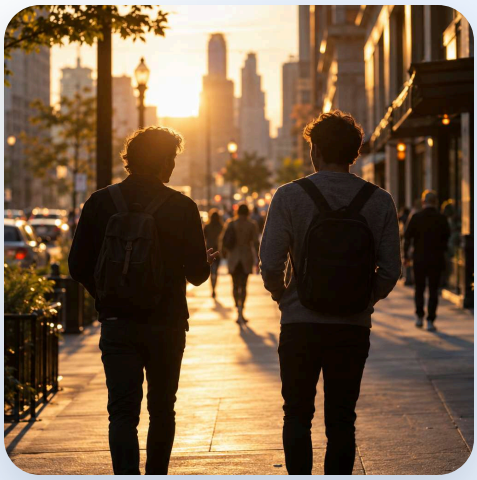
IYWI
If You Work It

FOR SPONSORS & MENTORS

Be there when it counts.

A rough patch rarely starts at a meeting. With IYWI, your sponsees can choose to share a daily check-in with you, so you can catch a hard stretch early and pick up the phone sooner.



WHAT IYWI DOES FOR YOU AS A SPONSOR

Stay close between meetings
Sponsees who add you as a Supporter share a quick daily check-in, so you know how they're really doing.

A heads-up on hard days
If a sponsee reports high urges or low mood, you hear about it, and can call before a hard day turns into a crisis.

Step work and milestones
Keep step work moving and celebrate sober anniversaries together, so momentum doesn't stall.

Skip the catch-up
You already know how their week went, so time together goes to what matters, not to filling you in.

HOW THE EARLY WARNING WORKS

Small changes come before big setbacks.

They check in
A minute a day on sobriety, mood, urges and gratitude.

You see the shift
Brief summaries show when things start to slip.

You get a heads-up
High urges or low feelings send you an alert.

You reach out
Call, text or grab coffee while it can still help.

Run a home group or meet-up? Bring it into IYWI. One private Group for conversations, meeting reminders, links to online meetings and milestones, so your group stays connected between meetings.

GETTING STARTED

1. **You and your sponsees download IYWI.** It's free and takes about a minute.
2. **They invite you as a Supporter.** They choose what to share, and can change it anytime.
3. **You stay close.** Daily check-ins, heads-ups and milestones, all between meetings.

Scan to download IYWI
Free for you and your sponsees.

Private by design. Sponsees choose who sees their check-ins. IYWI isn't affiliated with AA or any program, and it doesn't replace meetings, treatment or emergency services.

iywico.com