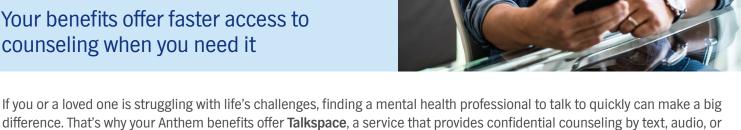




Connect with a therapist — anytime, anywhere

Your benefits offer faster access to counseling when you need it



Find support for:

Depression

- Anxiety
- Grief

Relationships

- Sleep
- Stress
- Substance use
- Trauma

You'll benefit from:



Personalized match

video — whatever way feels right for you.

Talkspace QuickMatch™ pairs you with a therapist who fits your needs and preferences. That helps you feel comfortable from the start.

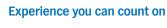


24/7 access

Message your therapist via text, audio, or video whenever something comes up - or schedule a virtual visit to connect in real time.



Talkspace includes a diverse network of professional licensed



therapists in every state who treat a variety of needs.

Your Anthem benefits are here with support

You and your household members can get confidential support through your Anthem benefits. Connect to helpful tools, resources, and information, as well as to financial and legal advisors. Go to talkspace.com and enter your insurance information.

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- Enter your insurance information.