aetna® Equip

Eating disorder treatment that works

Delivered at home

Who we treat

All ages
Children, teens, and adults

All 50 states

All eating disorder diagnoses
As well as co-occurring conditions like anxiety, depression, and OCD

No waitlist — In-network provider



How we're different

Virtual treatment
That enables patients and families to continue everyday life

Evidence-based treatment
That's rooted in research

Multidisciplinary providers
Who deliver individualized care

Why we do it

Eating disorders have the second highest mortality rate of all mental illnesses in the United States. They affect **30 million** Americans, leading to annual economic impact of **$65 billion**.

Equip adapts to real life– and supports real recovery

At 16 weeks: **49%** → **At 1 year:** **75%**

of patients requiring weight restoration reached their target weight

At 16 weeks: **47%** → **At 1 year:** **66%**

decrease in eating disorder symptoms

82%

of parents highly recommend Equip treatment

Visit the Equip Partner Hub to learn more and get ready-made resources

- Learn more about Equip
- Find ready-made resources and toolkits
- Access mass communication materials
- Quickly make patient referrals

Head to **equip.health/aetna-hub**

Use password **EatingDisorders2024#**