

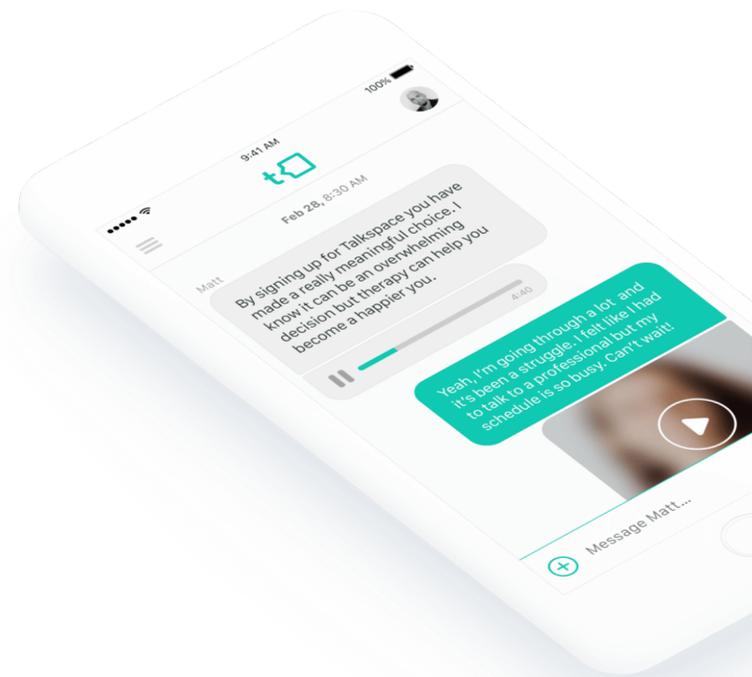


WELCOME TO TALKSPACE!

Cigna has partnered with Talkspace to offer you telebehavioral health care from anywhere.

What is Talkspace?

Talkspace is an online therapy platform that makes it easy and convenient for you to hold sessions with a licensed behavioral therapist from anywhere, at any time. No commutes or long waits. With Talkspace, you can send private messages to, or hold live video sessions with, your dedicated therapist through a secure digital app platform.



How Talkspace Works

Tell us what you're looking for

First, we need to know your needs and preferences for therapy. Keep in mind that Talkspace is confidential, secure, and private.

Get matched

Our algorithm suggests 3 potential therapists based on your preferences. Select your ideal match, and begin therapy the very same day.

Message with your therapist - on your schedule

Send unlimited text, video, and voice messages to your therapist, whenever works best for you. Your therapist will engage daily. You can also schedule a live video session to chat in real time. Remember that you'll always connect with the same therapist, unless you request to switch.

Visit talkspace.com/cigna to get started

- A session consists of one live video session or approximately one week of messaging.
- The payment terms that apply to an in-person visit will also apply to a Talkspace session.
- Whether on the go or at home, you can always access Talkspace securely via web browser or mobile app.

Taking care of your mental health can help you live a happier, healthier, and more productive life.

For additional information, please visit talkspace.com/cigna