



## Eating disorder treatment that works – delivered at home

100% virtual ● Built from clinical experts + lived experience ● Gold-standard care

Equip's Family-Based Treatment model provides each patient with a 5-person dedicated care team



Physician/  
Psychiatrist



Dietitian



Therapist



Peer  
Mentor



Family  
Mentor

### Why it Works



#### 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

Your dedicated team includes clinical experts and people who've been there – a therapist, physician, dietitian, peer mentor, and a family mentor



#### 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 our experts in the field from Stanford, UCSD, and more



#### Diversity of care teams

We deliver care designed for and delivered by individuals in the LGBTQ+, BIPOC, bilingual, and disability communities

In-network with Optum and Cigna; seeing patients in NY, CA, TX & NJ!  
Please reach out to [join@equip.com](mailto:join@equip.com) or call (855) 387-4378



## Equip treatment promises lasting recovery



**90%**

of patients met  
restoration goals



**1.5 lbs**

average weight gain  
per week



**60%**

reduction of eating  
disorder symptoms

## 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 are taught how to conduct weight and orthostatic vitals at home. Our medical doctors will review the data to monitor medical stability.

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

Yes, 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 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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