OTIP RAEO®

ALAViDA
A LIFESPEAK COMPANY

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

OTIP members have access to ALAViDA, which offers evidence-based substance use support from the privacy of a device. Whether you're looking to gain control over alcohol or substance use for the first time, have been trying to quit for years, or want to be proactive about your health, ALAViDA is tailored to your needs. No awkward conversations, no shame and 100% confidential. Also available to family members over the age of majority.

The ALAViDA TRAiL is a secure app where you can track your journey and access self-guided resources available 24/7 including:

✔ Substance use awareness self-assessments

✔ Self-tracking tools and daily notifications

✔ Progress and health outcome reporting

✔ Personalized learning plan with iCBT modules (internet-based Cognitive Behavioural Therapy)

Learn more at try.alavida.com/otip

Questions? Call (1) 888.315.3634

Frequently Asked Questions

What is included in the ALAViDA TRAiL?

The ALAViDA TRAiL consists of an on-demand library of resources to support you in a way that fits your lifestyle. It includes a personalized learning plan with internet-based cognitive behavioural therapy (iCBT), self-tracking tools, a substance use self-assessment, and progress reporting.

Who is eligible for the ALAViDA TRAiL?

ALAViDA is available to all OTIP 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?

Go to try.alavida.com/otip. To create an account on the ALAViDA TRAiL, scroll down and click the "Sign up" 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. Members can email **clientservices@alavida.com** or call 1-888-315-3634 for questions and support about the service.

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/