

Choosing a Health Plan for Eating Disorder Treatment and Recovery

Eating disorders are serious illnesses that often require treatment from specialists such as therapists, dietitians, psychiatrists, and other health care providers. It is important to get the right treatment for an eating disorder and stay healthy in recovery.

Know what's covered

- Mental and behavioral health services and treatment including therapy and counseling
- Rehabilitative and habilitative services: coverage is based on your medical needs in the appropriate setting (i.e., office, outpatient, inpatient)
- Prescription drugs
- Emergency services

Plans also cover free preventive services, including depression screenings for adults and behavioral assessments for children.

Browse plans and prices

Your specific benefits will depend on the health plan and providers you choose. You'll see a full list of what each plan covers, including benefits, when you compare plans at MarylandHealthConnection.gov. Each plan provides a Plan Costs and Benefits guide and Prescription Drug Search so you can review specific costs for services and medications.

Keep in mind

- You may need to get pre-approved by your insurance company before you receive services. Your physician or psychologist can do this for you by completing the necessary paperwork and submitting it to your insurance company.
- For an emergency inpatient admission for treatment of a mental illness or emotional health disorder, your insurance company must make a decision on whether to pre-authorize the inpatient treatment within two hours of receiving the request.



Know your rights

- If a patient is a threat or danger to himself or others, the insurance company cannot deny the first 24 hours of an admission as long as the patient's physician or psychologist determines it's a medical emergency. Notify the insurance company as soon as possible.
- If you believe that the insurance company is not following the law, or if it denies an emergency admission, call the Maryland Insurance Administration at 1-800-492-6116.

YOU CAN GET FREE, IN-PERSON ENROLLMENT HELP

Free help is available to find a health insurance plan that's right for you. You can meet with a trained navigator or broker near you.

Visit MarylandHealthConnection.gov/help or call **1-855-642-8572**.
Deaf and hard of hearing use Relay service.

