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 therapy¹  
50% fewer hours of missed work over a seven day period following treatment²  
5 days a week, responses daily

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

11000 Optum Circle, Eden Prairie, MN 55344
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