



# SMART Digital Program

Substance Management and  
Recovery Treatment (SMART)



**If you or an eligible dependent are finding it difficult to unwind, sleep, focus or cope without leaning on alcohol, opioids, or any other substance, look to the SMART digital program for support.**

This confidential, customizable, easy-to-use program gives you access to coaching, therapy, and medical support offered by a team of caring licensed practitioners. And it's all accessible from the convenience of any computer or handheld device.

- Substance use awareness self-assessment
- Daily notifications and self-tracking tools
- Check-ins with a SMART coach (messaging, emails, phone calls)
- Personalized learning plans
- Library of educational content
- Progress and health outcome reporting
- Access to a registered addiction counsellor
- Medical assessment with board-certified addiction physician
- Pharmacotherapy (when applicable, as determined by a licensed physician)

Whether you're trying to beat a life-long habit, cut back on your dependency, or simply gain a better sense of control, take advantage of this benefit for as much or as little support as you need.

**Get started towards a healthier lifestyle today!**

- Private and confidential
- Personalized
- No mandatory group sessions
- All substances
- Easy-to-use technology
- Compassionate care team

<https://try.alavida.co/liuna183>