



# Getting started



## Welcome to Talkspace

Talkspace is a digital space for private and convenient mental health support. With Talkspace, you can choose a dedicated therapist and/or prescriber from a list of recommended, licensed providers and receive support day and night from the convenience of your device (iOS, Android, and Web).

## How it works

Our members can begin to exchange unlimited messages (text, voice, and video) with their personal therapist immediately after registration. Therapists engage daily, five days per week, which often includes weekends. Every Talkspace member is granted a complimentary, 10-minute video session to get to know their new provider. Members can also meet with prescribers for evaluation and medication support. Video appointments take place within 7 days.

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

Talkspace can work for you. In a [study](#) of 10,000 member participants, 70% experienced significant symptom improvement and 50% fully recovered after 12 weeks of regular engagement with their Talkspace therapist.

## Ready to get started

- Visit [talkspace.com/cigna](https://talkspace.com/cigna)
- Complete our QuickMatch™ survey
- Review your best matches and choose your personal provider

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](mailto:cigna-support@talkspace.com).