

Smoking Cessation

Comprehensive and supportive journey to quit smoking, designed for employers.



ALAViDA Substance Use, a product of LifeSpeak Inc., understands that quitting smoking is challenging, but your employees don't have to do it alone. Developed by **substance use experts**, ALAViDA is designed to **empower your employees**. Here's what they can expect:

SETTING A QUIT DAY

They set a quit day within the first few weeks of the program and prepare for this important milestone with the guidance and support of our program.

EVIDENCE-BASED RESOURCES

Employees access a variety of evidence-based psychoeducation resources and strategies to quit. They learn how quit-smoking medications can increase the chances of reaching their goal.

PERSONALIZED CARE TEAM

Virtual one-on-one sessions and unsynchronized messaging with a personal coach to help manage nicotine cravings, identify triggers and stay motivated.

STRESS MANAGEMENT AND HEALTH STRATEGIES

Employees can build effective strategies to manage stress, avoid weight gain, and stay active during their quit journey. They can continue to prioritize health and well-being after quitting.

INTERACTIVE ACTIVITIES

Activities and questionnaires designed to deepen the understanding of smoking habits. A toolkit is available with strategies to help cope with cravings

OPTIONAL FACILITATED PEER SUPPORT

Connecting with others on the same journey to change their relationship with a substance can be powerful.

DAILY JOURNAL

Employees can monitor their smoking to understand their progress. Tracking triggers and mood helps identify patterns that can help to overcome cravings.

24/7 ACCESSIBLE ANYTIME, ANYWHERE

Resources can be accessed anytime from their desktop, tablet or smartphone



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