talkspace + First Choice Health

In-network behavioral health support through virtual counseling and psychiatry

HIPAA COMPLIANT · AICPA SOC 2 · SECURE SSL

Many First Choice Health members can now access Talkspace through their medical plan.

Talkspace offers private and convenient mental health support on your schedule. Engage in counseling and therapy from the convenience of your device (iOS, Android, web).

All care is delivered virtually by a behavioral health clinician or medical professional. Talkspace's network includes thousands of licensed, insured, and verified therapists who can treat a variety of needs.

The Talkspace difference

Our network stands out
Our diverse network includes full-time licensed providers in every state and represents over 184 areas of specialty.

Ready to get started?

→ Register to confirm benefit availability. You can register on a web browser at talkspace.com/firstchoicehealh

→ Register and search using your First Choice Health medical plan so services are appropriately applied under your medical plan

→ Complete our QuickMatch^{TM} provider finder tool to be matched with a dedicated clinician based on your preferences

→ Schedule a live session or send a message right away

→ Maker your payment
If you have questions regarding your mental health benefits or coverage, please refer to the information on the back of your insurance card for support contact information.

[QR code] SCAN ME

Our unique member experience

Personalized matching
Our QuickMatch™ experience uses a brief questionnaire and algorithm to match you with the best available provider based on your location and needs.

Convenient access
Get matched with a licensed provider and begin communicating. Providers typically respond once per day during their set business hours.

Ease of communication
Send private messages or book live sessions at a time that works for you. Message and live session modalities can be text, voice, or video.

Self-guided exercises
Meditation, journaling, and in-app exercises are available for individuals, couples, and families to use anytime, anywhere.