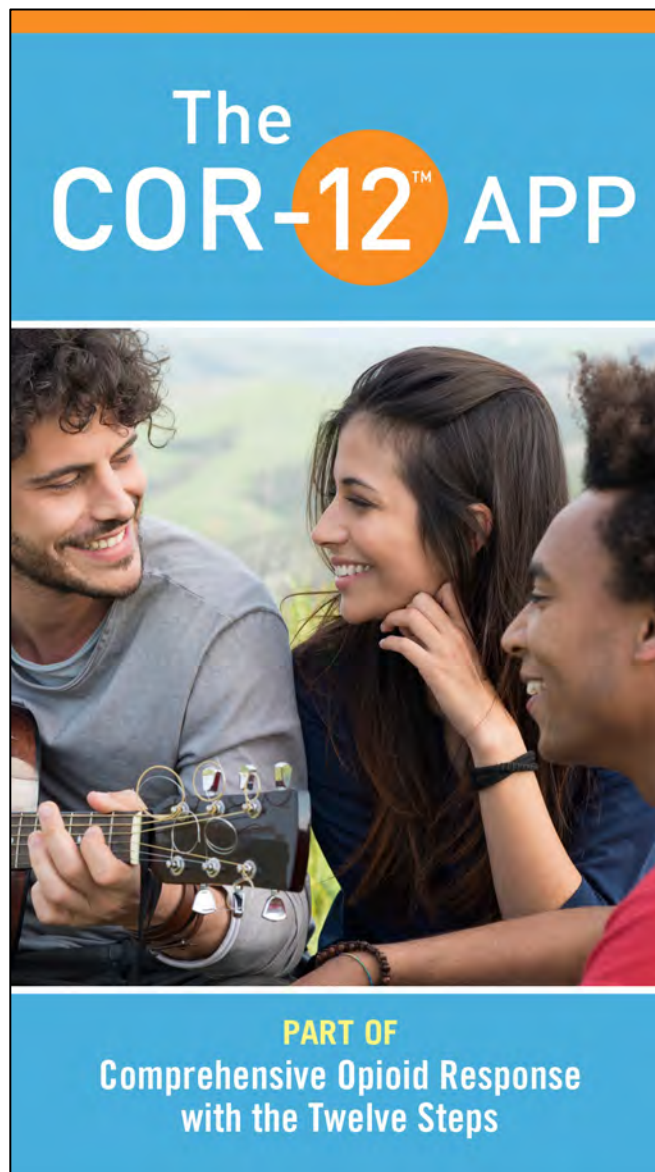


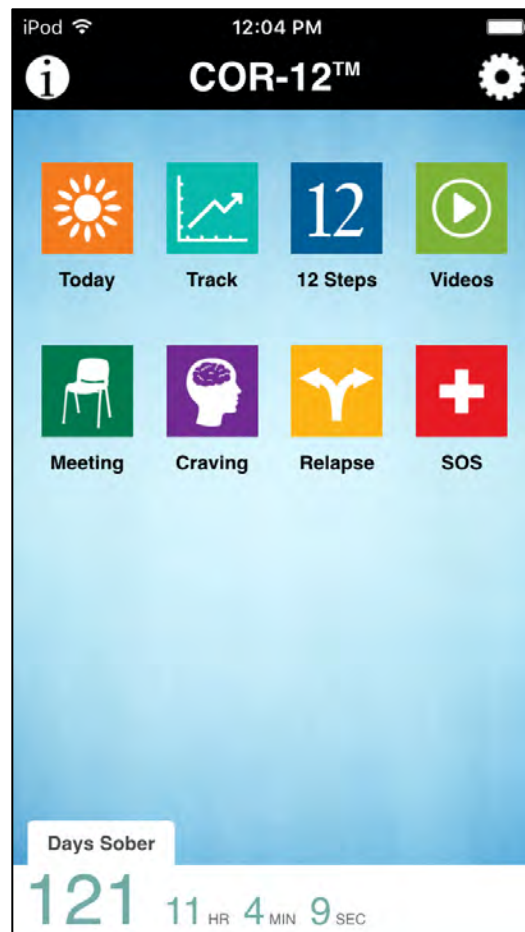
# COR-12 App

## Client Guide



Designed for those in recovery from opioid addiction (including heroin and prescription painkillers), the COR-12 App uses the Twelve Steps and Medication-Assisted Treatment (MAT) concepts to help you stay active and on track in early recovery.

