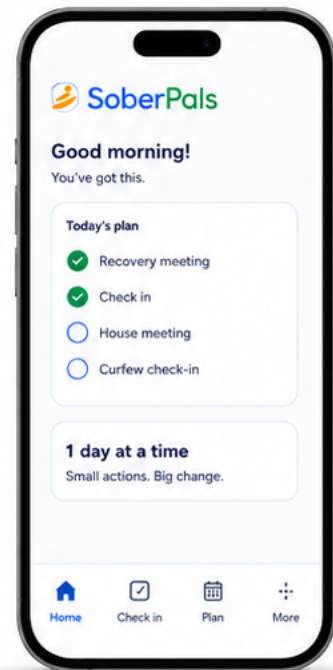




Start your recovery plan in the SoberPals app on your phone

Use the SoberPals app on your phone to add your program, track daily recovery actions, and stay organized.

Scan the QR code or go to the SoberPals app on your phone to enter your program code and begin.



Get started in the SoberPals app on your phone

Open the SoberPals app on your phone, or enter your program code on your phone.

PROGRAM CODE

SH-SPARKSBASIC



No scan? Open the SoberPals app on your phone or visit

app.soberpals.ai

and enter the program code.

Your plan in the SoberPals app on your phone



Recovery meetings

Goal: 5+ per week

Find meetings, plan attendance, check in, and log attendance.



Daily rhythm

Simple & consistent

House meeting check-in
Curfew check-in
View BAC / UA results



Sponsor / support contact

Goal: 3+ per week

Keep key recovery relationships close and easy to remember.



Private check-ins

For you

Track cravings, mood, sleep, and confidence. Notice patterns and get support when you need it.

How it works

1

Open the SoberPals app on your phone



2

Enter code SH-SPARKSBASIC



3

Your recovery plan is ready

No QR? Open the SoberPals app on your phone or go to app.soberpals.ai → Add Plans & Codes → enter SH-SPARKSBASIC

Your SoberPals progress is private unless you choose to share it.

SoberPals is not emergency care, therapy, or emergency monitoring. If you are in immediate danger, call emergency services. For crisis or emotional distress, call or text 988.