

THERAPY AS CLOSE AS YOUR PHONE

TALKSPACE® VIRTUAL THERAPY FOR BEHAVIORAL HEALTH

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 your therapist multimedia messages, including text, voice, photo, and video. In addition, you can work with your therapist to schedule a live-video session. No commutes, appointments, or scheduling hassles. If you are enrolled in a Green Diamond Premera medical plan, Talkspace benefits are available via Premera.com or the Premera MyCare app.

HOW TO ACCESS YOUR BENEFIT



1. Download the Premera MyCare app from the Google Play store or the Apple App store.
2. Once registered and logged into your Premera account, click through to the Mental Health section on the home screen and click on Talkspace, which will prompt you to download the Talkspace app.
3. In the Talkspace app, input your insurance information, confirming your benefits.



MATCH WITH A THERAPIST

The Talkspace algorithm will suggest three potential therapists based on your preferences. Select your ideal match, and begin therapy the very same day.

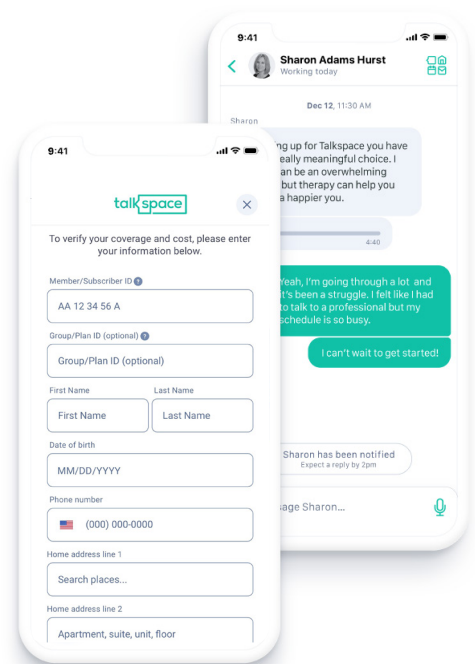
On the next screen, click “Let’s Start!” to complete the questionnaire to choose a therapist.

Then click “Select” for the therapist you choose.

CONNECT WITH YOUR THERAPIST

You and your therapist will communicate via the Talkspace platform, either via private messenger or live video. Send text, video, and voice messages to your therapist whenever it works best for you. You can expect to hear back within one working day. Live-video sessions require a scheduled appointment.

You will always connect with the same therapist, unless you request to switch.



For more details see the FAQs at redemption.talkspace.com/faq/premera or call the number on the back of your Premera ID card.