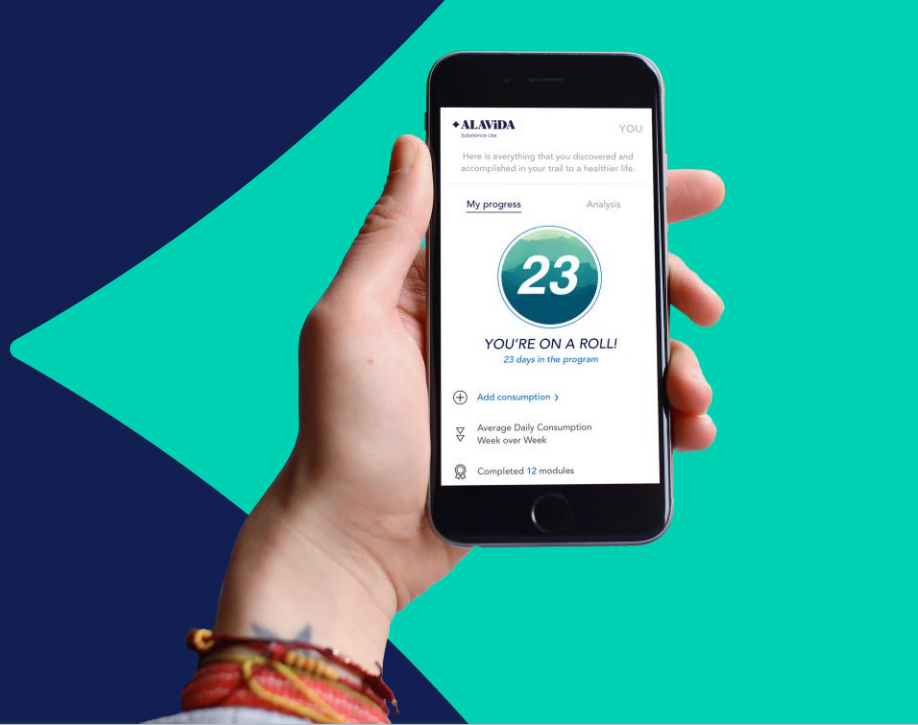




Substance Use

Confidential substance use support from any device



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



ALAViDA is confidential and no information is shared with employers, plan sponsors, licensing bodies or unions.

Learn more at
try.alavida.com/local213ewwp

LifeSpeak Inc.

Frequently Asked Questions

WHO IS ELIGIBLE FOR THE ALAVIDA TRAIL?

ALAViDA is available to all Local 213 Electrical Workers' Welfare Plan members and their eligible family members, who are at least the age of majority in their province of residence.

HOW DO MEMBERS AND THEIR ELIGIBLE FAMILY MEMBERS ACCESS IT?

Visit try.alavida.com/local213ewwp. To create an account on the ALAViDA TRAiL, scroll down and click the "Get Started" button. Members will be directed to a registration page where they can fill in their information.

ONCE REGISTERED, HOW DO MEMBERS ACCESS THE PROGRAM?

An email confirmation with the subject line "Welcome to the ALAViDA TRAiL" will be sent to the email used to register. Once registered, members can login to the TRAiL platform any time and from any device directly from the email, or by navigating to trail.alavida.com/login.

IS REGISTRATION AND USAGE CONFIDENTIAL?

Yes, participation in the ALAViDA TRAiL is completely confidential. Personal health information is governed by rigorous privacy laws. Plan sponsors and employers will not receive any personal information regarding participation and all usage and sessions are protected by comprehensive data privacy infrastructure. The complete privacy policy can be found here: <https://alavida.com/privacy/>.