



Support when you need it — no appointments necessary.

Now you can get the extra support you need in a way that works for you. With Talkspace, you can reach out to a licensed, in-network Employee Assistance Program Provider, 24/7.

Here's how Talkspace can fit your life:

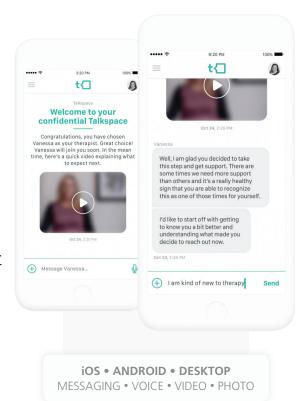
- > Access Talkspace anytime, anywhere.
- > Find an EAP provider with an online matching tool.
- > Start therapy within hours of choosing your EAP provider.
- Message your EAP provider whenever no appointments necessary.
- Get messages back throughout the day, five days a week.
- Choose real-time face-to-face video visits by appointment, when needed.

To get started, call your Employee Assistance Program at 1-800-234-5465 to obtain an authorization code prior to registering (first visit only), choose a provider, and message anywhere, anytime. talkspace.com/connect

After you register, download the Talkspace app on your mobile phone. Talkspace is supported by Chrome, FireFox, Safari or Edge browsers on your desktop computer.

Talkspace is *your* space. To use in *your* time. It's private, secure, confidential and convenient. And it's covered under your Employee Assistance Program benefits as a participating provider.





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