The COR-12 App includes sharable daily messages, video clips featuring recovery and MAT experts, a sober counter to track time in recovery, information and tools on the Twelve Steps and relapse, a Stop Cravings tool, a customizable home screen, and more.



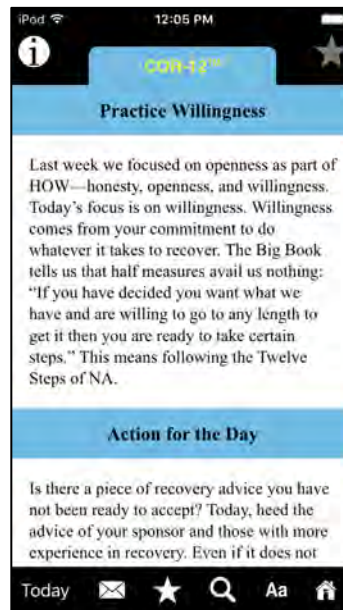
### GOALS OF THE COR-12 APP

- Create a bridge between treatment and the return to a supportive community
- Achieve higher recovery success rates through easily accessed tools and support
- Help participants abstain from using and sustain a healthy lifestyle change
- Prevent or shorten the episodes of relapse

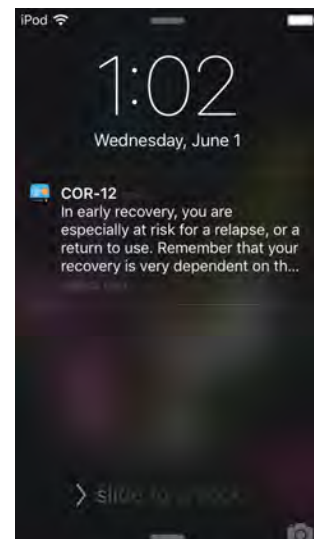
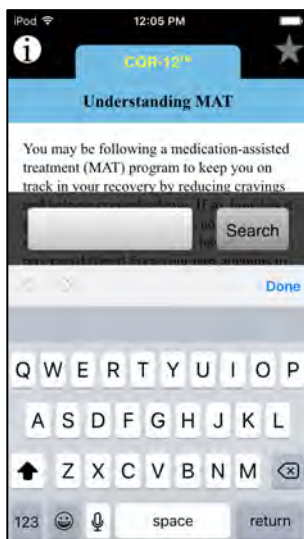
## COR-12 APP FEATURES

### Daily Guidance and Inspiration

Each day, you can read a message of guidance and inspiration. Each message contains an action or activity to encourage further engagement in your recovery practice and ends with an inspirational thought for the day.



Mark your favorite messages, search them by keyword, and share messages with friends. You can also set a time to receive a daily notification to remind you to read today's message.



## Videos

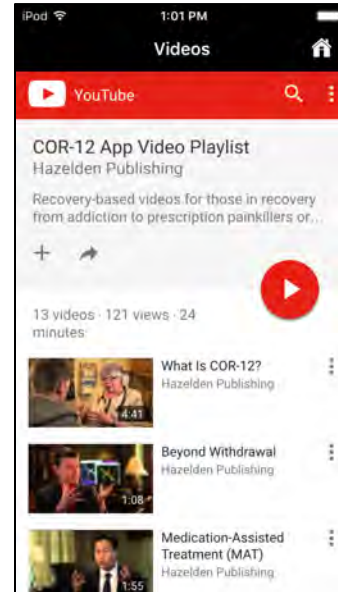
Engaging video clips feature a variety of professionals and individuals in recovery.



