

eCheckup To Go

The *eCHECKUP TO GO* program is designed to motivate individuals to look at their alcohol consumption using personalized information about their own drinking and risk factors. The course will take approximately 20 – 30 minutes to complete. Personalized feedback will be provided upon completion, including:

- Quantity and Frequency of Use
- Amount Consumed
- Normative Comparisons
- Physical Health Information
- Amount and Percent of Income Spent
- Negative Consequences Feedback
- Explanation, Advice and Local Referral Information

eCHECKUP TO GO • Course Instructions

To take *eCHECKUP TO GO*, you will need a computer with Internet access. If you do not have a computer, you can use any publicly available computer with Internet access.

To Students Who Do Not Drink - Although most members of our community do not abuse alcohol, many of us know someone - a classmate, friend, family member or teammate - who drinks alcohol at levels that cause concern. By reading and responding to every question as you progress through the program, you will be able to recognize signs, symptoms and consequences of alcohol use and abuse. The program also contains information that will enable you to understand and support others who may be experiencing problems from alcohol use.

Students REQUIRED to Complete *eCHECKUP TO GO*

1. Click [here](#) to be redirected to the Pitt State *eCHECKUP TO GO* Web site.
2. Select the option "I HAVE NOT completed the Alcohol *eCHECKUP TO GO* previously" from the menu on the right.
3. Follow the instructions to complete the online course.
4. At the end of the course, select the "Verification" button and follow the instructions. We suggest you both notify your instructor or referral source by email in the drop-down menu and print the **Electronic Verification of Completion** for your records. This is for verification only. **Your responses will not be shared but it is a very important step to confirm you have completed the course.**

Instructions for Students VOLUNTARILY Taking *eCHECKUP TO GO*.

1. Click [here](#) to be redirected to the Pitt State *eCHECKUP TO GO* Web site.
2. Select the option "I HAVE NOT completed the *eCHECKUP TO GO* previously" from the menu on the right.
3. Follow the instructions to complete the online course.
4. Print the **Electronic Verification of Completion** for your records.