



Something on your mind?

Message a dedicated therapist anytime, anywhere.

Talkspace online therapy is now a part of the UnitedHealthcare network and covered as a part of your health benefits. With Talkspace, you can regularly communicate with a licensed therapist via text or live video, safely and securely from your phone or desktop. No office visit required.

Here's how Talkspace can fit your life:

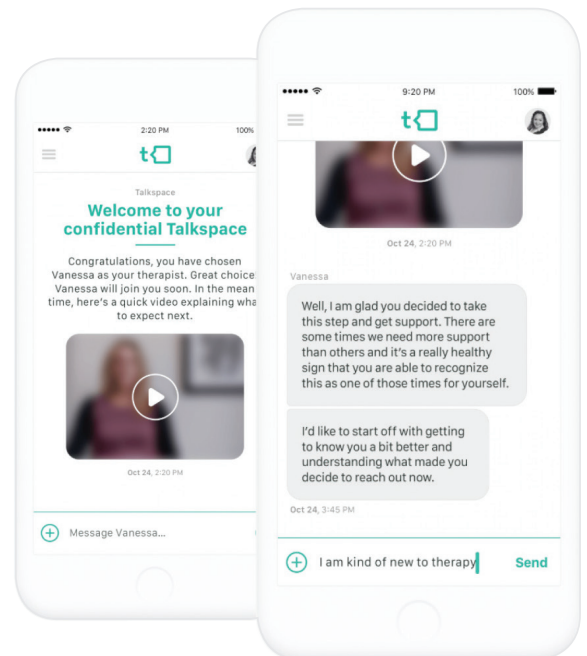
- With Talkspace, you can message a licensed therapist, 24/7.
- Start therapy within hours of choosing your therapist.
- Therapists respond 5 days a week.
- Schedule live video sessions, when needed.
- Download the Talkspace app on your mobile phone or desktop computer.

Talkspace is *your* space, to use in your time. It's private, confidential* and convenient. And since it's covered by your health plan, you can use your FSA or your HSA to cover the cost of the copay or the cost of the visit up to your deductible. See your official health plan documents for more information.

Talkspace is convenient, safe and secure.

To access care you must first register and choose a provider at talkspace.com/connect. Then message anytime or anywhere for care.

talkspace



iOS® / Android® / Desktop
Text / Voice / Video / Photo



*Confidential in accordance with the law.

UnitedHealthcare and its affiliates do not recommend or endorse any treatment, medication, suggested approach, specific or otherwise. The information provided herein is for educational purposes only. For advice about specific treatments or medications, please consult your physician and/or mental health care provider. Certain conditions and restrictions may apply. Also, certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services. **If you are experiencing thoughts of suicide or if this is urgent and an emergency, call 911 or 1-800-suicide (784-2433) or 1-800-273-TALK (8255).**

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