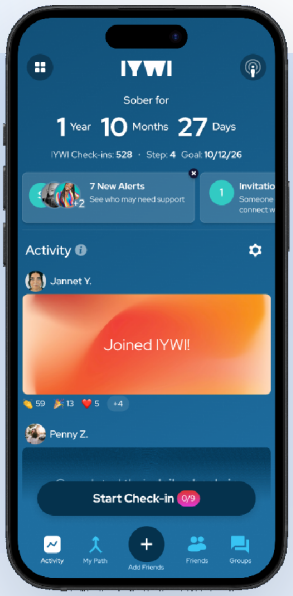
IYWI
If You Work It

Your recovery. Better connected.

A free app that helps you build a daily practice and stay close to the people who support you, whether you're just starting out or years in.

A free community resource



WHAT IYWI GIVES YOU

A daily ritual
A few minutes each day to check in, reflect and notice your patterns.

Steadier, one day at a time

Support you choose
A sponsor, peer supporter, coach, community representative or friend sees your check-ins, with a heads-up on hard days.

Support when it counts

Your groups, together
Bring your home group or meet-up together, with reminders, milestones and links to online meetings.

Less alone between in-person meetings

Your recovery network
Everyone you meet along the way, from treatment to your home group, stays with you.

Your recovery network expands

ONCE YOU'RE IN

1. **Add your people**
   A quick invite to a sponsor, peer supporter or friend.
2. **Check in tonight**
   A few minutes to reflect. That's your first day.
3. **Stay close**
   A cheer for a milestone, a quick note on a hard day.

Recommended by a peer supporter, coach or community representative? Invite them as a Supporter so they can stay close between visits.

Scan to download IYWI

It's free, and anyone can use it.

Free · iPhone & Android

Private by design. You choose who sees your check-ins, and you can change it anytime.
IYWI is a peer support app, not a treatment or clinical service. iywico.com

In a crisis, call or text **988** (Suicide & Crisis Lifeline) or call SAMHSA at 1-800-662-HELP (4357). IYWI is not an emergency service.