

WEBINAR SERIES

Hear about Monument Online Alcohol Therapy

March 27, 2024



Today's Presenter



Dan Erstad
Chief Commercial Officer
Monument



Zach Rogers
Director of Partnerships
Monument

Today's Agenda

- Introduction
- The Bigger Picture
- Our Approach
- Getting Started

Webinar Forum

All participants are muted.

Please type questions in the side navigation panel and we will try to address most questions during today's session.

Today's presentation will be posted online at prestigepeo.com/webinars

Introducing Monument

A platform that **empowers anyone to cut back or quit drinking alcohol.**

 100% virtual

 Covered by most major insurers



Why we're here

Unhealthy alcohol use impacts millions

It is a widespread problem, but unfortunately many don't receive treatment

Treatment approaches are outdated

Our founder was inspired to launch Monument due to challenges he and many face

Alcohol is intertwined with our work lives

Drinking is a part of work culture that can be hard to avoid



The bigger picture

Alcohol impacts our physical health and wellness

Medscape

News > Medscape Medical News

Even One Drink a Day Tied to Increased BP in Healthy Adults

Megan Brooks
August 01, 2023

Heart Health

Even one drink per day is tied to higher blood pressure

Cancer Risk

Alcohol consumption is linked to higher cancer risk



Shouldn't we know this already? The link between alcohol and breast cancer



World Health Organization

It also affects our mental health

“I could **sleep better**. I could **handle problems better**, things that would go wrong on set, that would normally set me off, I could take in my stride. I had so much **better mental clarity**. I **felt healthier**.”

-Actor Tom Holland on quitting alcohol

The New York Times

ASK WELL

Why Does Alcohol Mess With My Sleep?

Tips for getting a better night's rest when your evening plans include drinking.



But we are seeing shifts in behavior

Dry January

25% of adults 21+ who drink alcohol successfully completed Dry January in 2024 up from 16% in 2023

Sober Curious

Nearly 40 percent of U.S. respondents closely or occasionally follow a sober-curious lifestyle—reducing or eliminating their alcohol consumption

Source: [Mintel](#)

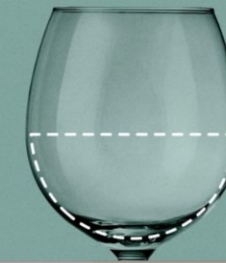
AXIOS

Feb 6, 2024 - Health

Axios Finish Line: Celebrating the success of Dry January



Niala Boodhoo, Alexandra Botti



Emergence of NA brands

Athletic Brewing recently became the top selling beer at Whole Foods.

Growth of the category creates more awareness and conversation

WSJ



Our approach

Giving every individual a pathway

Alcohol impacts individuals in many different ways, and **one-size-fits all treatment approaches exclude many.**

Monument offers a starting point **no matter where a person is in their journey.**



