



Addressing *eating disorders*

Common types of eating disorders

- Anorexia Nervosa
- Bulimia
- Binge Eating Disorder

Prioritizing your mental health is tough. Unfortunately, it can be even tougher to then find help. You need credible information, resources and a highly qualified team offering the right fit. One that works to ensure you receive the best possible care, so you can focus on what matters most—getting better.

Introducing Lucet, your partner in health.

With nearly 30 million Americans suffering from eating disorders, they are concerningly common. While most people think of teenage and young adult women suffering from these disorders, anyone can develop them. Some groups are at particular risk, including athletes facing scrutiny for their appearance, and minority transgender individuals. Because of their significant impact on physical health, eating disorders are among the most serious psychiatric disorders.

What are the warning signs of eating disorders?

Emotional/Behavioral

- Preoccupation with dieting, calories, carbs or fat
- Avoidance of certain foods or whole food groups
- Excessive exercise
- Body image dissatisfaction

Physical

- Rapid unexplained weight loss or fluctuations
- Gastrointestinal complaints
- Dizziness upon standing
- Difficulty concentrating or sleeping
- Issues with dental, skin, hair and/or nail health

◆ Finding the right care shouldn't be so complicated.

That's why your health plan has partnered with us to offer this valuable benefit at no additional cost to enrolled members and their covered dependents. We're standing by and ready to help. **Call 877-801-1159 today to get started.**

ABOUT LUCET

Lucet is a leading behavioral health company providing tech-enabled services to support payers, providers and members. We believe people deserve a more direct path to better mental health. With smart technology and human expertise, we help people get the care they deserve—ensuring quality, timely access and value-driven care for all who need it.

[LucetHealth.com/Members](https://www.lucethealth.com/members)