



Keep tabs on how much you're spending with a simple dashboard.

## Useful resources

The 'Stay on track SA' app is just one of a range of tools and resources available to help you keep your gambling in check.

Visit our website for more information:

[www.problemgambling.sa.gov.au/stayontrackmobileapp](http://www.problemgambling.sa.gov.au/stayontrackmobileapp)

## SMS reminder service

A new feature on the website enables you to opt in to receive regular SMS text messages to help keep you on track.

The messages keep the issue top of mind and remind you to not let your gambling escalate. You can opt out at any time if you no longer wish to receive the SMS reminders.

The service is free and can be activated here:

[www.problemgambling.sa.gov.au/freesmsreminders](http://www.problemgambling.sa.gov.au/freesmsreminders)

## Download the free app



Stay on track

The 'Stay on track SA' app is free and can be downloaded from the Apple App Store for iPhones and from Google Play for Android smartphones. Be sure to download the South Australian version.



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# Track your bets with the free new 'Stay on track SA' app.

A simple tool to track bets,  
set budgets and stick to them.



'Stay on track SA' app quick guide.



## Will it benefit me?

If you like to bet and don't want your pastime to become a problem, then the new 'Stay on track SA' app could be what you need. It can help you set a betting budget and stick to it.

The app shows how much you have to spend against a sum you are comfortable losing and provides helpful advice about how you can stay on track.

## A simple and useful tool

The app is easy to use. With just a couple of simple entry screens and the colour-coded 'MyTracker' dashboard, it is easy to set-up, understand and maintain.

'Stay on track SA' even features pop-up notifications to remind you to keep your betting information up to date.

## Developed by professionals

The app was developed with professional gambling counsellors. This ensures you have access to the best possible advice and resources if your betting starts to become a problem for you.

## How to use 'Stay on track SA'

The app is a free download from the Apple App Store or Google Play.



### 1 Set a betting budget

Enter the dollar figure you are comfortable spending on gambling over a defined timeframe.

### 2 Enter bets

Each bet is added individually and can be updated with wins. A reminder function helps you keep your information up to date.



### 3 Track activity

The MyTracker screen shows how you are going against your defined budget. It is colour-coded to show if you are overspending (red) or tracking OK (green).

### 4 Tips and advice

This section displays helpful tips and advice. It also contains links to other useful help resources.



## Give it a try!

The 'Stay on track SA' app displays your current and accrued gambling spend. This makes it easier to decide if you really should (or can afford to) have a bet.

It's a free download so give it a go and see if it helps you stay on track!

## Privacy and confidentiality

The app does not hold or share any information that will infringe your privacy. All your betting information is encrypted and stored only on your smartphone.

If you want to tell others about the app using its Share function, you can be assured it only sends a download link and not your betting information.



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