Our three care pathways

Therapy

CBT and Motivational
Interviewing



Physician Care

Medication options, including
Naltrexone & Disulfiram



Community

Self-guided resources
Monument Live events
Anonymous support groups



Clinical treatment available in 22 states, covering ~70% of the population*

**NY, NJ, CA, FL, PA, CT, GA, SC, WA, OR, VA, CO, D.C., TX, KY, IA, AZ, OH, MS, MD, MI, NC*

Available in all 50 states

We're seeing best in class engagement

80,000

Community members

25,000

Members who have received treatment

95% of members are engaged at 34 days

Far outperforming HEDIS benchmarks

~5 days from sign up to first appointment

Members access treatment rapidly

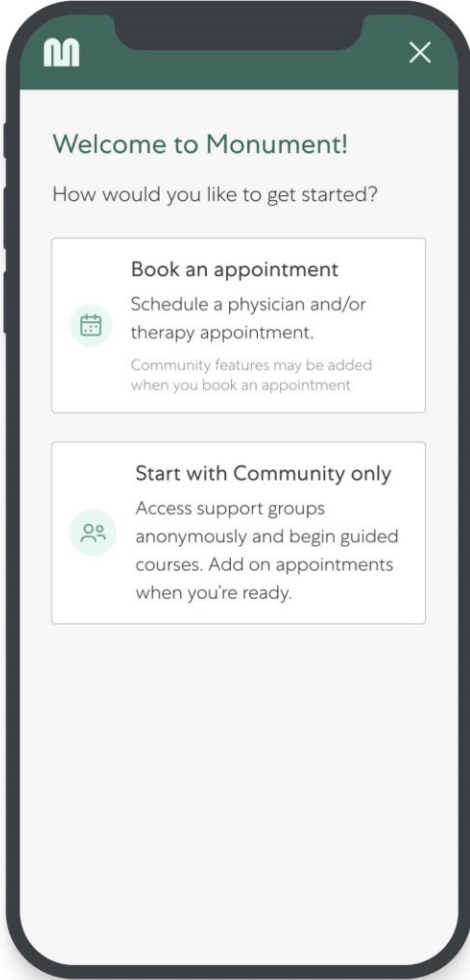
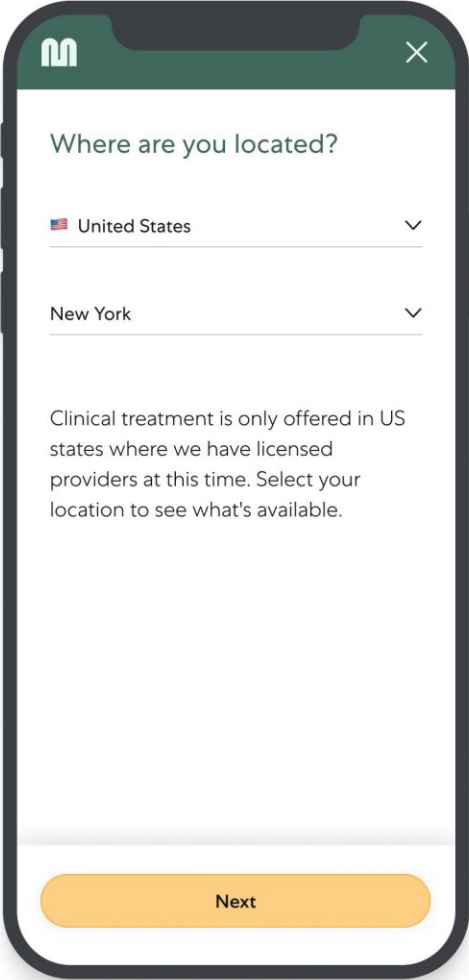
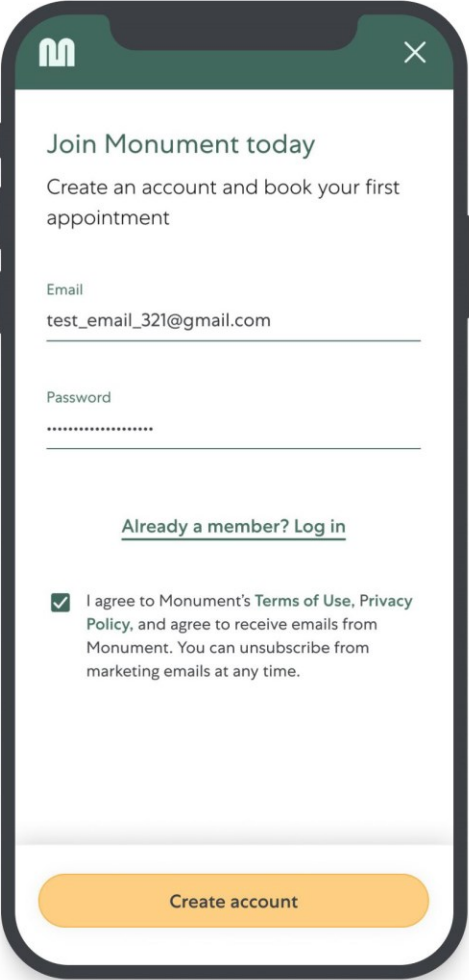
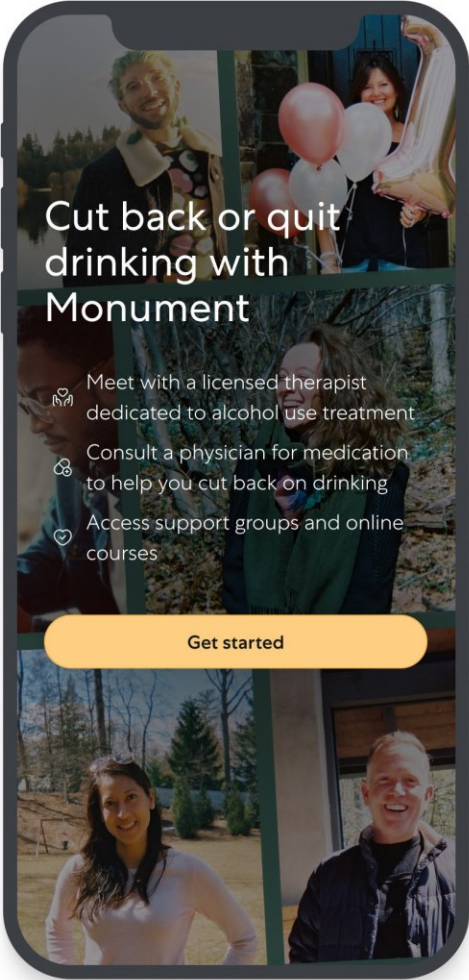
4.8 out of 5 stars