## Videos

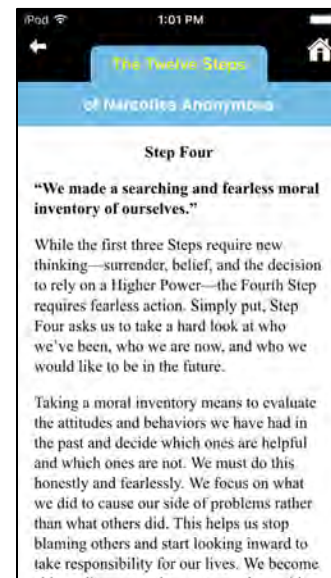
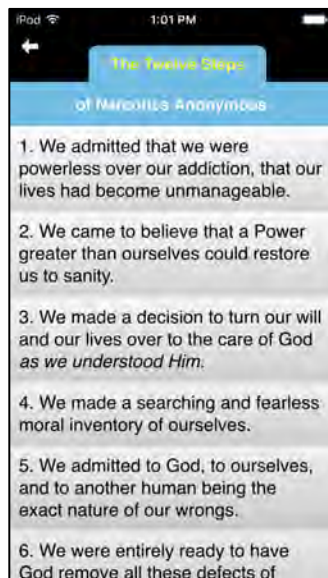
Video topics include:

- What Is COR-12?, 4:41 min.
- Beyond Withdrawal, 1:08 min.
- Medication-Assisted Treatment (MAT), 1:55 min.
- Plan Your Daily Schedule, 1:34 min.
- Find Your Higher Power, 2:07 min.
- Trust the Process, 1:53 min.
- Be Vigilant: Avoid Overconfidence, 1:21 min.
- Stay Stopped, 1:07 min.
- The Disease of Addiction, 2:37 min.
- Powerlessness, 2:13 min.
- Does Treatment Work?, 1:28 min.
- Recovery Is the Answer, 1:10 min.
- Benefits of 12 Step Recovery, 1:45 min.



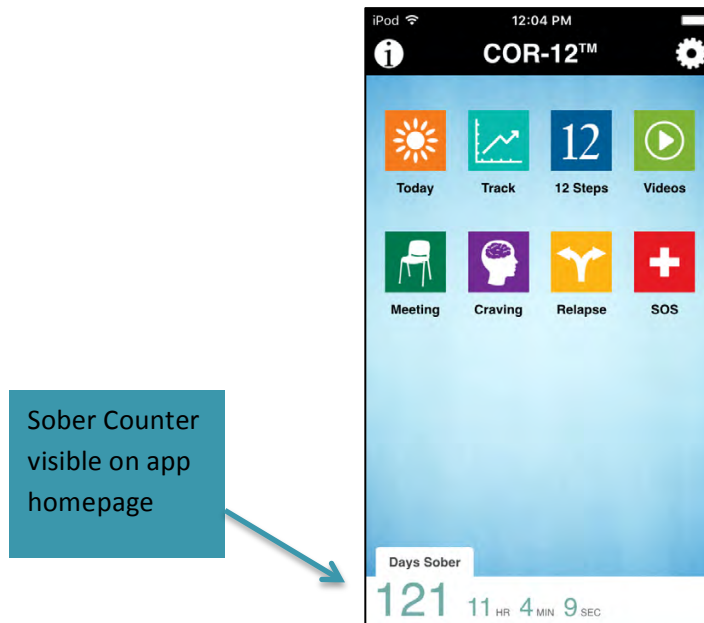
## The Twelve Steps

A list of the Twelve Steps of NA is easily accessed using the Twelve Step tool. Especially helpful for reference during meetings. Click on each Step for more information about that Step.

