

WITHDRUST



# CATALOGUE



[www.withdrust.com](http://www.withdrust.com)



# “FREEDOM STARTS NOW.”

At **Withdrust**, we believe every individual deserves the opportunity to reclaim their life—free from addiction, free from stigma, and free to thrive. Our mission is to support and empower those struggling with substance or cigarette dependence through an innovative blend of compassion, technology, and science. Whether you're taking your first courageous step or working to maintain your progress, **Withdrust** is your trusted companion offering real tools, sincere motivation, and consistent hope.

Our platform isn't just about quitting, it's about transforming. **Withdrust** is here to guide, support, and celebrate your journey from where you are to where you want to be.



# “STEP INTO A HEALTHIER TOMORROW”

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Withdrust is your smart, all-in-one digital wellness companion, created to support your journey of recovery from drug and cigarette use. Backed by behavioral science and built with empathy, Withdrust offers real-time insights, daily emotional check-ins, professional guidance, and a powerful community network directly from your smartphone and wearable devices.

Unlike conventional treatment programs that may lack ongoing support, Withdrust integrates seamlessly into your everyday life. It learns from your behaviors, monitors emotional patterns, and sends timely reminders when you're most vulnerable giving you the tools to not only resist temptation but to understand and overcome it.

This isn't just about tracking sobriety it's about self-awareness, self-worth, and self-growth. Whether you're working alone or with a therapist, supported by family or a sponsor, Withdrust ensures you never walk the path to recovery alone.

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# “TOOLS THAT UNDERSTAND YOU”

## Real-Time Behavioral Tracking

Withdrust collects insights from your smartwatch and fitness tracker to detect stress, cravings, and behavioral shifts. When you're at risk, the app responds instantly with guided support whether that's calming exercises, motivation, or encouraging nudges. It's not passive monitoring; it's a responsive safety net.

## Personalized Progress Report

See your recovery journey come to life with custom reports that visualize your emotional trends, sleep cycles, physical activity, and self-reflections. These dynamic progress maps help you and your therapist make smarter decisions for sustainable change.

## Professional & Peer Support

Access certified therapists, schedule digital sessions, or connect with a global network of peers. Whether you prefer expert advice or community empathy, Withdrust brings human support to your fingertips, anytime you need it.

## Gamified Motivation System

Earn milestones, collect achievement badges, and track streaks that celebrate each moment of success. By making recovery interactive and visually rewarding, Withdrust keeps you inspired to keep going even on tough days.

## Uncompromising Privacy & Security

Built with top-tier security protocols, Withdrust ensures all your health and personal data are encrypted and protected. You're always in control of what you share and with whom, following HIPAA and Canadian privacy regulations.

# ADVANTAGES & FEATURE COMPARISON TABLE

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Feature/Advantage	Withdrust	Quit Genius	Smoke Free	MyQuit Coach
<b>Real-Time Smartwatch Sync</b>	Available	Not Available	Not Available	Not Available
<b>Therapist &amp; Clinical Support</b>	Integrated	Limited Access	None	None
<b>Gamified Progress</b>	Fully Enabled	Partial	Basic	Basic
<b>Community Peer Support</b>	Active Network	None	None	None

# HOW TO USE WITHDRUST

1

## **Download & Sign Up**

Search “Withdrust” on the App Store or Google Play and install the app. Register in minutes with a few personal details and get started instantly.

2

## **Choose Your Plan**

Select a free Basic Plan, unlock full features with the Premium Plan, or activate your recovery with a Sponsor Code if someone is supporting you.

3

## **Connect Your Devices**

Sync your smartwatch or fitness tracker to begin real-time health and behavior tracking. Withdrust adapts to your routine for maximum support.

4

## **Begin Your Journey**

Complete your first daily self-check-in using psychology-based questions. Set goals, identify triggers, and receive custom recovery plans.

5

## **Engage & Evolve**

Join therapy sessions, connect with community groups, and celebrate victories with gamified rewards. Each day you show up, Withdrust is ready for you.

6

## **Keep Going, No Matter What**

Recovery isn't a straight line. Withdrust evolves with you offering support during setbacks and strength for every step forward. You're never alone in this.

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# We're Here for You. Every Step. Every Day.

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Whether you have a question, need  
help getting started, or want to  
sponsor someone's recovery, we're  
ready to support you.



[www.withdrust.com](http://www.withdrust.com)



[withdrust.co](https://www.withdrust.co)



[info@withdrust.com](mailto:info@withdrust.com)  
[support@withdrust.com](mailto:support@withdrust.com)



**Withdrust Health Inc.**

121 Recovery Lane  
Toronto, Ontario M5H 2N2  
Canada



**Withdrust**