Get started today

Visit talkspace.com/cigna to register and confirm benefit eligibility

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Complete intake and assessment to see your curated list of therapist matches

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Review professional profiles and choose your dedicated therapist

Create an account and download the app (iOS and Android) for easy future access

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Messaging can begin the same day as registration

talkspace

Founded in 2012 with the mission to eliminate the stigma associated with mental health and make therapy available to all, Talkspace has been used by over one million people.





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Convenient, safe and secure online therapy from any location

> Learn more at talkspace.com/cigna

Therapy from anywhere

Talkspace is an online therapy service that connects users to a dedicated, licensed therapist via private messaging (text, voice, video) or live video session. The platform is fully HIPAAcompliant and uses bankinggrade encryption to protect data.

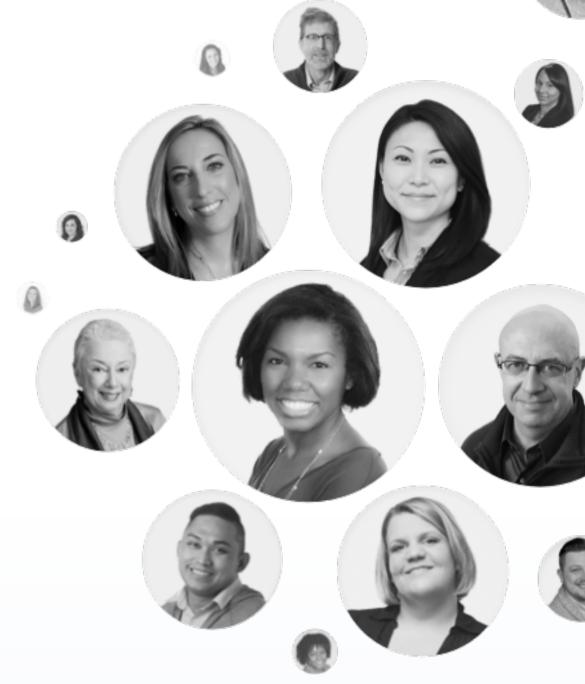
Talkspace treats a wide range of behavioral conditions including depression, anxiety, relationships, PTSD, addiction, eating disorders and more.

No office or commute needed

Every user selects a dedicated therapist from a curated list of instate matches. Users can regularly contact their dedicated therapist through text, voice and video message as life happens anytime, anywhere. Therapists engage daily.

A national network of therapists

The Talkspace clinical network features thousands of licensed therapists across all 50 states. They are credentialed according to NCQA standards, and are masterlevel or higher clinicians.



70% of users participating in a recent study report improvement within 3 months on Talkspace. Learn more at research.talkspace.com