

**When considering the option of higher level of care for treatment of an eating disorder, we encourage you to:**

- The program itself will assess for and recommend the level of care they deem appropriate.
- Treatment centers have full time staff who interact with insurance companies- LET THEM talk to your insurance provider!!
- Begin investigating the list of providers given to you as well as any others you are aware of. **Consider/ask the following questions:**
  - What is the model of treatment? (medical, holistic, biopsychosocial...)
  - What is the typical length of stay?
  - What is the fee per day of care?
    - What is included in the “fee”? (medications, psychiatry fees, family therapy, nutrition services...)
  - How much of the “business end of things” will they take care of with your insurance?
  - How much of the fee do they need upfront?
  - Do they have any reduced rates/ plans for extended payment?
  - Is family therapy a component of the treatment? (What are the requirements regarding family on-site time?)
  - Do they have a waitlist to get into their program?
  - What type of transition care do they provide/offer at the end of the treatment?
  - How do they manage any physical complications that may occur during the recovery process?

**Resources**

<https://map.nationaleatingdisorders.org/>

<https://www.nationaleatingdisorders.org/where-do-i-start-0>

<https://www.nationaleatingdisorders.org/treatment>

\*\*\*<https://www.eatingdisorderhope.com/treatment-centers/new-jersey-nj>

[www.edciowa.org](http://www.edciowa.org)