



Alsana Expands Eating Disorder Treatment Access Through Growing Virtual Care Options

LOS ANGELES, CA, UNITED STATES, October 28, 2026 /EINPresswire.com/ -- For many people afflicted with an eating disorder, taking the first step and getting into treatment can be a major hurdle: the right program might be hundreds of miles away, or its schedule might not fit well around work or school.

Research suggests virtual care can help close that gap. A 2025 study in the [Journal of Medical Internet Research](#) compared the outcomes of virtual and in-person intensive outpatient programs. It found that patients in both groups saw similar improvement in their eating disorder symptoms.

Virtual PHP and IOP (vPHP/IOP) treat a range of conditions, including anorexia, bulimia, binge eating disorder, ARFID, ED-DMT1, OSFED, and co-occurring mental health conditions. Alsana's [virtual treatment](#) is currently available in 43 states and is in-network with nearly all major payors. It also advocates for insurance coverage of [virtual eating disorder treatment](#).

Alsana often comes up in conversations about virtual treatment, especially for people who need more support than outpatient care but can't step away from their everyday responsibilities. Their online format offers whole-person care in the comfort of their home, with 4 to 8 hours of programming a day, 3 to 5 days a week. Clients remain connected to their outpatient team throughout.

Alsana's approach to treatment is grounded in the organization's belief that full recovery is possible and that each client can write their own recovery story. Alsana's adolescent virtual PHP/IOP program is now accepting client inquiries.

To learn more about Alsana's virtual programs and where they're available, visit alsana.com.

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Eating Disorder Treatment News

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