



## Eating disorder treatment that works —delivered at home

### Why it Works

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#### Care at home on your schedule

Live video sessions and secure messaging between sessions with your care team—whenever you need it



#### Dedicated 5-person care team

Equip’s Family-Based Treatment model provides a 5-person care team of clinicians and mentors for lasting recovery



#### Gold-standard care made accessible

Our model builds upon Family-Based Treatment, the gold-standard of care—with positive outcomes for 86% of patients, by experts in the field from Stanford, UCSD, and more



#### Diversity of care teams

Care designed for and delivered by individuals in the LGBTQ+, BIPOC, bilingual, and disability communities

### Equip provides you with a dedicated 5-person care team

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Physician/  
Psychiatrist



Dietitian



Therapist



Peer  
Mentor



Family  
Mentor

We take insurance - because recovery should be accessible  
Immediate availability for patients ages 6-24  
Please reach out to [join@equip.health](mailto:join@equip.health) or call (855) 387-4378



## Equip treatment promises lasting recovery



**60%**

patients see reduction of eating disorder symptoms by 4 weeks



**1.1 lbs**

average weight gain per week



**98%**

of patients remain in treatment after 4 weeks

### FAQ

#### **We're already receiving outpatient care with a therapist, psychiatrist, and dietitian. How is Equip's treatment different?**

Equip's team actively works together to provide comprehensive care that's enhanced by peer and family support. Equip also tailors treatment plans to your family's needs.

#### **How does your virtual treatment work?**

All treatment sessions occur via secure video calls. Patients and families can schedule appointments with providers and send messages to their providers between sessions using the Equip platform.

#### **How do we monitor care in a virtual environment?**

Families do weight and orthostatic vitals at home every week to start. We will walk you through the steps and our medical doctors review the data to monitor medical stability.

#### **What happens if my child refuses to follow treatment at home?**

This concern is so common and we know how difficult it can be to manage everything at home. Equip's team of experts develop treatment plans and safety plans, and our mentors are an excellent resource to relate and help strengthen the part of your child that wants to be free from this eating disorder.



"Equip provided the complete support our family needed to help move our daughter into recovery. Working with a family therapist—and mentors made a major difference in our daughter's progress."

Cyndi N.  
Mother of a student athlete

**Get started**  
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