



# Confidential substance use support from any device



PDC 14 members have access to the ALAViDA TRAIL, confidential support for anyone who would like to reevaluate their relationship with alcohol and substance use. ALAViDA can help those who'd like to cut back, quit, or simply become more mindful of their consumption of alcohol or of a substance.

Also available to family members over the age of majority.

Learn more with a  
5-minute activity,  
and receive a gift card.



[try.alavida.com/pdc14](https://try.alavida.com/pdc14)

**ALAViDA is confidential. No information is shared with employers, plan sponsors, licensing bodies or unions.**



# ◆ ALAViDA

Substance Use

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## **ALAViDA offers confidential, on-demand support for anyone who would like to reevaluate their relationship with alcohol and substance use.**

Whether you're looking to gain control over alcohol or substance use for the first time, have been trying to quit for years, or just want to be proactive about your health, ALAViDA is tailored to your needs.

Connect with a care team for a personalized program proven to reduce substance use or use a self-guided approach to go at your own pace. Join the ALAViDA TRAIL, a secure app where you can track your journey and access resources including:

- ✓ Substance use awareness self-assessments
- ✓ Daily notifications and self-tracking tools
- ✓ A personalized learning plan with iCBT modules (Internet-based Cognitive Behavioral Therapy)
- ✓ Evidence-based resources available 24/7
- ✓ Ongoing progress reports
- ✓ Check-ins and asynchronous messaging with the ALAViDA care team
- ✓ Optional group coaching sessions



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**LifeSpeak Inc.**