

Equip Virtual Eating Disorder Treatment Program is Now Available for Members

Equip – an evidence-based, fully virtual eating disorder treatment program is now available to eligible Florida Blue and Truli for Health (Truli) members. The program offers comprehensive care from a multidisciplinary team of licensed health care professionals, providing virtual therapy sessions, medical monitoring, dietary counseling, and behavioral health coaching.

Eligibility and Referral Process

To be eligible for Equip, Florida Blue or Truli members must be at least six years old and have a diagnosed eating disorder from their primary care provider or specialist. Providers can refer directly to Equip. Members can also access the program through a referral from Lucet, our behavioral health administrator. Florida Blue or Truli members who are not eligible for Equip, may contact Lucet for help finding the most clinically appropriate treatment.

Program Structure and Benefits

Equip will provide virtual therapy sessions, medical monitoring, dietary counseling, and behavioral health coaching to manage a wide array of eating disorders. The Equip program is structured in two phases:

- Phase One - Intensive Services: lasting four months and primarily focused on intake and evaluation, nourishment, stabilization, and monitoring medical/psychiatric vitals.
- Phase Two - Holistic Services: lasting eight months, focused on co-occurring illnesses, weight restoration/maintenance, and relapse prevention.

Our members can continue to see their regular health care provider while participating in Equip. The program provides additional comprehensive support and guidance to help manage eating disorders.

The member's cost for services through Equip is subject to their copay and coinsurance benefits. Equip will provide a cost estimate prior to starting treatment.

Getting Started/Contact Information

Health care providers or members interested in learning more about the Equip program and being evaluated for program eligibility can:

- 1) reach out to Equip via a webform at [Equip.Health](https://www.equip.health) or call 1-855-387-4378.
- 2) call Lucet at 1-866-287-9569 for evaluation and more information.

Thank you for the care you provide to our members. We look forward to continuing to work together to improve their health and well-being.