



Healthy Blue



## Intensive Outpatient Program for Eating Disorder Treatment

Comprehensive Eating Disorder Programming for Men and Women

**Bright Heart Health** provides **Intensive Outpatient and Support Group Programs** for people with eating disorders using cutting-edge **telemedicine** technology, enabling live interaction between patients and caregivers through face-to-face sessions online.

- Individualized treatment is accessible anytime, anywhere, from any smart device with internet access. All communication is secure and HIPAA compliant.
- Our program consists of both group and individual sessions.
- Flexible scheduling enables patients to attend therapy when it is convenient for them, reducing the barriers to accessing quality care.
- Patients can continue to work with their current therapists while attending Bright Heart Health programs. Our treatment team collaborates with local providers for continuity of care.



### Benefits

- ✓ **Accessibility**  
Access experts from across the United States
- ✓ **Affordability**  
In-network with most major insurance and sliding scale self pay options available
- ✓ **Availability**  
Programming offered throughout the day and evening and support available 24/7

The **Bright Heart Health Virtual Clinic** allows for **24/7 admission** and can be accessed by patients and providers at <https://www.brighthearthealth.com/contact-us/>.

Bright Heart Health, Inc.

2960 Camino Diablo, Suite 105, Walnut Creek, CA 94597

P: (800) 892-2695 F: (415) 458-2691 [www.brighthearthealth.com](http://www.brighthearthealth.com)

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## Adult Telemedicine Eating Disorder Treatment

**Bright Heart Health** is revolutionizing behavioral health by providing traditional **Intensive Outpatient, Outpatient, and Support Group Programs** using the internet.

Our program eliminates the barriers of travel, scheduling, and lack of accessibility to expert care. Bright Heart Health is helping thousands of patients to finally access the necessary care to find **recovery and hope**.

### Intensive Outpatient Program

- Comprehensive eating disorder program
- 11 hours of services per week
- Multi-disciplinary team of experts
- Treatment from the safety & privacy of home
- Available through a computer, tablet or smartphone
- Expert therapists and dietitians

### Advanced Care & Superior Outcomes

- Superior outcomes through advanced analytics
- Progress tracked through evidence-based psychometrics
- Eating Disorder based measures: ERQ, EDEQ, EDDS, and others
- Co-Occurring based measures: BAI, BDI, ACE, PHQ9, and others
- Artificial Intelligence-driven interventions

### Outpatient Care & Support Groups

- Group support in an open learning environment
- Flexible schedule
- Discuss emotions and triggers
- Outpatient Therapy
- Outpatient Nutrition Counseling with a specialist

Access the **Virtual Clinic** anytime at <https://www.brighthearthealth.com/contact-us/>.