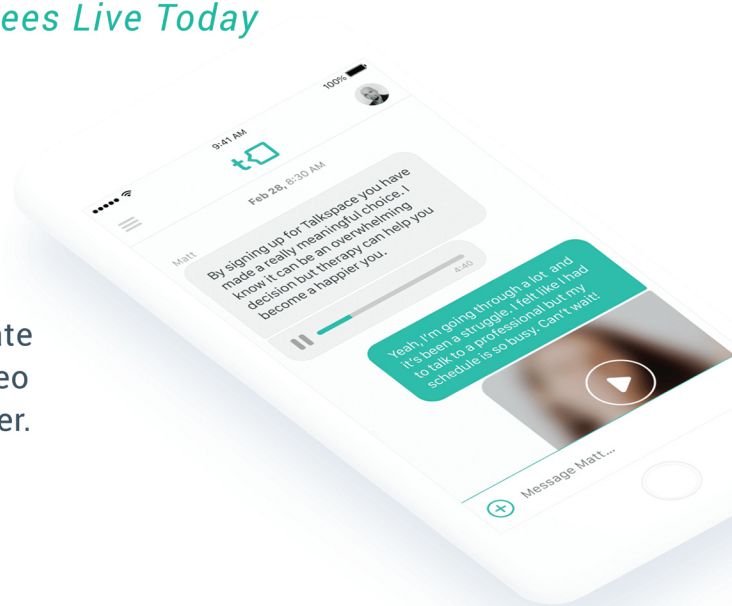


ONLINE THERAPY

Convenient | Effective | Confidential
Therapy for How Employees Live Today

What is Talkspace?

Talkspace is an online behavioral therapy platform that allows employees to communicate with a licensed therapist via text, audio, or video message on a smartphone or desktop computer.



Highlights

- **Convenient**
Employees can message their therapist as often as they want to. Therapists respond daily, five days per week. No appointments or scheduling hassles.
- **Clinical Intake**
Our matching process pairs every user with 3 possible therapist matches after assessing the employee's condition(s), state of residence, preferences and needs.
- **Same-Day Access**
Employees can select and message their dedicated therapist on the same day they sign up.
- **Dedicated Support**
Employees always engage with the same therapist to help them set goals, stay on track, and assess their progress. Therapists engage daily, five days a week.
- **Safe**
Talkspace is secure, HIPAA compliant, and confidential.

Who uses Talkspace?

Over 1,000,000 individuals have used the Talkspace platform to date.

70% of Talkspace users have never been in traditional therapy.

Why use Talkspace?

Talkspace is effective for most common behavioral health concerns such as:

- | | |
|---------------------------|------------------------------|
| - <i>depression</i> | - <i>stress</i> |
| - <i>anxiety</i> | - <i>grief</i> |
| - <i>substance misuse</i> | - <i>relationship issues</i> |
| - <i>PTSD</i> | |

Provider Network

- **Comprehensive**
There are 2,000+ licensed Behavioral Health therapists on the Talkspace platform across the U.S, enabling us to serve clients in all 50 U.S. States.
- **Excellent Care**
We rigorously screen all therapists and provide continuous training and educational resources.
- **Credentialed**
Talkspace therapists are credentialed in accordance with NCQA standards.
- **Multicultural**
Talkspace therapists are fluent in over 25 languages and trained for different needs, including LGBTQ community and cultural diversity.
- **Data-Driven**
Detailed monitoring of quality outcomes for therapists and Talkspace users.



Research: Talkspace vs. Traditional Therapy

After 3 months using Talkspace, employees reported¹

98% of respondents find Talkspace more **convenient** than face-to-face counseling

90% who have previously had face-to-face therapy **prefer Talkspace**

81% of respondents think Talkspace is as **effective or better** than face-to-face therapy

50% **fewer hours** of missed work over the 7-day period following treatment.

57% **decrease** in depression symptoms

36% **decrease** in the impact of depression / anxiety on their functioning at work.

50% **decrease** in comorbid anxiety symptoms.

90% **prefer Talkspace** over traditional therapy

Remission rates of **45%** and **62%** on depression and anxiety disorders after **2 months** using Talkspace

¹Talkspace study with Columbia University. Recent studies suggests text-messaging based psychotherapy delivery systems like Talkspace are effective, show statistically and clinically significant decreases in patients' levels of dysfunction, and achieve results that compare favorably with past clinical trials of face-to-face psychotherapy. Still, therapy through Talkspace may not be right for everyone and we encourage you to review all our terms and conditions. To learn more, go to [Talkspace.com](https://research.talkspace.com) and read about our User Survey and recent studies - <https://research.talkspace.com>.