



LiveWell Intensive Outpatient Program for Eating Disorders

Are unsafe eating behaviors—such as throwing up after meals or restricting calorie intake to unreasonably low levels—a problem for you or a family member?

Help is Available

CDPHP® members with eating disorders can be referred to a program to help them regain a healthy outlook and avoid unsafe eating behaviors. The LiveWell program is coordinated by Albany Psychological Services for Eating Disorders, 1 Pine West Plaza, Albany.

Who Can Attend?

The LiveWell Intensive Outpatient Program for Eating Disorders is available to members coping with anorexia, bulimia, or another eating disorder. To qualify, members must be 13 or older, have an eating disorder diagnosis, and be medically stable.

Where Can I Learn More?

If you feel you or your loved one may benefit from this program, please call the CDPHP Behavioral Health Access Center during business hours at **1-888-320-9584**. You may also call LiveWell directly at (518) 218-1188 to ask questions. Members must first be evaluated to assess their individual needs and assure that they are appropriate for the program.

Taking Steps Toward Better Health

Members who are accepted into the program will attend a four-hour group therapy session, three days a week (morning or afternoon), learning how to manage their eating disorder behaviors, thoughts, and emotions. These group sessions are led by an experienced, licensed clinician.

An “exposure meal” is part of the therapy and helps participants work toward individual nutrition goals. A registered dietitian works with the participants in groups and individual sessions as needed. The dietitian can also advise the family.

To ensure continued success, the LiveWell team follows up with patients at three-, six-, and nine-month intervals after completion of the program.

Call **1-888-320-9584** to discuss this program.

CDPHP members can **get help for eating disorders.**