

## Step-By-Step Guide to Finding Eating Disorder Treatment

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### Step 1: Find a specialist: [findedhelp.com](https://findedhelp.com)

- **How to select a specialist:**
  - Click “Treatment Center” or “Practitioner” (either is fine).
  - Enter your zip code or state.
  - Use the filters on the left-hand side to identify providers by insurance type.

### Step 2: Set up your appointment with the specialist

- **Contact the treatment center or practitioner via the contact information provided.**
- **Example script of what to say or email when you contact the treatment center/practitioner:**
  - *“Hi, my name is [insert name]. I was recently at my doctor’s office and s/he indicated that I’d screened positive for an eating disorder. My doctor recommended that I be further evaluated to see if I might need specialty eating disorder treatment.”*
- **Have the [Insurance Worksheet](#) nearby to help determine if your insurance will cover the visit.**
- **Things to expect when setting up this appointment:**
  - The treatment center/practitioner may ask questions about any symptoms you’re having. Here is where you would describe any concerns you have about your relationship with food or your body. Basically, anything you said “yes” to on the screening questionnaire would be discussed here.
  - The treatment center/practitioner may request that lab work and/or other medical records be sent from your PCP’s office. They will walk you through how to send that information to them.
  - Be aware that it may take some time for the treatment center/practitioner to get back to you. Give at least 1 week before following up again by phone or email.
  - You may want to plan on contacting several treatment centers/practitioners to ensure you have sufficient options.

### Step 3: Attend the appointment with the specialist

- **What to bring:**
  - Your insurance card.
  - Any lab work or medical records that may have been requested (see above).
- **What to expect:**

- Typically, your first visit with a treatment center/specialist is designed to fully evaluate all of your symptoms to help determine a formal diagnosis and what type of treatment is needed.
- You will likely be asked a number of questions about your current eating habits, your thoughts about your weight and shape, and your concerns about your relationship with food and/or your body.
- It's important to know that this first session is different from a regular therapy/treatment session and is more designed to gather history so that the treatment center/practitioner can figure out the next best steps.
- After your first visit, the treatment center/practitioner will follow up to let you know if you might have an eating disorder and what type of treatment is indicated. You are encouraged to ask any questions you might have throughout this process!

**Looking for more resources?** Please visit our [Patient Resource page](#).

