



About eCheckup To Go

The eCheckup To Go program is designed to motivate individuals to reduce their consumption using personalized information about their own use and risk factors. The program uses the most current and reliable research available.

The program takes about 20-30 minutes to complete. It is self-guided and does not require face-to-face time with a counselor or administrator. Because the program is offered online it provides quick and confidential feedback. It can be taken multiple times.

Communities That Care partners with Ivy Tech Community College and Heathy Communities of Bartholomew County to offer eCheckup To Go to students at Ivy Tech.

The eCheckup To Go program provides feedback to students about:

- Quantity and frequency of use
- Amount consumed
- Normative comparisons
- Physical health info.
- Possible negative consequences
- Explanation/ advise/ local referral
- Amount/percent of income

Research:

Research in 15 different outcome studies conducted across various college campus communities consistently demonstrate that the eCheckup To Go program significantly reduces student drinking and risk-taking behaviors.

Contact Us

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