

Better Together: First Choice Health + Talkspace

At First Choice Health, we're committed to supporting whole-person health—because we know that mental wellbeing is just as essential as physical care.

Building upon our comprehensive services, we've partnered with **Talkspace**, to bring members flexible, confidential, and clinically proven mental and behavioral health services—anytime, anywhere.

Flexible options: Choose one or bundle to fit your needs

TALKSPACE THERAPY

Get matched with a licensed therapist within 48 hours and connect through unlimited messaging and live video sessions—on your schedule.

TALKSPACE PSYCHIATRY

Meet with a licensed psychiatrist to discuss your needs and, if appropriate, receive a personalized treatment plan and medication.

TALKSPACE GO

Self-paced therapy programs, live classes, and daily prompts to support mental wellness, for individuals, couples, and parents to build skills for relationships, family, work, and more.

Accessible. Confidential. Proven.

Through our partnership, members can take the first step toward mental wellness, without the wait or barriers tied to traditional care. Whether ongoing support or quick tools to manage day-to-day stress is needed, we make it easier to get the right help at the right time.

Call or visit us online

800-777-4114

www.FirstChoiceEAP.com