

## Harvard Pilgrim – Now Offering Talkspace

In an effort to provide innovative support during these difficult times, Harvard Pilgrim is now offering **Talkspace**, a secure digital messaging service that offers same-day therapy with licensed behavioral health providers. Talkspace offers Harvard Pilgrim members a convenient way of accessing outpatient therapy, five days a week. It also gives them greater flexibility in how they choose to receive care and take steps toward improving their overall health.

Talkspace offers:

- Thousands of licensed therapists
- Support for mild to moderate anxiety, depression and other conditions
- Regular communication via secure digital messaging, voice and video message via a secure, confidential and HIPAA-compliant platform
- Live video capabilities

No appointments are necessary, and members are matched with providers within minutes of completing an assessment.

### How members can access Talkspace

- Visit [www.talkspace.com/connect](http://www.talkspace.com/connect) and enter their insurance information, including member ID number.
- Then, after the member fills out a brief assessment, Talkspace will immediately recommend three prospective therapists, based on the member's needs.
- Instructions for downloading the Talkspace app will be provided during the registration process.

Click [here](#) for more information on Harvard Pilgrim's behavioral health resources.