



# Sober Sidekick: Recovery support and resources

**The road to substance use recovery starts by taking steps toward finding treatment and a support system.**

With Sober Sidekick, immediate support is at your fingertips 24/7 to help you sustain recovery, avoid relapse and improve your wellbeing. This confidential mobile app is available at no cost to you as part of your benefits.



## Community peer-to-peer support

Connect with others who understand what you're going through. Post, comment and direct message one another anytime, anywhere.



## Journeys and content

Access guided journeys, educational articles and videos, and other resources to support and inspire you in your recovery.



## Virtual support groups

Attend virtual 12-step program meetings, including Alcoholics Anonymous and Narcotics Anonymous, anytime you need encouragement and support.



## Recovery progress

Easily track your progress with the app as you move toward your next recovery milestone.

Recovery is an ongoing journey. The Sober Sidekick community is here to encourage you, share experiences and help you stay on track. Join hundreds of thousands of global members who've found strength, support and success in their sobriety journey.



**Get started.**

Visit [sobersidekick.replit.app/Here4TN](https://sobersidekick.replit.app/Here4TN).

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**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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