SAFER DRINKING APPS

These apps can help you reduce risk if you choose to drink alcohol.

Get BAC NYC
Free for Android and iOS
Created by the NYC Department of Transportation, this app tracks your BAC level, provides the location for the nearest subway, calls a car service if you need help getting home, and/or texts your friends your location so they can find you if you need assistance.

iDrinkSmarter
Free for Android and iOS
iDrinkSmarter records your BAC level and helps you plan for a safe evening out and return home. Audio and visual reminders prompt you to check in with your alcohol consumption. There’s a “Buzzkill” alarm and additional BAC tabs to record your friend’s alcohol consumption as well.

bSafe
Free for Android and iOS
This app allows you to use GPS and a timer to let your friends know where you are and how long it should take you to get home. The app can trigger a warning to your friends if you are not home when you planned to be. It also uses the GPS to see if any friends are nearby so you can plan your transportation together. A Guardian Alert button can inform selected friends that you are in distress, notify them of where you are, and can even take a video of what is happening. You can set off a siren if you are in danger.

DrinkControl
Free for Android, $4.99 for iOS
This app tracks the amount of alcohol you have consumed using both metric and imperial measurements, compares your consumption rate to health guidelines, and tracks your personal alcohol expenses.

AlcoDroid Alcohol tracker
Free for Android
This app allows you to record the drinks you have consumed and calculates your BAC level by using a drink log or a drink diary. You can set a “drinking goal” through the app to aid you in monitoring your alcohol consumption. In addition, the app can track the total cost of the drinks you have purchased.

DrinkTracker Breathalyzer
$1.99 for iOS
This app calculates your BAC level and the BAC level of your friends. It will also access your GPS and contacts to help you find your way home or contact a friend if you need assistance.