

Video Appointments with Licensed Therapists & Doctors — Alcohol, Anxiety & More Just \$25/Visit with Insurance

No Subscriptions. No Hidden Fees. In-Network With All Major Insurers. Available
in NY, NJ, CA, CT, PA, FL, CO.

What We Treat:

- Alcohol Use Disorder
- Anxiety
- Depression
- Stress & Burnout
- Sleep Issues
- Smoking Cessation

Our Care Model Includes:

- 1:1 therapy (licensed therapists)
- Physician care (GPs)
- Medication management



aetna®

Anthem.

United
Healthcare



*We support adults navigating both alcohol-related and general mental health needs.

**Coming Soon: Expanded care to address both behavioral and related physical health
needs — available via cash pay while we pursue expanded insurance coverage.



Why Monument

- A single platform for all mental and medical health video appointments
- A \$25 flat fee, paid before every video appointment. If your co-pay covers more, we'll refund the difference.
- Instantly verify insurance, schedule and pay in 90 seconds or less to get started

Ongoing Care with Providers Who Know Your Story

- Schedule one-time or recurring video appointments with doctors or therapists.
- Build a lasting relationship with a healthcare team you can depend on.
- Fill your prescriptions if applicable
- Flexible scheduling and refunds if you can't make an appointment