

## Need something to help you unwind?



Do you take something to relax? Improve your focus Help you sleep?  
If so, **you're not alone.**

ALAViDA is on-demand support for any level of substance use - alcohol and drugs. It's included in your benefits, private, 100% confidential and tailored to your needs. Get coaching, therapy and medical support from your smartphone. We're ready when you are.



Confidential



No mandatory  
group sessions



All substances



Easy-to-use  
technology



Compassionate  
Care Team

Visit [try.alavida.co/iatse/](https://try.alavida.co/iatse/)

Questions? Call (1) 888-315-4617

Get as much or as little support as necessary with specialized substance management options.  
100% confidential. Accessible from any device.

## Program Included\*

Hello Premium

Pharmacotherapy and  
clinical support

### FEATURES

#### Substance use awareness self-assessment<sup>1</sup>

Clinically approved, with personalized outcome



#### Introductory 14-day challenge

Guidance and strategies to start changing behaviours around substance use



#### Educational content

Relevant to all substances



#### ICBT modules<sup>2</sup>

Developed by ALAViDA's team of experts in addiction care



#### Self-tracking tools

Key mental health and substance use indicators (units/doses, triggers, reason for not using, moods)



#### Weekly check-ins by ALAViDA therapist

Asynchronous messaging/phone calls



#### Medication management<sup>3</sup>

Physician monitoring of prescribed medication



#### Virtual<sup>4</sup> medical appointments

With a physician specialized in addiction care



#### Ongoing check-ins by care team

To maintain positive change



#### Support for loved ones

Available to eligible dependants



\* Intensive outpatient program available upon request at a discounted rate. Please contact ALAViDA at (1) 888-315-4617.

1 Access to self-guided coaching or referral to a board-certified addiction physician

2 Internet-based Cognitive Behavioral Therapy

3 When applicable, as determined by a licensed physician

4 Through secure video conferencing

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