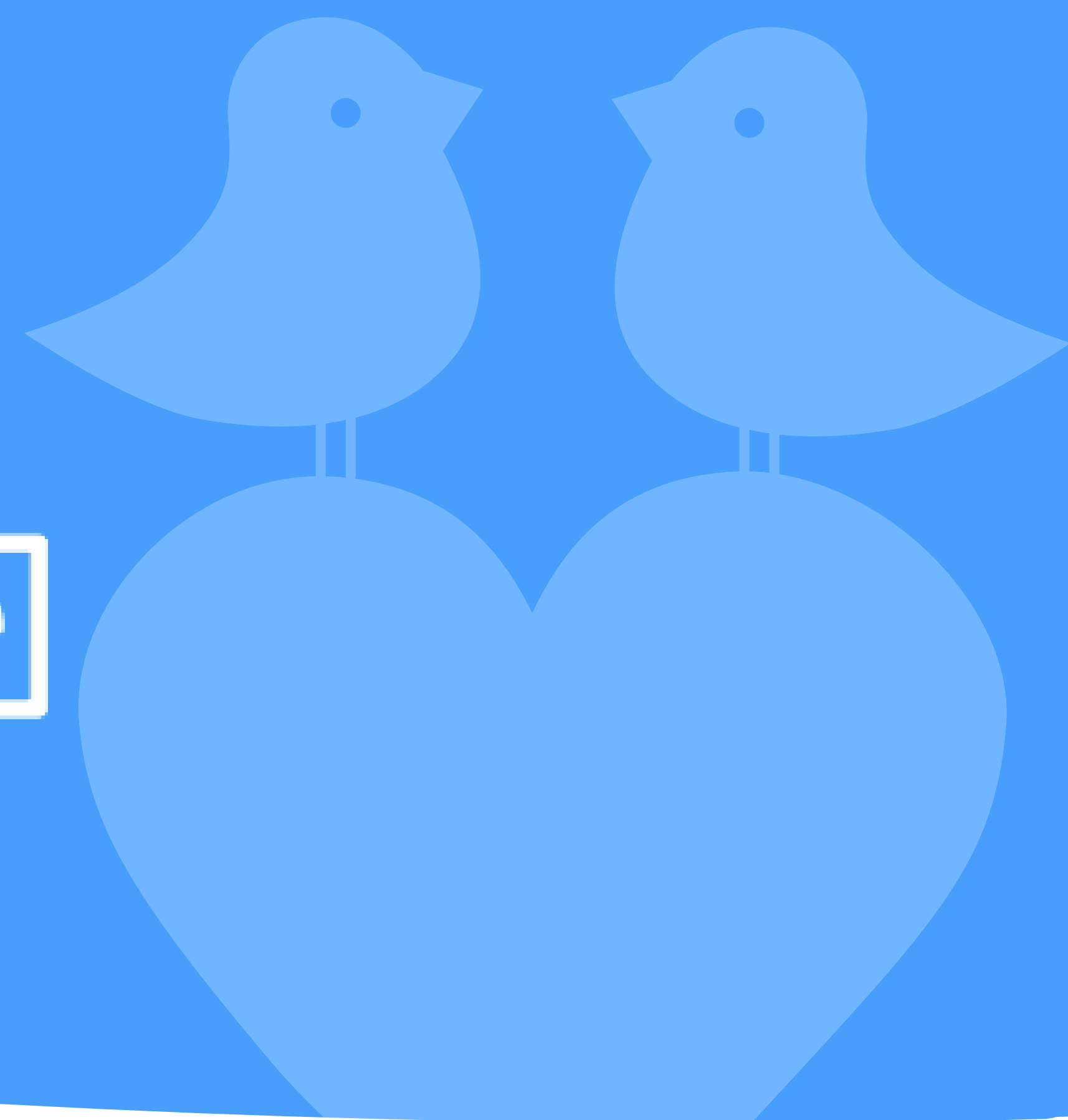


lasting from talkspace



Getting started with Lasting

Lasting provides guided couples counseling that is effective and affordable. Lasting's goal is to improve relational satisfaction by helping couples identify their relationship needs and discuss them in healthy ways.

With over 2M+ downloads, 94% of all Lasting couples report new relationship strengths.

How it works

Couples begin Lasting by individually completing a brief, 25-question assessment designed to get to the root of their relationship dynamics. Based on the responses, Lasting recommends a personalized relationship health plan, drawing from a library of 35+ guided counseling programs.

Each Lasting series:

- ✓ Is based on decades of research
- ✓ Facilitates important and difficult conversations
- ✓ Includes opportunities to reflect, learn, and journal

When each partner completes a session, Lasting overlaps their responses to highlight where they agree or disagree.

Ready to get started?

1. Download Lasting from the Apple App store or Google Play Store
2. On the first screen, tap "I have Lasting through an organization"
3. Enter your organization code: FAES

