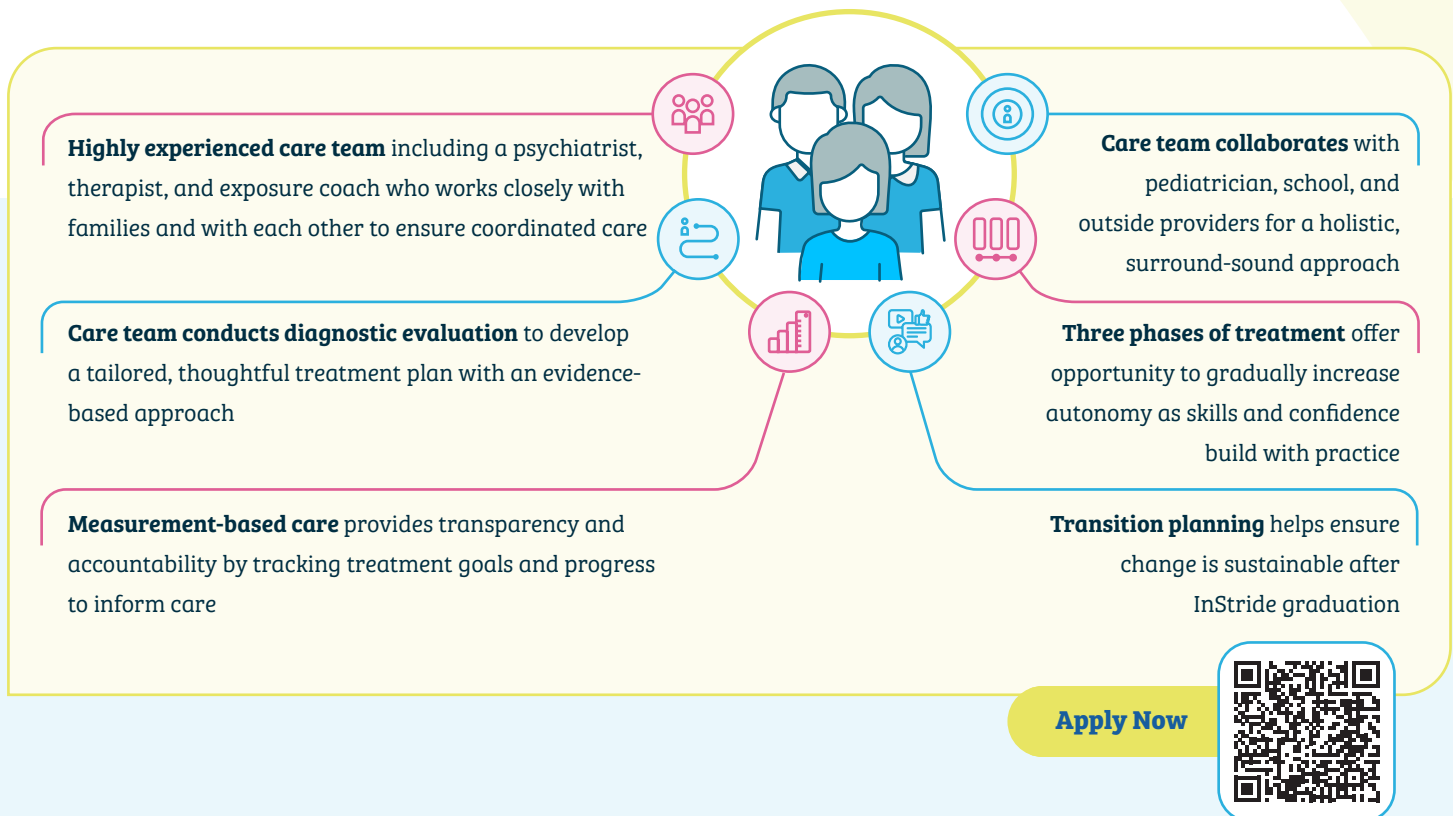


Insurance-Based, Specialty Outpatient Care for Pediatric Anxiety and OCD



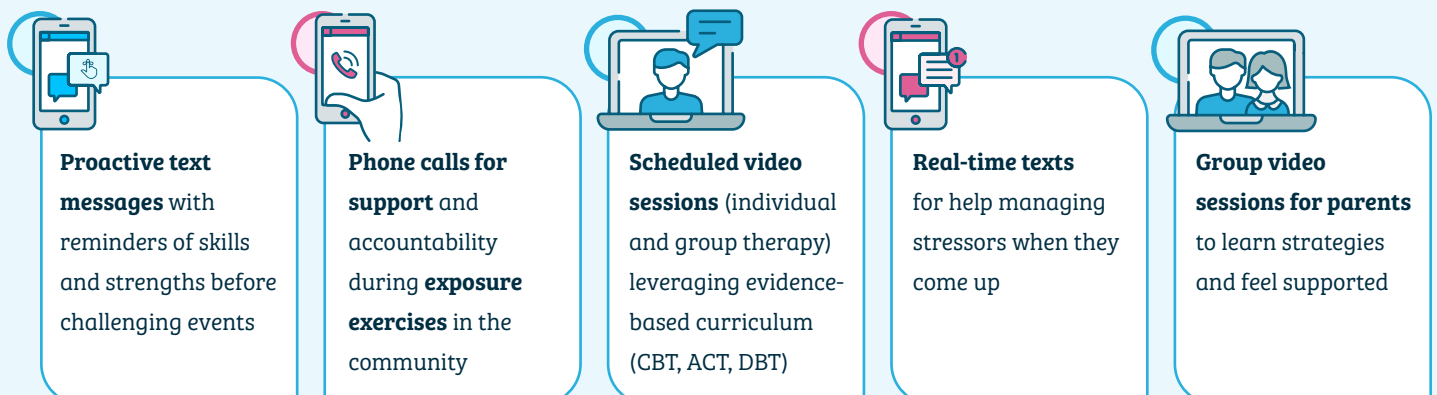
At **InStride Health**, our care team understands what a privilege it is to be part of a child and family's journey. Our Harvard-trained clinical founders built InStride Health to disrupt the broken mental health system and improve access to care that actually works for children, teens, and young adults (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



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.



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%

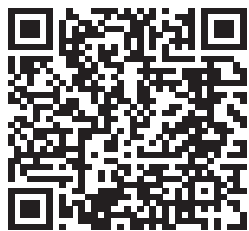
of patients would recommend **InStride Health to a friend*****

Anthem 

Insurance-based access across multiple states

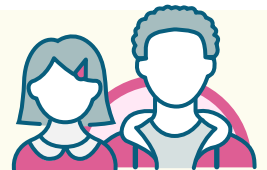
InStride is available in Connecticut, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, and Rhode Island and continues to expand into new states.

[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** 

855-438-8331 • info@instride.health • 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