

## About Affect

Affect is the first all-digital substance use disorder treatment program that is delivered completely through a smartphone app. We remove barriers and expand access to best-in-class outpatient and intensive outpatient treatment for alcohol, cannabis, and stimulants like methamphetamine, cocaine, and prescription medications for adults over 18-years old. Designed with game theory and behavioral engineering, our program leverages the latest medical science and technology to achieve outcomes that are double those of traditional rehab programs, where relapse rates are extraordinarily high. Our members are nearly 90% more likely not to visit Emergency Departments, and our HEDIS measures are double those of clinics.

## How it Works

Our program is based in contingency management and harm reduction, methods proven by research to be highly effective, particularly with substances for which there are no FDA-approved medications. Members receive financial rewards for completing steps in their personalized recovery journey as they reduce their use and get more sober days. Members can engage with their recovery community any time in the app.



### Contingency Management

Earning rewards for completing steps in their recovery journey stimulates the brain's rewards center naturally and motivates members to replace unhealthy habits with new healthy ones.



### Harm Reduction

Abstinence is not a requirement for our program. Members reduce the harm they do to themselves and those around them as they reduce their use. Members double their sober days in one month.



### Telemedicine Therapy and Medical Support

All weekly group and individual therapy sessions and medical appointments are conducted in the app. Convenience and discretion keep people in treatment longer, proven to reach lasting recovery.



### Whole Recovery Support

Our care teams provide support for whole recovery with assistance in getting healthcare, benefits, employment, housing, and improve all social determinants of health.

## How to Get Started

Getting your patients started with Affect is as simple as downloading the app and registering, or signing up at [GetAffect.com](https://getaffect.com). You can do it right in the exam room in a matter of minutes.

Patients can begin using the app immediately. Our care team schedules an intake appointment within 48 hours with a counselor who assesses their needs, determines the correct level of care, and develops a personalized plan. They then attend their first group therapy session and a medical appointment. As members work challenges in the app, attend sessions, and complete periodic drug screens, they earn rewards daily and get better, fast.

Scan the QR code or visit [affecttherapeutics.com/referrals](https://affecttherapeutics.com/referrals) to refer a patient.

You can also call us at 888-594-7015.

