



Empower Employee Wellbeing with Monj + Live Coaching

A companion program for those using GLP-1s for weight loss & diabetes management

Monj + Live Coaching is a next-generation wellness benefit that drives sustainable weight loss, better chronic care outcomes, and stronger employee engagement—all through the simple joy of cooking at home and sustained behavior change,

We've seen it in our own program. **When you pair GLP-1s with daily coaching and real behavior support, people lose more weight — on less than half the typical dose.**

And for employers, it couldn't be easier: **You tell us who to coach, and we take it from there.** Each identified employee receives 4–6 hours of personalized, live coaching—at a **total cost lower than just one month of GLP-1 prescriptions and physician care.** It's a powerful, cost-effective way to support long-term wellbeing.

The Recipe For Success

- **Science-Backed Coaching:** Built on proven models like Self-Determination Theory and Cognitive Behavioral Therapy, Monj helps members find intrinsic motivation—the kind that sticks.
- **Skill-Building in the Kitchen:** Hands-on culinary learning makes cooking feel possible, joyful, and even social. This boosts confidence and self-efficacy in health behavior change.
- **Home-Cooked Mediterranean Meals:** Our meals & snacks center on the Mediterranean diet—known to reduce inflammation, anxiety, and risk of chronic disease.
- **Personal Coaching (Not Bots):** All coaching is human-led. One-on-one sessions provide empathy, accountability, and tailored support. No endless messages or chatbots. Less time and powerful results.

This approach helps members eat better, feel better, and live better—whether they're on weight loss medication or not.

Recent studies show coaching significantly improves the effectiveness of GLP-1 medications for weight loss. ([Medscape, 2024](#))



Proven Impact from Monj Participants

- 7% average weight loss sustained after 1 year*
- 80% complete the program

**Results from Monj participation without GLP-1s.*

Additional Benefits from living the Monj life

- Better energy and productivity
- Improved mood and reduced anxiety
- Less pain and inflammation
- Fewer sick days due to immune system support
- Money saved from eating out less

Bring Monj + Coaching to Your Organization

Empower your employees to feel better, live better, and build skills that last a lifetime. Give your team a delicious benefit they will love using.

