



Changing your relationship with alcohol

Ria Health can help with drinking less or not at all

Many people pour a drink or two at the end of the day without even thinking about it. It's a ritual they use to relax and unwind. Others binge on weekends, holidays, or special occasions as a way to loosen up or cope with stress. If this sounds familiar and you're curious about changing your habits, Ria Health can help.

Ria Health is an alcohol treatment program that empowers you to improve your relationship with alcohol from the privacy and comfort of home. The program uses custom treatment plans, medications, and online support to help you learn to drink in moderation or give up alcohol for good.

A program that fits into your everyday life







Ria's tools and resources are all available through a secure app, which gives you access at home or on the go. Their doctors and counselors work with you to develop a program based on your health, your history, your goals, and your schedule.

Start treatment from home today

Call **866-619-8713** or visit riahealth.com.

How does the program work?

Ria's program includes six main elements to set you up for success. This support includes:

-  **Personalized treatment plan** developed by Ria's medical team.
-  **Medications** to help reduce alcohol cravings.
-  **Weekly video or text sessions** with your licensed substance use counselor.
-  **Digital tools** to manage everyday challenges and track your progress.
-  **Breathalyzer** to help you see patterns in your drinking.
-  **Group support**, including weekly virtual meetings hosted by a recovery coach.

Why choose the Ria program?

The average Ria member **reduces drinking by 75%** in the first 12 months.¹

It's also:



Convenient: No matter where you are or how busy your life is, you can receive the help you need.



Personalized: Custom plans help you achieve your goals with lasting results.



Proven: Ria's treatment approach is based on scientific research and evidence.



Affordable: Your cost is based on your health plan benefits. Call the RIA team for details.

A focus on harm reduction

Ria's approach to helping people with alcohol use disorder (AUD) focuses on harm reduction, which aims to lessen the negative impacts of drinking to yourself and others. AUD can include drinking more often than you would like or having too many drinks on one or more occasions. People with AUD have trouble controlling the amount they drink, even when they know their drinking may lead to bad outcomes. With its harm reduction focus, Ria can help you manage your drinking habits, so your school, work, and relationships are not at risk. While this approach may lead to quitting alcohol completely, giving up alcohol is not required.

Ria Health's telehealth treatment program can help you regain control over your alcohol use. Consider making a change today. Call **866-619-8713** or visit riahealth.com.

¹ Ria Health internal data.

Individual results may vary. All material is proprietary and confidential.

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Ria Health does not guarantee that a prescription will be written. Ria Health P.C. operates subject to state regulation and may not be available in certain states.

Ria Health does not prescribe DEA schedule 2 medication (CII) medications or any other medications that have a high potential for abuse. Ria Health P.C. physician's reserve the right to deny care for potential misuse of services.

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