



## Chat therapy

- Use your free sessions: One week of chat therapy counts as one visit.
- You will continue to work with the same therapist unless you request to change providers.
- Your therapist will reply to you daily, during his or her business hours — up to five days a week.
- Whether on the go or at home, you can access Talkspace securely via your web browser or mobile app.

## Live sessions

Meet with your therapist online for a 30-minute televideo, phone or chat live session. Each session counts as one visit.

Taking care of your mental health can help you live a happier, healthier and more productive life — both on and off the job.

For additional information, please visit our [FAQ](#).

\*Please note: Talkspace is for individual counseling for members 13+ years of age and older. You have 120 days from the date you sign up to use your sessions. Talkspace should not be considered for meeting requirements for employment, school enrollment, disability or legal documentation. Chat therapy and live sessions in the same week count as multiple sessions.

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