


BACtrack | VIEW

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BACtrack.com/View

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Set Testing Schedule

Choose on-demand or schedule random alcohol testing for someone you'd like to monitor remotely or for self-testing.



Request a BAC Test

Automated notifications tell a user when it's time to test. BACtrack Mobile and the BACtrack View app offer easy and discreet BAC testing.



Get Real-Time Results

Video and location-verified BAC results are captured and saved via the App, and automatically shared with Monitors via Text or Email.