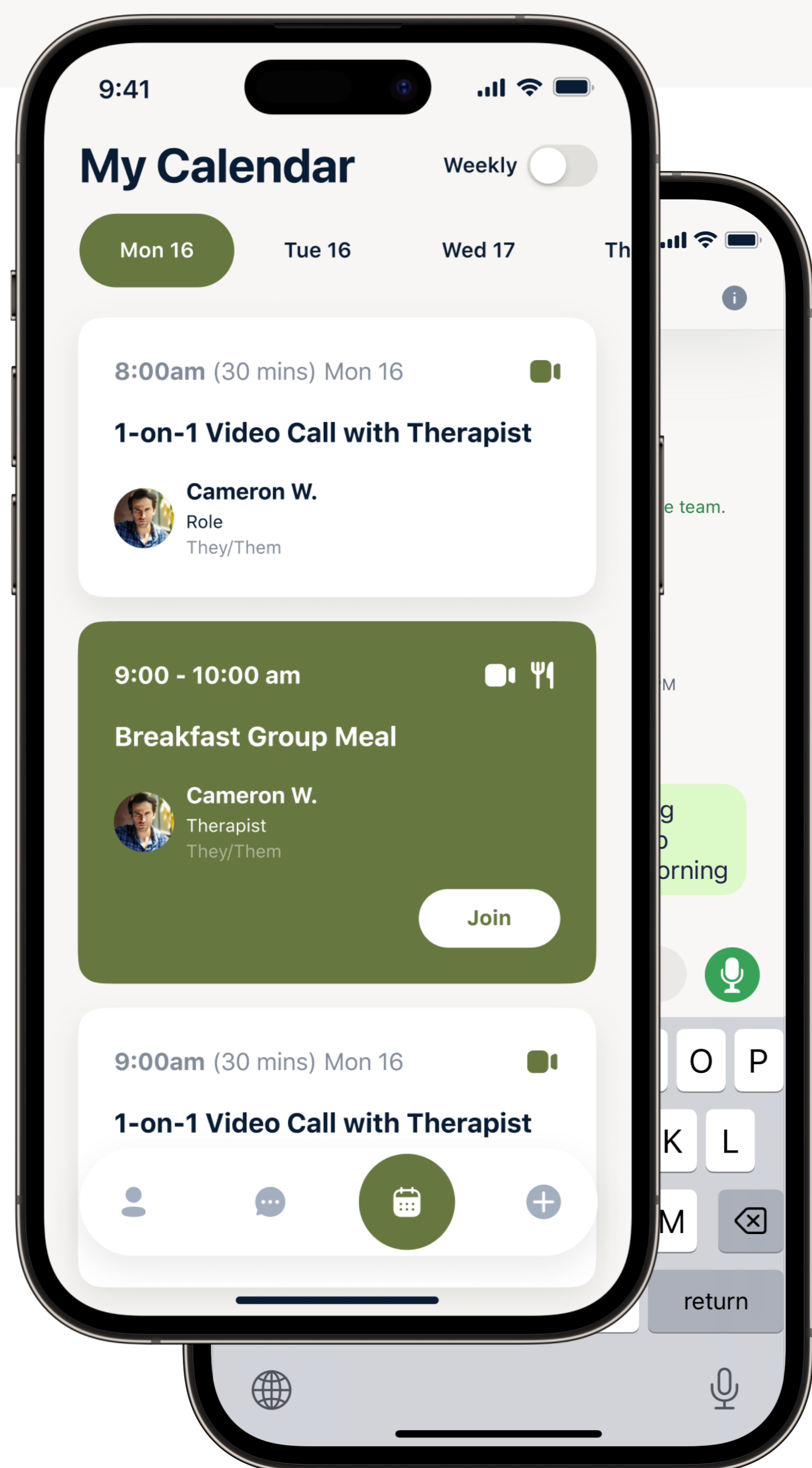


within health

In network with  Companion
BENEFIT ALTERNATIVES

Using technology, connectivity, and the therapeutic groups to enhance treatment and promote long-term recovery.



**Within Health is accredited
by The Joint Commission**

Your personalized remote eating disorder treatment that works

We embrace intuitive eating, body image restoration, radical self-love and acceptance, social and emotional therapy, and trauma-informed healing to bring patients virtual treatment that works.

Levels of care

✓ PHP program

- 5+ hours per day, 5-7 days per week
- 2 supported meals, 1 snack per day
- Individual therapy 3 times per week
- Weekly session with registered dietitian
- 2-3 group psychotherapy sessions per day
- Regular check-ins with care partners

✓ IOP program

- 3-4 hours per day, 3-5 days per week
- 1 supported meal, 1 snack per day
- Individual therapy 1-2 times per week
- Weekly session with registered dietitian
- 1-2 group psychotherapy sessions per day
- Regular check-ins with care partner

Flexible scheduling

Programming is scheduled to accommodate 9 to 5 jobs, family obligations, school, and also provides after hours support.

Expert clinical care at your fingertips

Our custom-designed app keeps you informed, connected, and cared for throughout a patient's recovery:

- Individualized experiential therapeutic sessions
- Remote medical monitoring by nursing team
- Psychiatric services
- Custom meal delivery, nutrition therapy, and meal support

Specialized support groups

- Men
- Women
- Students
- Different age groups
- Adolescents
- Alumni
- Mothers
- LGBTQIA+
- ARFID
- Treatment professionals
- BIPOC
- Family programming



Scan to find out more

<https://wthn.health/cba>
(866) 559-3073