ALAViDA

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/ibew176

LifeSpeak Inc.

ALAViDA
Substance Use

Frequently Asked Questions

WHO IS ELIGIBLE FOR THE ALAVIDA TRAIL?

ALAViDA is available to all IBEW Local 176 members and their family members who are at least the age of majority in their state of residence.

HOW TO ACCESS IT?

Go to try.alavida.com/ibew176. To create an account on the ALAViDA TRAiL, scroll down and click the "Get Started" button. You will be directed to a registration page where you can fill in your information.

ONCE REGISTERED, HOW TO ACCESS THE TRAiL?

An email confirmation with the subject line "Welcome to the ALAViDA TRAiL" will be sent to the email used to register. Once registered, you can log in to the TRAiL platform at any time and from any device directly from the email, or by navigating to trail.alavida.com/login. If you have questions or need assistance, please click "contact us" on this page.

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.