

# Getting Started

Talkspace, a benefit made available to you through Aetna is your digital space for private and convenient mental health support. With Talkspace, you can receive counseling, therapy, and medication services from the convenience of your device (iOS, Android, and web).

All care is led by a behavioral health clinician or medical professional. Talkspace's network features thousands of licensed, insured, and verified therapists and specialized prescribers who can support a variety of needs— including, but not limited to:

- ✓ Stress
- ✓ Anxiety
- ✓ Depression
- ✓ Eating disorders
- ✓ Substance use
- ✓ Sleep
- ✓ Identity struggles
- ✓ Chronic issues
- ✓ Trauma & grief
- ✓ Relationships
- ✓ Healthy living
- ✓ ...and more

## Counseling and therapy

On average, members can begin communications within days of matching with a licensed provider. Therapists typically engage daily during their business hours. Live sessions can take place within days of scheduling.\*

## Medication evaluation and management

Find an available psychiatric prescriber in minutes. With Talkspace Psychiatry, you can schedule video appointments with an in-state, licensed provider who specializes in psychiatric evaluation. You'll meet virtually over live video within two weeks of booking (on average).

## Additional services

Members have access to Talkspace education and self-help tools to complement your mental health journey. Designed by clinical experts, exercises are interactive, therapeutic, and easy to use.

Meditation

Journaling

Reflections

Positive Thinking

\*Appointment scheduling is based on availability and preferences

## Ready to get started?

- To register, visit [talkspace.com/aetna](https://talkspace.com/aetna) and have your memberID ready  
*Sessions are subject to your applicable copay or deductible/coinsurance*
- Complete our QuickMatch™ provider finder tool to review your best match
- Schedule a live session or message right away

### Questions? Contact

[aetna-support@talkspace.com](mailto:aetna-support@talkspace.com)

or visit [talkspace.com/faq/aetna](https://talkspace.com/faq/aetna)