



WELCOME TO TALKSPACE

Cigna has partnered with Talkspace to offer you access to Talkspace online therapy.

What is Talkspace?

Talkspace is an online therapy platform that makes it easy and convenient for you to connect with a licensed behavioral therapist from anywhere, at any time. With Talkspace, you can send unlimited text, video, and voice messages to your dedicated therapist via web browser or the Talkspace mobile app. No commutes, appointments, or scheduling hassles.

How Talkspace Works

TELL US WHAT YOU'RE LOOKING FOR:

First, we need to know your needs and preferences for therapy. Keep in mind that Talkspace is confidential, secure, and private. Visit talkspace.com/cigna and enter your registration details.

GET MATCHED:

Our algorithm suggests 3 potential therapists based on your preferences. Select your ideal match, and begin therapy the very same day. On the next screen, click "Let's Start!" to complete the questionnaire to choose a therapist. Then click "Select" for the therapist you choose.

MESSAGE WITH YOUR THERAPIST – ON YOUR SCHEDULE:

Message with your therapist - on your schedule: Send unlimited text, video, and voice messages to your therapist, whenever it works best for you. Your therapist will check in daily, 5 days per week. Remember that you'll always connect with the same therapist, unless you request to switch.

For additional information, please visit talkspace.com/cigna

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.

