



Top Apps to Help You Avoid Drunk Driving

Drunk driving incidents claim the lives of up to **25,000 Americans per year**, according to statistics from the National Transportation Safety Administration. That should be reason enough to do all you can to prevent yourself, as well as your friends and loved ones, from getting behind the wheel while intoxicated.

Getting convicted of even one DUI offense can cost you your driver's license and as much as \$10,000 in legal fees, fines, and other court-related expenses. In addition, your insurance rates will dramatically increase, and in some industries, a single DUI offense can cost you your career.

Fortunately, thanks to the smartphone and computer technology, we now have a number of useful and innovative tools to help you have a good time while responsibly managing your alcohol intake. Here are some effective apps and other tools you can install on your smartphone or tablet to help you avoid driving under the influence.

Alcohol Intake Mobile Apps

IntelliDrink – Available for iOS devices, Intellidrink allows you to track your alcohol intake and estimate your blood alcohol content based on your height, weight, and sex. The app can tell you, based on your tracked alcohol intake and the time you stop drinking, when your BAC can be expected to drop below 0.08, which is the legal limit in most jurisdictions.

IntelliDrink has a dual input function, so you can track alcohol consumption for you and your drinking buddy. [Available here.](#)

Alcodroid Alcohol Tracker – This program functions similarly to Intellidrink, but it is designed to work on the Adroid platform. HealthLine.com named it a Top Alcoholism App of 2015. The Alcodroid app also lets you chart your drinking habits by day, week, and month.

Additionally, Alcodroid helps you track what you spend on alcohol over time as well. [Available here.](#)

BACtrack – BACtrack makes a combination breathalyzer and smartphone app system that will give you a reasonably accurate BAC level that you can read right off of your smartphone. The BACtrack breathalyzer device connects to your phone via Bluetooth, and uses an Xtend fuel cell sensor that has a proven track record of accuracy and consistency.

The BACtrack app can also help you project when your BAC will reach zero.

The BACtrack Mobile Pro breathalyzer is compatible for iOS and Android devices, and sells for \$99.99 from the [manufacturer's website](#).

SaferRide – Too drunk to drive also means too drunk to operate complicated apps. That's why the National Transportation Safety Administration developed the SaferRide app. This easy to use, intuitive app features a simple three-button interface that's so simple, you can even operate it after a very big night. Click on the "Get Taxi" button, and the app will provide a list of local cab companies you can call with one click. Click on the "Call Friend" button, and it will automatically call the friend you designated when you set up the app. It even has a "Where Am I?" button.

The [SaferRide app](#) is available for Windows, Android, and iOS devices, and it's free.

Ride Programs and Transportation Services

Contact the Sober Ride Program. The National Highway Traffic Safety Administration maintains a nationwide database of such programs. In some markets, towing service companies will also tow your car home for you for free, on specific holidays. You can find a [state by state listing of Sober Ride programs here](#).

Hail a cab. You can use mobile apps such as [Cabzilla](#), [TaxiHail](#), or [Curb](#) for assistance.

Consider a ride-sharing service. Availability varies, depending on the market, but popular options include: [Lyft](#), [Uber](#), and [Hailo](#).

We want you to have a good time, but more than that, we want you to get home safely to your family. We encourage you to download one or more of these apps to your smartphones and to share this information with family and friends.