

Personalized, Evidence-based, Online Behavior Prevention and Interventions



ALCOHOL



CANNABIS



NICOTINE



SEXUAL VIOLENCE PREVENTION



PRACTITIONER PACKAGE/BASICS



WELL-BEING



SCREENERS

What is eCHECKUP TO GO?

Developed by counselors and psychologists at San Diego State University, the eCHECKUP TO GO programs are personalized, evidence-based, online behavior interventions. Designed to motivate individuals to reduce their consumption using personalized information about their own use and risk factors.

[Learn More About Us](#)

[Learn More About Our Programs](#)

Used by over 600 campuses and institutions in four countries



Colleges/Universities



High Schools



Health Organizations



Local & Regional Communities



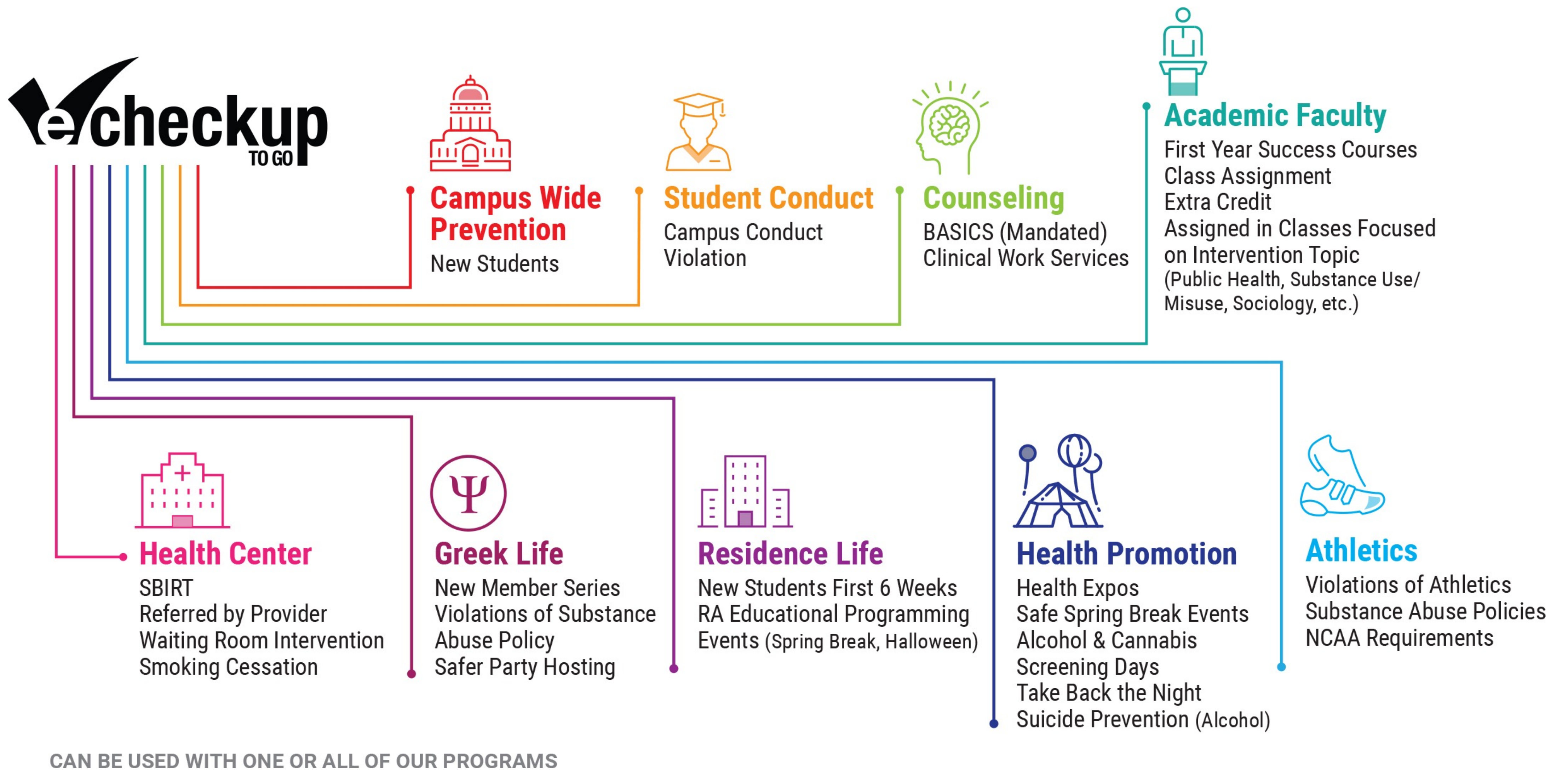
Military



Corporations

NATIONALLY RECOGNIZED as both **HIGHLY EFFECTIVE** and **LOW-COST** intervention for colleges and universities by NIAAA

There are many ways to intervene on your campus, using one or all of the eCHECKUP TO GO programs.



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