



# 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 in-app chat, voice and video messaging with thousands of licensed, masters-level or higher clinicians available nationwide.

As a contracted virtual visit provider group, Talkspace is a convenient, safe and secure way to access an EAP provider 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 in-app chat, voice and video messaging.

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

### No appointment necessary.

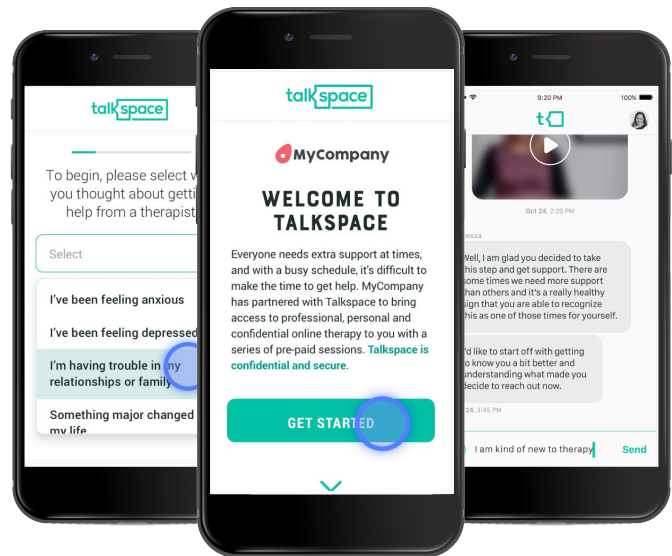
Therapy can start immediately from the convenience of home, work or any other private location without calling a provider to schedule a visit.

### Live video capabilities.

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

### Provider matching.

Thousands of licensed EAP providers 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 therapy<sup>1</sup>

**50%** fewer hours of missed work over a seven day period following treatment<sup>2</sup>

**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.

11000 Optum Circle, Eden Prairie, MN 55344

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