

When it comes to addiction and recovery, the first step to lasting change is understanding yourself. Compris is the best tool for predicting your addiction risk, knowing your motivations, building internal resilience, and finding the resources you need to stay healthy.

### HOW DO I KNOW I'M WELL?

Assess your addiction risks and strengths so you can prevent addiction, or ask for help.

### HOW DO I GET WELL?

Learn more about the help you need, the motivation to get it, and what to do next.

### HOW DO I STAY WELL?

Improve your strengths while tracking your resilience progress every 3 months.

**Compris is an easy-to-use, anonymous, digital tool that supports you no matter where you are in your life right now.**



Online



Fast (15-30 minutes)



Easy-To-Use



100% Confidential



English or Spanish

TAKE YOUR **FREE ASSESSMENT**  
ONLINE TODAY!

GET YOUR OWN PERSONAL  
WELLNESS PLAN

- 1 **CLICK** here to visit  
<https://www.compriscare.com/smart-recovery>
- 2 **COMPLETE** your assessment on any device with internet
- 3 **DOWNLOAD** your custom wellness guide!



### DID YOU KNOW?

We can also help you connect with the right provider and/or give your current provider a detailed report to improve your care.

HAVE QUESTIONS?



[INFO@COMPRISCARE.COM](mailto:INFO@COMPRISCARE.COM)

[WWW.COMPRISCARE.COM](http://WWW.COMPRISCARE.COM)