

## WHO IS ELIGIBLE FOR THE ALAViDA TRAIL?

ALAViDA is available to all **TowneBank employees** and their **dependents** (i.e. spouse or adult child), who are **at least the age of majority** in their state of residence.

## HOW DO MEMBERS AND THEIR ELIGIBLE FAMILY MEMBERS ACCESS IT?

1. Visit [try.alavida.com/towne](https://try.alavida.com/towne). To create an account on the ALAViDA TRAiL, scroll down and click the “Get Started” button.
2. Employees will be directed to a registration page where they can fill in their information. Dependents who wish to create an account need to check the box **"CHECK THIS BOX IF YOU ARE A DEPENDENT, I.E. SPOUSE OR CHILD"** and enter the First Name, Last Name and Date of birth of their spouse/parent. Then they need to input their own information under 'Applicant Details'.
3. Once the form on the registration page is submitted, 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 Welcome email, through their health and wellbeing platform under the mental & emotional pillar, or by navigating to [trail.alavida.com/login](https://trail.alavida.com/login).

Join today to access **modern evidence-based support that works**. No awkward conversations, no shame, and 100% confidential.

GET STARTED →

### Let's get started!

Please provide your information to access your FREE, confidential, virtual support for substance management. The information you provide is 100% confidential and will not be shared with your employer.

#### Employee Details

First Name

Last Name

Date of Birth

☐ Check this box if you are a dependent, i.e. spouse or adult child

Please enter your personal mobile number and email. They will be used to create your personal account on the TRAiL and for notifications.

Email

Mobile

State

## SCAN THE QR CODE TO GET STARTED!

<https://try.alavida.com/towne>