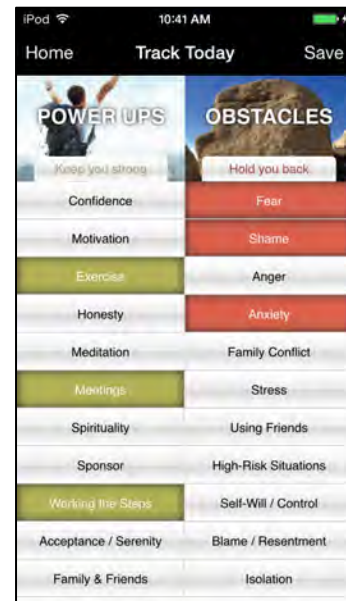
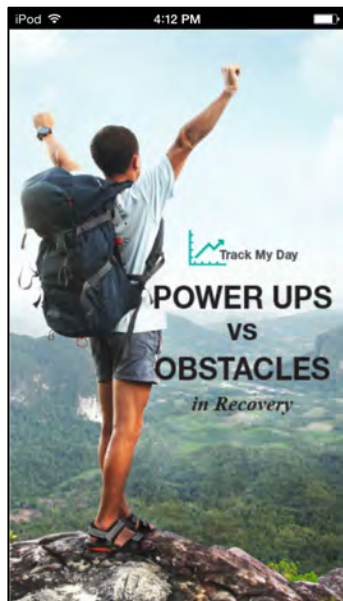


## Tools for Tracking Personal Progress and Trends

Insert the date of your recovery anniversary to start tracking the days, hours, minutes, and seconds you have been in recovery. If you experiences a relapse, the date can be reset and the time will start accumulating once again.



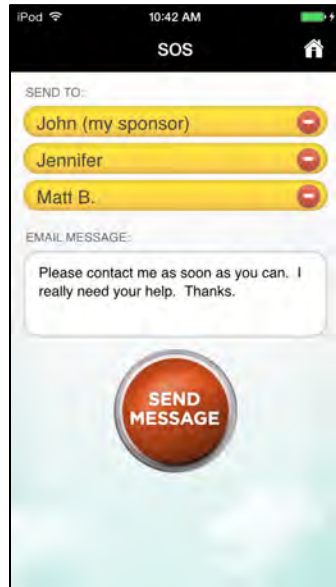
A user-friendly Track tool helps you track your biggest obstacles to successful recovery (such as stress, anger, and anxiety) and your greatest strengths or “power-ups” (such as meditation, honesty, and exercise)—and monitor these over time.



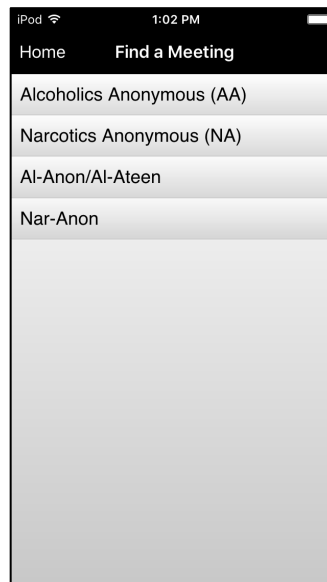


### Community Support System and Meeting Finder

You can easily program contact information (phone numbers on phones, e-mail addresses on tablets) for your counselor, sponsor, and other key supporters into the SOS tool. If needed, supporters can be contacted with the touch of a button.

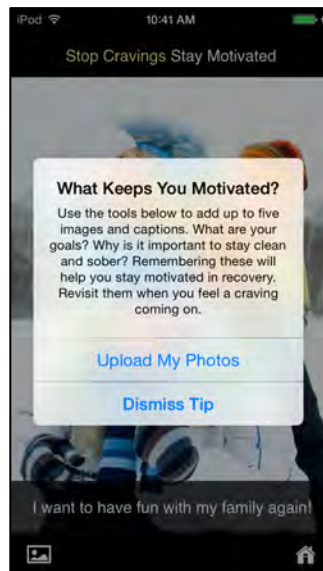


The Meeting tool provides direct access to the websites for AA, NA, Al-Anon/Al-Ateen, and Nar-Anon where you can look for nearby meetings.

