

Wish you didn't need something to help you unwind?

Starting January 1, 2023, members have access to ALAViDA, on-demand support for alcohol and substance use. Whether you're looking to be proactive about your health, or face challenges with substance use, you can access ALAViDA directly from your smartphone. No awkward conversations, no shame and 100% confidential.

You can self-guide, or connect with a proactive care team for a personalized service proven to reduce substance use.

- ✓ Substance use awareness self-assessments
- ✓ Daily notifications and self-tracking tools
- ✓ Personalized learning plan with iCBT modules (internet-based Cognitive Behavioral Therapy)
- ✓ Ongoing check-ins and asynchronous messaging with a proactive care team
- ✓ Evidence-based resources available 24/7
- ✓ Progress and health outcome reporting