



Equip Treatment Frequently Asked Questions

What treatment does Equip offer?

Equip delivers virtual Family-Based Treatment (FBT) – the leading evidence-based treatment for eating disorders – through a five-person care team, including a therapist, family mentor, peer mentor, medical provider, and dietitian.

What is Family-Based Treatment?

FBT is rooted in the radical idea that families are best suited to help their loved ones through recovery. In FBT, families work with their provider team to renourish their loved ones, eliminate eating disorder behaviors, and build skills for lasting recovery.

How does Equip monitor care in a virtual environment?

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

My patient failed FBT in the past. Why would Equip be helpful?

We don't believe that patients fail treatment, we believe that treatment fails patients.

At Equip, FBT is augmented with a coordinated care team, including a medical provider, therapist, dietitian, and peer and family mentors. Mentorship is the "secret sauce" – we match patients and families with individuals who've been there and can help families remember that eating disorder recovery is not easy, but it is within reach.

Who should I refer to Equip?

Equip treats individuals ages 6-24 with any eating disorder diagnosis. Whether the patient is newly diagnosed or they have been struggling for years — Equip is ready to help.

How can I refer a patient to Equip treatment?

Our team makes referrals easy! Simply reach out to us at refer@equip.health or call (855) 387-4378.

How can I work most effectively with the Equip team?

That is largely up to you! When your patient is admitted, we will reach out to introduce you to our medical provider and to ask about your communication preferences.



Scan the QR code or visit equip.health to learn more!