

Out-of-Province and Out-of-Country Treatment for Eating Disorders

In all provinces, to obtain provincial health insurance coverage for out-of-province and out-of-country eating disorder treatment, a similar process must be followed. Note that government-funded treatment facilities are relatively scarce in Canada and they are often unable to accommodate to out-of-province clients.

The process across Canada usually involves the following steps:

1. The client must be assessed and referred in writing by an appropriate eating disorders specialist.
2. A **letter of request and/or the necessary application forms** from a physician specializing in eating disorders must be sent to the Ministry of Health in the client's home province.

The letter of request/application must include the following:

- Evidence that the client has explored the resources available within her/his province (and Canada) and that there are no services that will be available within a reasonable amount of time
- Contact information for the proposed out-of-country treatment centre to which the individual wishes to go must also be included in the letter with verification that it is an accredited facility.
- Pertinent medical records, clinical information or health and treatment history in support of the application should be appended if appropriate.

3. The request will receive **approval or denial** by the corresponding provincial government panel. If denied there are **appeal processes** that can be followed in each province.