



DRINKS METER

A WORKFORCE THAT DRINKS LESS IS HAPPIER, HEALTHIER, AND MORE PRODUCTIVE



Responsible employers promote the health and wellbeing of their staff. Reducing alcohol use leads to decreases in absenteeism and workplace accidents. Drinks Meter is an online and smartphone app that provides your workforce with anonymous, personalised feedback on their alcohol consumption and allows comparison to other people.



Drinks Meter utilises all the essential components of Identification and Brief Advice to help your staff reduce their alcohol intake. Featuring the World Health Organisation 10-item AUDIT with personalised feedback, Drinks Meter provides individuals with information on alcohol related health harms and the benefits that reduced intake has on their health and wellbeing.

Drinks Meter also offers the following motivating and educational interventions:

- Calculation of last week alcohol unit intake, adjusted for personal risk factors such as physical and mental health conditions
- Conversion of last week's alcohol consumptions into cash, calories, and food equivalents
- Tracking of drinking behaviour over time and health benefits of reducing consumption
- Comparison of their intake to national guidelines
- Printable summary results, feedback, and advice

WE OFFER YOU:

- A single site solution to helping your staff reduce their alcohol consumption wherever they are
- Support company health strategy development
- Co-branding
- Specialist educational sessions for senior staff
- An evidence-based tool for occupational health departments
- An innovative resource to help HR departments manage sickness, absenteeism, and increase productivity



GLOBAL DRUG SURVEY

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FOR MORE INFORMATION

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