



Breathalyzer (Carbon Monoxide) Tests



1 Evening assessment prompts you to conduct test...

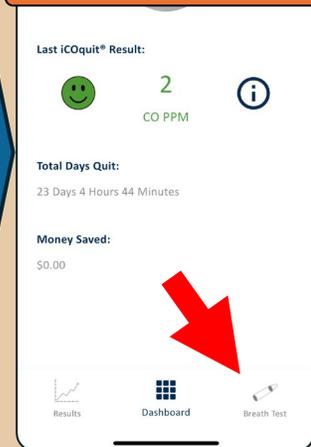
CO Breathalyzer Test
It's time to conduct a carbon monoxide (breathalyzer) test. To do so, you must leave this app (but don't close it) and then open the iCOquit app. Follow the instructions in the iCOquit app to complete the test. Remember to keep your phone camera pointed at you the whole time you complete the test. When you are done with the breathalyzer test, come back to this app. The next question will ask you to enter your results. Are you ready to conduct the test?

- Yes, I'll conduct the test and enter my results on the next screen.
- No, I'm not ready for the test. I've either already conducted the test, or I plan to reschedule it later today.

2 When prompted, leave the Insight (treatment) app, but don't close it, open the iCOquit app on your phone's home screen



3 Open iCOquit app... Password: OKsnap4! click **Breath Test**



4 Hygiene Warning...

Please be aware that the iCOquit® device is for individual use.

Press Continue

5 Press the power button and wait a few seconds for the iCOquit® to connect.

Press and hold power button on device, wait for it to connect...

6 Wait for device to warm up before using it...

7 Press **New Breath Test** on the app

8 **Breath Test**

Inhale...

Inhale and hold your breath.

Inhale then hold breath for 15 seconds

9 **Breath Test**

Exhale...

Exhale slowly into the iCOquit® Smokerlyzer® aiming to empty your lungs completely.

Please do not cover the exhaust while exhaling

Exhale into device

10 While exhaling, point your phone's selfie camera at your face to verify it's you

11 Note results...press **Continue** and close iCO app...return to Insight app

12 Click **Yes** Press **Next**

then open the iCOquit app. Follow the instructions in the iCOquit app to complete the test. Remember to keep your phone camera pointed at you the whole time you complete the test. When you are done with the breathalyzer test, come back to this app. The next question will ask you to enter your results. Are you ready to conduct the test?

- Yes, I'll conduct the test and enter my results on the next screen.
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Previous **Next**

13 Use the slider to enter today's breathalyzer test results. Make sure you enter your results accurately. Otherwise, your smoke-free days will not be counted correctly. If your value is above 35, just enter 35.

Use slider to enter breathalyzer results press Next

Previous **Next**

If you ever miss a breathalyzer test, click **Makeup Assessment** (on home screen) → **Breathalyzer Assessment Only**