

E-Check Up To Go Programs E-Chug & E-Toke

E-Check Up To Go are an online assessment programs and two face to face meetings used for either alcohol or marijuana violations. The assessment is designed to reduce negative consequences and the face to face meetings are presented in a motivational interviewing style.

Students will meet with Health Promotion staff two separate times. The first appointment will last approximately 75 minutes, during this time the assessment will be completed by the student confidentially. The second follow up appointment will be scheduled seven days later and will last approximately 35-45 minutes.

Read all instructions before scheduling an E-Check Up To Go Assessment.

1. Schedule your initial appointment with Health Promotion by [online](#) or calling 507-457-5619.
 - a. E-Chug for Alcohol
 - b. E-Toke for Marijuana
2. Bring your laptop with you to the appointment.
3. Schedule your follow up appointment with Health Promotion before you leave the first appointment. Staff will assist you with this.
4. Attend all appointments to complete the sanction.

Please Note:

- By enrolling online your implied consent is given allowing communication with hearing officers regarding completion or failure to complete the E-Chug/E-Toke Appointment. No other information will be relayed to hearing officers.
- Refer to your outcome letter or contact your hearing officer for questions regarding your assigned deadline.
- Failure to complete your sanction by the assigned deadline will result in a hold placed on registration and future enrollment.
- The cost for the E-Chug/E-Toke Appointment is \$63, charged to student accounts. All students sanctioned by the University to complete E-Chug/E-Toke are automatically charged the course fee. For questions about billing, please contact Health & Wellness Services at 507-457-5160.