talkspace **cigna** healthcare
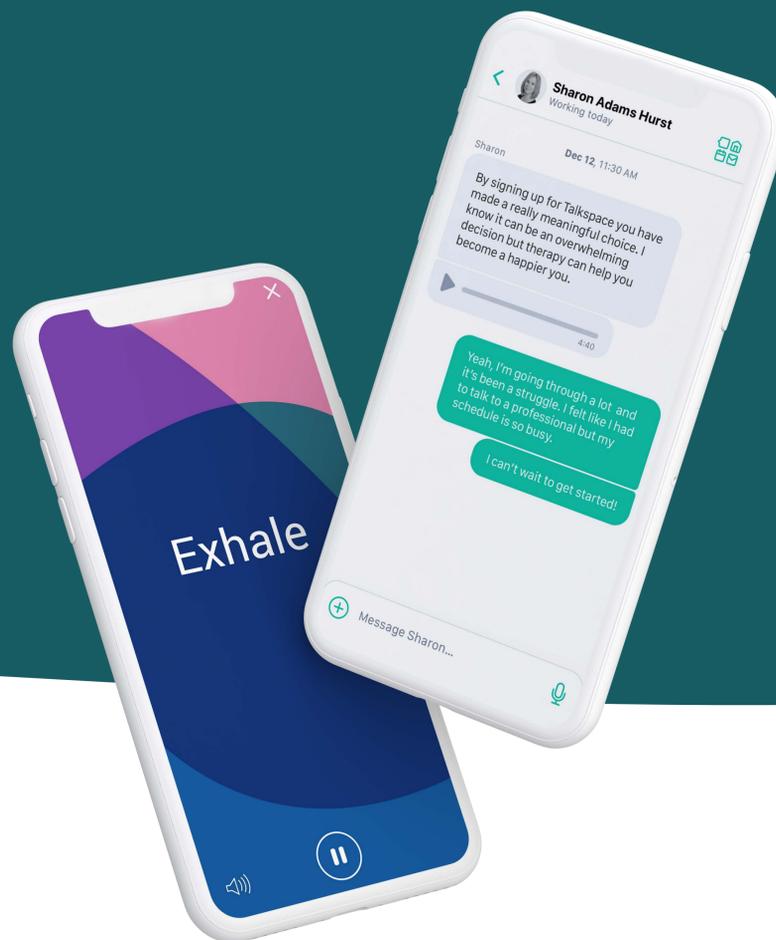Administered by **Oscar**

Getting started with therapy

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**

✔ **Anxiety**

✔ **Depression**

✔ **Relationships**

✔ **Healthy living**

✔ **Trauma & grief**

✔ **Eating disorders**

✔ **Substance use**

✔ **Sleep**

✔ **Identity struggles**

✔ **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:

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

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 ID to determine cost share.