

# Ready to reduce your alcohol use?



DRINKS METER

[DRINKSMETER.HEALTH.NSW.GOV.AU](https://drinks-meter.health.nsw.gov.au)

**Drinks Meter** is a free app with no ads  
or in-app purchases. Download it today.





# There's an app for that

**Drinks Meter** is an easy to use app that provides free, confidential and personalised feedback that helps you cut back on your alcohol use.

The app features:



A diary to easily track how much alcohol you're drinking

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Tools for alcohol reduction goal setting and reminders

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Personalised feedback based on your medical history (e.g. BMI, prescription medication, mental illness and addiction)

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A calculator that converts your drinks into kilojoules/calories, compared with foods like cheeseburgers or chocolate bars

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A money tracker that shows your weekly spend on alcohol and how much you've saved sticking with your goals

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A comparison tool that measures your drinking habits with other Drinks Meter users and the national alcohol guidelines

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Information on alcohol and other drug services and programs available in NSW

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