Thousands of reviews of clinicians and support groups

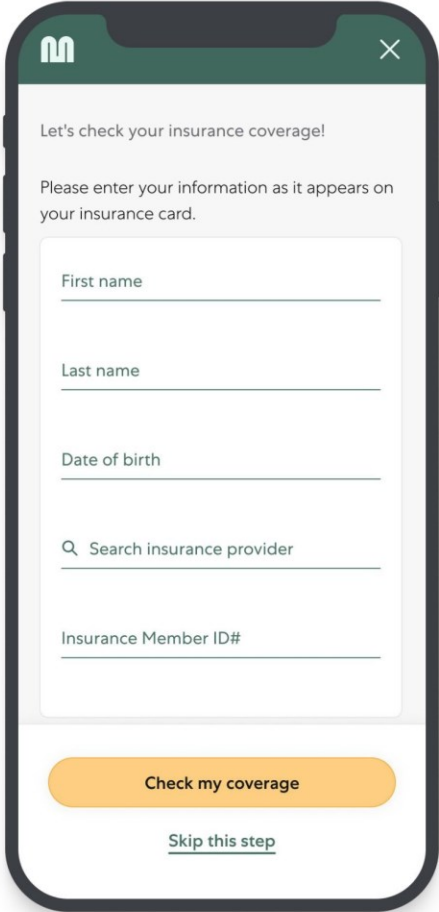


Getting started

Create your account



Submit your benefits



Let's check your insurance coverage!

Please enter your information as it appears on your insurance card.

First name

Last name

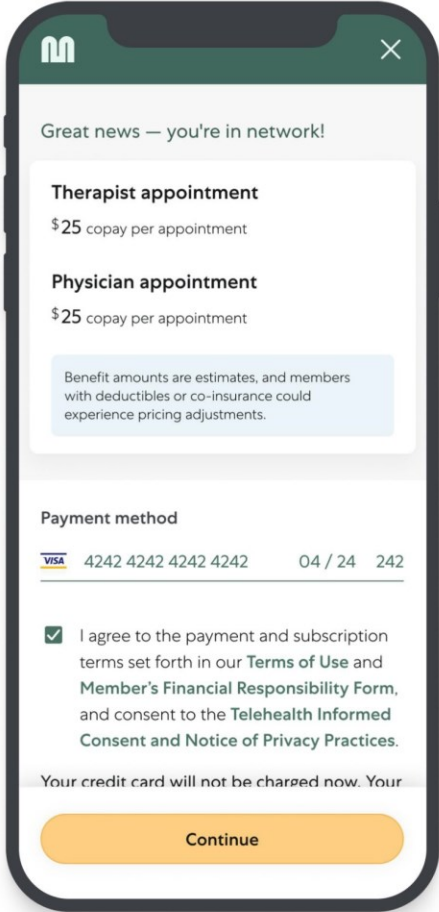
Date of birth

Search insurance provider

Insurance Member ID#

Check my coverage

[Skip this step](#)



Great news — you're in network!

