

Therapy as close as your phone

TALKSPACE VIRTUAL THERAPY FOR BEHAVIORAL HEALTH

One in five U.S. adults experience mental illness every year.*
At Premera Blue Cross, we are committed to making it easier for people to find the help that works for them.

Our expanded behavioral health network now includes Talkspace. With Talkspace, you can easily connect to therapists and psychiatrists by video and text for about the same cost as an in-person visit.

When you need Talkspace—regardless of the time of day or where you are—you can reach your dedicated therapist.

Here's how to get started:

- Sign up for Talkspace at talkspace.com/premera
- Get matched with the best therapist for you
- Start messaging your therapist right away

You can also visit the mental health resource center at premera.com/mentalhealth to find additional information on navigating your benefits, finding care, and more.

You can also access Talkspace via the **Premera MyCare** app. Download Premera MyCare now from the Apple Store or Google Play.



If you are experiencing a life-threatening mental health or medical emergency, call 911.

If you are experiencing an emotional distress crisis, call or text the **Suicide and Crisis Lifeline** (24/7) at 988. You can also chat with a counselor at 988lifeline.org.

*<https://www.nami.org/mhstats>

The service is subject to plan eligibility and benefits.

Talkspace is an independent company that provides virtual mental health care on behalf of Premera Blue Cross.

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