



Wish you didn't have to miss doing stuff on Sunday because you overdid it on Saturday?

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, we can help.

The ALAViDA TRAiL™ Hello Premium program available to adults 18+, is your personal confidential guide. We're private, 100% confidential and tailored to your needs. And you can do everything from your smartphone. Get coaching, therapy and medical support from licensed experts.

The ALAViDA TRAiL Hello Premium program may be covered under your Pacific Blue Cross plan.



Confidential



No mandatory group sessions



All substances



Easy-to-use

Visit try.alavida.com/PBC

Questions? Call 1.888.315.3634

Get as much or as little support as necessary with specialized substance management options. 100% confidential. Accessible from any device.

Program Features	Hello Premium iCBT, pharmacotherapy, clinical support	Virtual Rehab* Intensive clinical support
Substance use awareness self-assessment <small>Clinically approved</small>	✓	✓
Educational content <small>Relevant to all substances</small>	✓	✓
iCBT modules¹ <small>Developed by ALAViDA's team of licensed addiction experts</small>	✓	✓
Self-tracking tools <small>Key mental health and substance use indicators (units/doses, triggers, reasons for not using, moods)</small>	✓	✓
Weekly check-ins by ALAViDA therapist <small>Asynchronous messaging/phone calls</small>	✓	✓
Medication management² <small>Physician monitoring of prescribed medication</small>	✓	✓
Virtual³ medical appointments <small>When applicable, with a physician specialized in addiction</small>	✓	✓
Virtual³ one-on-one therapy sessions <small>With a registered therapist specialized in addiction</small>	✓	✓
Extended access to the ALAViDA Trail platform <small>Free, during 12 months after program completion</small>	✓	✓
Ongoing check-ins by care team <small>To maintain positive change</small>	✓	✓
Aftercare support <small>Optional coaching, therapy or medical check-ins</small>	✓	✓

*PBC members who self-refer or are referred by an ALAViDA clinician have a preferred price of \$450/month for ALAViDA Virtual Rehab.

1 Internet-based Cognitive Behavioral Therapy
 2 When applicable, as determined by a licensed physician
 3 Through secure video conferencing

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Frequently Asked Questions

How do I register for the ALAViDA TRAiL Hello Premium program?

To register, simply navigate to try.alavida.com/abc and click "Sign Up". You will need to fill out your details. The ALAViDA TRAiL Hello Premium program may be covered under your Pacific Blue Cross benefits plan. You will have to submit a claim to PBC to get reimbursed.

Once registered, how can I access the program?

Once payment is submitted, an email confirmation will be sent to the email that you used to register, and you can login to the TRAiL platform any time and from any device directly from the email, or by navigating to try.alavida.com/abc and selecting "Log In". In case of any issues, you can email clientservices@alavida.com or call 1.888.315.3634 for support.

Is registration and usage confidential?

Yes, participation in the ALAViDA TRAiL Hello Premium program is completely confidential. Personal health information is governed by rigorous privacy laws. No information will be shared with Pacific Blue Cross or your plan sponsor. PBC and plan sponsors 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.co/privacy/>.

What is included in the ALAViDA TRAiL Hello Premium program?

The ALAViDA TRAiL Hello Premium program 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 therapy-assisted internet-based cognitive behavioural therapy (iCBT), self-tracking tools, a substance use self-assessment, progress reporting, and asynchronous messaging with an ALAViDA therapist who is appointed at the beginning of your journey. If appropriate, optional pharmacotherapy may be applicable, as determined by a licensed physician, and the medication is an additional cost that may be covered by your benefits plan.

Who is eligible for the Hello Premium program?

The Hello Premium program is available to Pacific Blue Cross members aged 18 and older who have access to ALAViDA as part of their PBC benefits package.