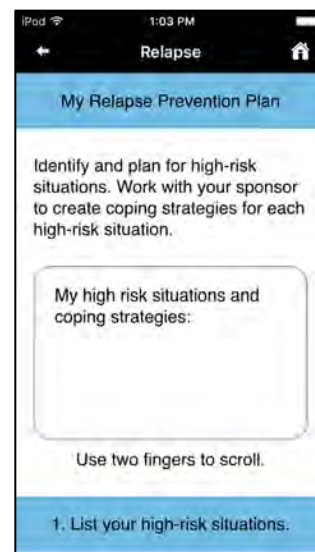
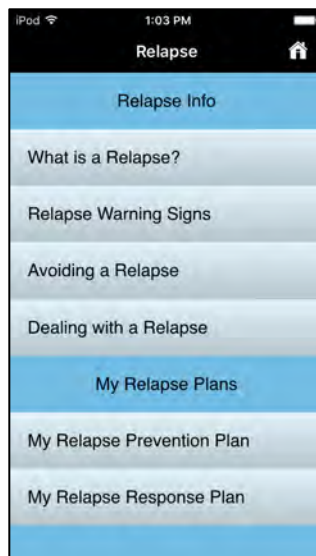


## Preventing Cravings and Relapse

Insert personal photos and captions into the Stop Craving tool to remind you of your recovery goals and motivations. Revisit these photos when struck by a craving or when in need of inspiration.



Within the Relapse tool, create personalized relapse prevention and response plans, which can be accessed whenever you encounter a situation where you might be tempted to use. Additional content in the Relapse tool includes: What is a Relapse?, Relapse Warning Signs, Avoiding a Relapse, and Dealing with a Relapse.



## HOW TO USE THE COR-12 APP

### Sober Counter and Homepage Image

- The sober counter on the homepage begins counting the moment you first open the app.
- To adjust the counter to accurately reflect your time of sobriety, touch the Settings (gear) icon in the top right corner of the homepage. Use the Set Days Sober button to set the month, day, and year of your sobriety anniversary.
- Reset the sober counter to zero to reflect a relapse and watch your time immediately start to grow again.
- In Settings you can upload your own photo as a background image for the homepage.

### Today: Daily Message

- Use the Today button to access today's daily message.
- Touch the Search (magnifying glass) icon in the lower toolbar to search the messages by keyword.
- Touch the grey star in the upper toolbar to mark a message as a favorite. The star will turn yellow.
- Touch the white star in the lower toolbar to easily access the list of your favorites.
- Remember to share your favorite daily messages with a friend by touching the envelope icon in the lower toolbar.

### Daily Reminder

- From the homepage, touch the Settings (gear) icon in the upper right corner.
- Use the buttons to choose a time of day to receive a pop-up alerting you to read the daily message.

### Track My Day

- Use the Track button on the homepage to perform your daily inventory.
- Each day, select items that helped your recovery (Power Ups) and things that are holding you back (Obstacles).
- Touch "Save" and you will see a cumulative bar chart that keeps growing each time you track your day.
- The chart is designed to report how often you experience specific Power Ups and Obstacles.
- Share your chart with your counselor, a sponsor, or other friend in recovery for added support and guidance.

### 12 Steps

- Use the 12 Steps button on the homepage as a handy reference list any time you need to review the Twelve Steps.
- Touch any Step for more information on how to work that Step.



### Meeting Finder

- Use the Meeting button on the homepage to find a meeting near your current location with easy links to the websites for AA (Alcoholics Anonymous), NA (Narcotics Anonymous), Al-Anon/Al-Ateen, and Nar-Anon.

### Stop Cravings, Stay Motivated

- Use the Craving button on the homepage to combat cravings and stay focused on your goals.
- Within this tool, use the lower toolbar to upload and store up to five images of friends, family members, your passions, and your aspirations.
- Write a caption for each photo to remind you of what keeps you motivated in recovery.
- Revisit the photos when you are struck by a craving or when you need inspiration.

### Relapse

- Use the Relapse button on the homepage to find information on avoiding relapse and to create and access your own relapse prevention and response plans.
- Touch the notes field to enter your personalized relapse prevention and response plans.

### SOS: Community Support System

- Use the SOS button on the homepage to quickly and easily send a message requesting help to your three primary support people.
- Touch the message field to edit the prepopulated message.

### Videos

- Touch the Videos button for access to videos on recovery-based topics.