



Getting started with therapy



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Welcome to Talkspace

Talkspace is a digital space for private and convenient mental health support. With Talkspace, you are matched with a recommended, licensed provider based on your preferences, and can receive support day and night from the convenience of your device (iOS, Android, and Web).

How it works

Within days of completing registration, you can begin to exchange unlimited asynchronous messages (text, voice, and video) with your dedicated therapist. Live sessions can also be scheduled, depending on your plan. Therapists are encouraged to engage daily, five days per week, which often includes weekends.

You will continue to work with the same therapist throughout your journey. However, you're always welcome

to switch providers so you can find the perfect fit. Talkspace's clinical network features thousands of licensed, insured, and verified clinical professionals with specialties ranging from behavioral to emotional and wellness needs, including:

- ✓ Stress
- Eating disorders
- Anxiety

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- Substance use
- Depression
- Sleep
- Healthy living
 Generating
- Trauma & grief
- Chronic issues
- And more

In the largest study to date, over 10,000 participants received treatment for 3 months using the Talkspace platform's asychronous messaging modality. The research demostrates messaging to be an effective therapeutic modality in decreasing symptoms of depression and anxiety. Key outcomes:

Ready to get started

- → Visit talkspace.com/oscar
- → Complete our QuickMatch[™] provider finder tool to review your best match
- → Begin messaging in your private digital care room, or schedule a live session

Talkspace services are subject to your behavioral health plan benefits. Register utilizing your Group and Member

1. Improvements: 67.6% of patients showed sustained decreases in anxiety and depression symptoms that approach or surpass thresholds defining recovery

2. Recovery: 53% recovered from depression & 48% recovered from anxiety

La aplicación Talkspace no se encuentra disponible actualmente en español. Si necesita ayuda para encontrar un proveedor bilingüe, envíe un correo electrónico a cigna-support@talkspace.com.

Cigna + Oscar coverage is insured by Cigna Health and Life Insurance Company. CA: benefits administered by Oscar Health Administrators. Other states: benefits administered by Oscar Management Corporation. Pharmacy benefits are provided by Express Scripts, Inc. Cigna + Oscar health insurance contains exclusions and limitations. For complete details on product availability and coverage, please refer to your plan documents or contact a representative.

ID to determine cost share.