

Alcohol eCHECKUP TO GO

Below is a list of the tasks to complete on eCHECKUP.
Your visit should last about 35 minutes.

Login: (5 minutes)

Access Alcohol eCHECKUP TO GO course through any of the following websites:

- www.dso.ufl.edu and click on “Alcohol Education Program Requirement”
- www.isis.ufl.edu and click on “Alcohol Education Tutorial”
- www.shcc.ufl.edu/gatorwell and click on eCHECKUP TO GO icon.

From the Alcohol eCHECKUP TO GO home page, select “I HAVE NOT completed the Alcohol eCHECKUP TO GO previously” button.

Next, **print or write down your User Identification Number (UID)**. You will need this number to:

- return at a later date to review your responses
- verify your completion of the eCHECKUP TO GO at a later date
- complete the eCHECKUP TO GO again.

Once you have recorded your UID number, please continue on to the course by selecting begin.

Personal Information: (2 minutes)

Fill in your demographic information then select next.

About Your Drinking: (8 minutes)

- A) Read all instructions carefully.
- B) Once you have answered all questions, select submit.

Your Profile: (15 minutes)

- A) Read through “Your Drinking Profile” and select next.
- B) Read through “Physical Costs” and select next.
- C) Read though BAC Levels and view the video. Click on links for more information about BAC, and then select next.
- D) Read through “Your Personal Risk Factors,” play movie “The Biphasic Response Curve.” and select next.
- E) Read the “Comparisons Chart” and select next.
- F) Read “Tobacco Use” and select next.
- G) Read through “Making Changes” and select next.

Resources and Registration: (5 minutes)

Please read through the following instructions before continuing

- A) Read through the “Resources” and “Signs and symptoms of alcohol poisoning.”
- B) Once you are finished, and wish to have a copy of your results and certificate for your personal record, select Print Results and Print Certificate buttons at bottom of page BEFORE clicking on the red box to submit verification.
- C) Before logging out, **YOU MUST** select the **large red box** to verify your completion of the eCHECKUP TO GO. If you do not verify your completion, you will have to re-take the course.
- D) After selecting the **red “Verify Your Completion” box**, you will be directed to a page to enter your gatorlink username and password. From there, your verification of completion will be sent to the registrar’s office.