## LifeSpeak Inc.

#### **SUBSTANCE USE**

# ALAViDA Substance Use

ALAViDA is a confidential, virtual solution for alcohol and drugs, designed for a working population. Accessible and available from any device, for anyone questioning their relationship with substances.



**GLOBAL PARTNER** 

### **Comprehensive Substance Use Support**



LAViDA

My progress

ere is everything that you discovered and complished in your trail to a healthier life.

YOU'RE ON A ROLL!

Add consumption >

Week over Week Completed 12 modules

beggining

Average Daily Consumption

Logged in the journal 25 days since the

Your care team

Analysis

TRAIL

Time to see how you're progressing Retake your self-assessment now!

You have 3 tasks on your trai

Breaking down this way of thinking is not

#### **ALAViDA Substance Use**

- Connected model of virtual care
- Virtual companion to guide journey
- Daily journal for tracking

#### **Evidence-based therapeutic approach**

to help understand substance use, strengthen decision-making skills, and learn how to take control.

#### Access to prevention, detection, and treatment for any substance use challenge - all from a single, smart solution.

#### Internet-based Cognitive Behavioral Therapy/iCBT modules developed by our team of experts.



100% confidential



24/7 accessible anytime, anywhere

+ ALAViDA

MODULE OF THE DAY All-or-nothing thinking

23 of 30 days tracked



>

80% reduced their consumption