

monument

Online alcohol treatment, on your terms

The Monument program is designed to help you reach your sobriety or moderation goal.

- ✓ Expert care from your own home
- ✓ Confidential peer support
- ✓ Covered by Cigna*

*Member cost share may apply



Monument's evidence-based tools



Specialized Therapy



Medication Options



Moderated Support Groups



24/7 Anonymous Forum

The community forum and support groups are available in all 50 states. Therapy and medication-assisted treatment are currently available in Arizona, California, Colorado, Connecticut, Florida, Georgia, Iowa, Kentucky, Maryland, Michigan, Mississippi, New Jersey, New York, North Carolina, Ohio, Oregon, Pennsylvania, South Carolina, Texas, Virginia, Washington, and Washington D.C.

Not sure treatment is for you? Looking to help someone else? Monument can help:

- Support groups & resources for loved ones
- Self-guided resources for cutting back
- Virtual events hosted in Monument community

Thousands of 5 star reviews:



“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!”

Monument Member



Ready to see how drinking less can give you more?
Visit joinmonument.com to learn more.

