



Talkspace

Convenient, safe and secure online therapy – no office visit needed

Developed by a team of healthcare industry professionals, Talkspace is a digital platform that offers an effective alternative to in-person therapy through text, voice and video messaging with over 5,000 licensed, master-level or higher behavioral health clinicians available nationwide.

As a contracted virtual visit provider group, Talkspace is a convenient, safe and secure way to access behavioral health therapy via phone or desktop, giving individuals greater flexibility to engage with their care and improve their overall health.

Support for anxiety, depression, PTSD and other conditions.

Specialized clinicians are also available for conditions like substance use, eating or compulsive disorders.

Regular communication via text, voice and video message.

Providers respond daily, five days a week, so members don't have to wait for weeks between appointments.

No appointment necessary.

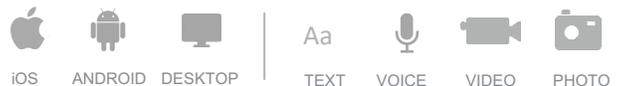
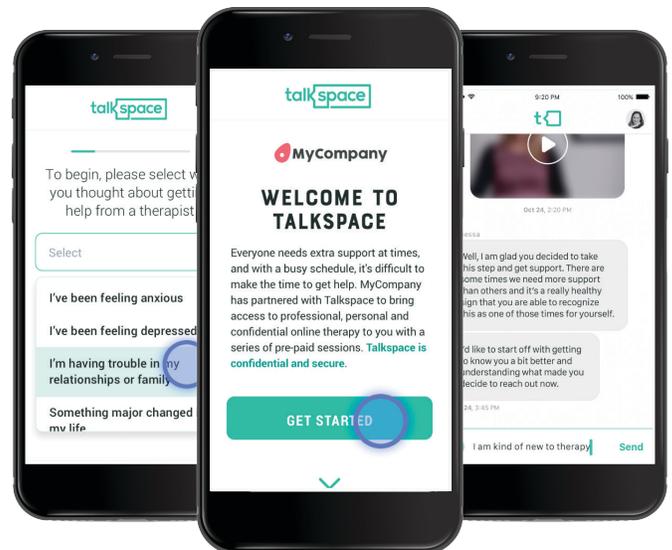
Therapy can start immediately from the convenience of home, work or any other private location without calling a provider to schedule a visit.

Live video capabilities.

As needed, members can schedule live video sessions for face-to-face virtual support.

Provider matching.

5,000+ licensed behavioral health clinicians are available across all 50 states and are matched to members based on location, needs and preferences.



98% of users found Talkspace more convenient than traditional therapy¹

50% fewer hours of missed work over a seven day period following treatment²

5 days a week, responses daily

1. Talkspace study with Columbia University. To learn more, go to [Talkspace.com](https://research.talkspace.com) and read about our User Survey and recent studies - <https://research.talkspace.com>
2. Ibid.