Therapist appointment
\$25 copay per appointment

Physician appointment
\$25 copay per appointment

Benefit amounts are estimates, and members with deductibles or co-insurance could experience pricing adjustments.

Payment method

VISA 4242 4242 4242 4242 04 / 24 242

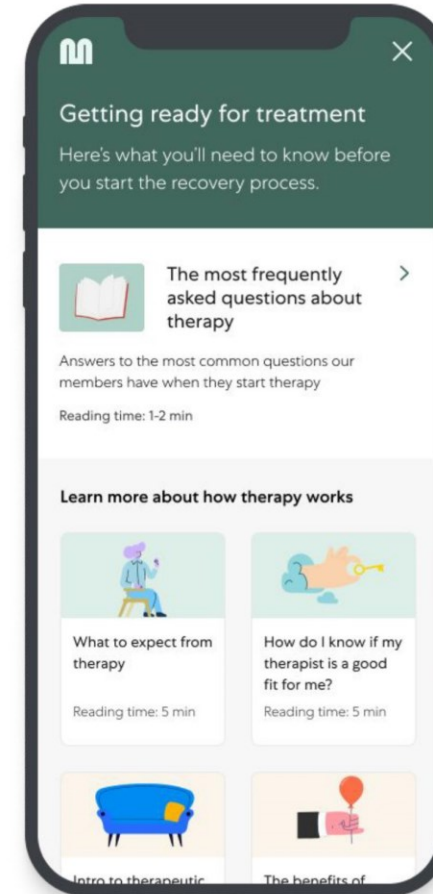
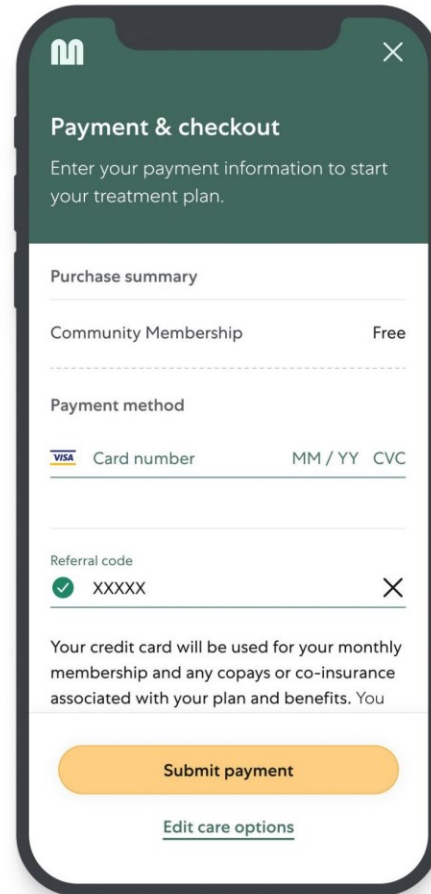
I agree to the payment and subscription terms set forth in our [Terms of Use](#) and [Member's Financial Responsibility Form](#), and consent to the [Telehealth Informed Consent and Notice of Privacy Practices](#).

