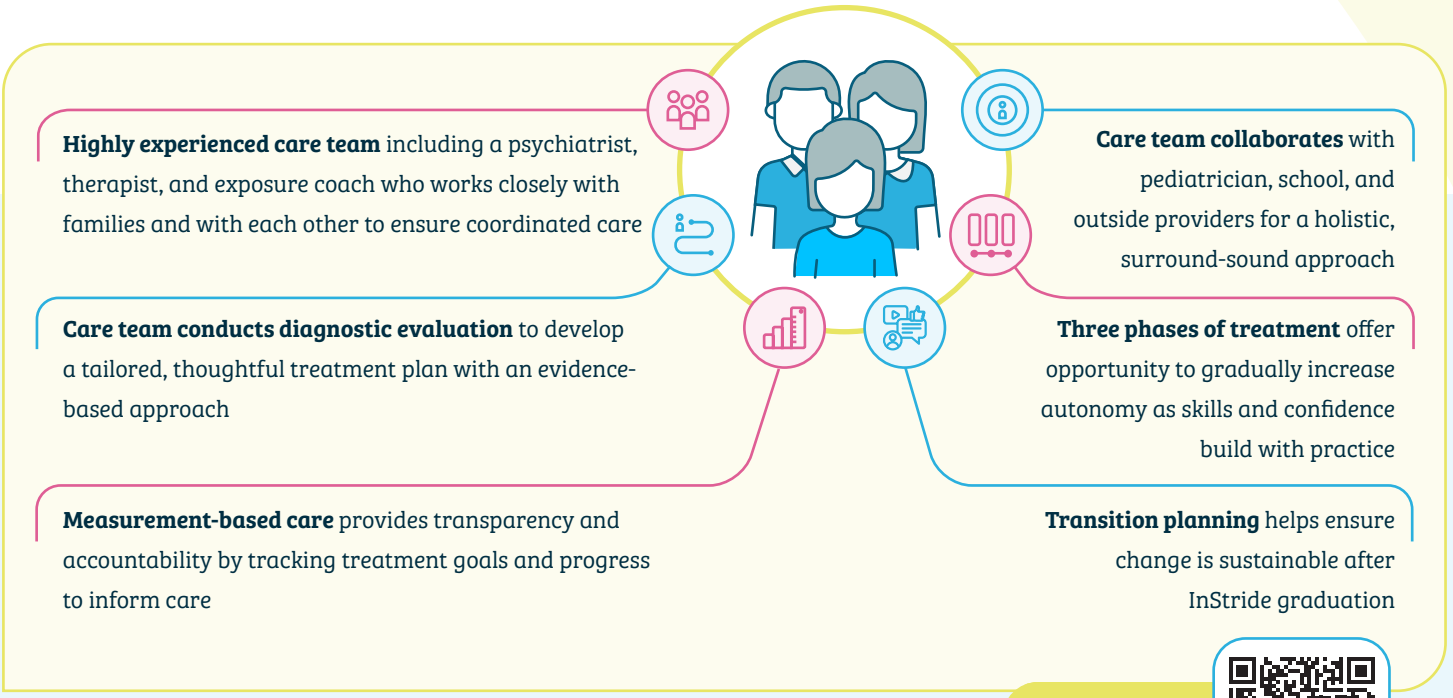


Insurance-Based, Specialty Outpatient Care for Pediatric Anxiety and OCD

At **InStride Health**, our care team understands what a privilege it is to be part of a child and family’s journey. Our Harvard-trained clinical founders built InStride Health to disrupt the broken mental health system and improve access to care that actually works for children, teens, and young adults (7-22). We have the training, expertise, proven clinical outcomes and, most importantly, the heart to help your child learn and leverage the skills and strategies needed to quickly get their lives back on track.

InStride Patient Experience: Empowering families through access to care that’s proven to work





Apply Now





Personalized treatment that fits into your life, not the other way around


We engage patients and families in a fully virtual care journey that is **demonstrated to be as effective as in-person treatment** for anxiety and OCD in children and teens.

- 

Proactive text messages with reminders of skills and strengths before challenging events
- 

Phone calls for support and accountability during **exposure exercises** in the community
- 

Scheduled video sessions (individual and group therapy) leveraging evidence-based curriculum (CBT, ACT, DBT)
- 

Real-time texts for help managing stressors when they come up
- 

Group video sessions for parents to learn strategies and feel supported

An easy process leading to quick access to treatment



1. Apply at InStride Health
(no referral needed) and we'll reach out to schedule screening within 1 day



2. Start the care journey
within 1-4 weeks of an accepted application



3. Graduate the InStride program
in 4 to 12 months

Patients and caregivers report meaningful improvement

90%

of graduates reported a **reduction in anxiety symptoms** following two months of treatment*

91%

of caregivers noted a **reduction in their own distress****

100%

of patients would recommend **InStride Health to a friend*****

Anthem

Insurance-based access across multiple states

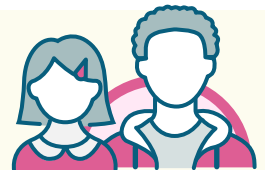
InStride is available in Connecticut, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, and Rhode Island and continues to expand into new states.

[Apply Now](#)



“

Our families see the InStride difference



“We cannot begin to tell you what a difference we have seen in our daughter since beginning InStride. She has gone from not attending her classes to going to all of them, having a part-time job after school and making new friends. You and your team are professional, caring, supportive, attentive, and we cannot thank you enough for everything you have done.”

– **Parents of an InStride patient**

InStride Health **Anthem**

855-438-8331 • info@instride.health • [instride.health](https://www.instride.health)

*As measured by the GAD7, among patients with initial elevated anxiety symptoms at admission (GAD7>=8)

** After seven months of the patient's treatment initiation

***Four months post admission; data from founding through 9/2023