Your credit card will not be charged now. Your

Continue

*Member cost share may apply

Enter code **7EJ54** at checkout and begin scheduling



What our members are saying

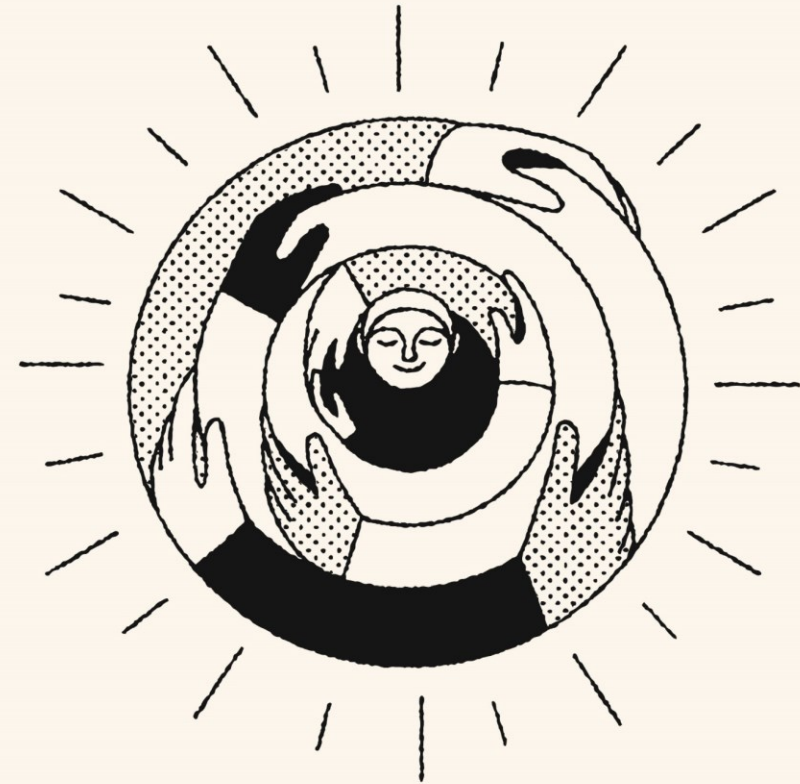


“One month of treatment has been nothing short of **game-changing**. I’m sleeping better, my brain is clear, I’m losing weight, I’m going to exercise instead of happy hour. **Just life-changing in the most profound ways.** Wonderful service!”

“This medication and platform has already changed my life and I’m not quite a month in yet. **For the first time in years, I feel hopeful.** Thank you so much.”

Thank you!

Sign up here



Additional questions?
support@joinmonument.com



Insurance coverage, pricing and state coverage

Monument is contracted with most major payers.

 aetna®

 United
Healthcare

 Optum

 Cigna

 CMS
CENTERS FOR MEDICARE & MEDICAID SERVICES

 Anthem®

Members access clinical treatment through insurance, where member cost share may apply.

Monument also offers cash-pay options:

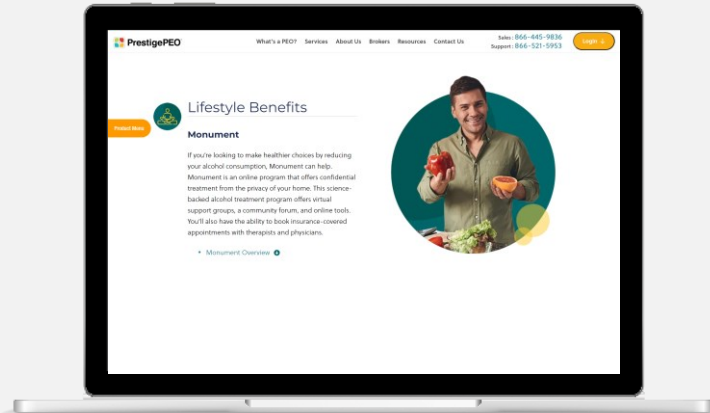
- \$14.99/mo for community membership
 - Waived for GDIT via custom code U3027
- \$100 per physician appointment
- \$149/mo for bi-weekly therapy
- \$249/mo for weekly therapy

The Monument Community, including therapist-moderated support groups, is available in all 50 states.

Clinical treatment can be accessed in 22 states with plans to expand to all 50. Current open states:

- NY, NJ, CA, FL, PA, CT, GA, SC, WA, OR, VA, CO, D.C., TX, KY, IA, AZ, OH, MS, MD, MI, NC

Questions / Comments / Discussion?



You can view today's presentation and video recording by visiting:

www.prestigepeo.com/webinars

www.prestigepeo.com/benefits-center-details/#lifestyle-benefits



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