

MEMBER EXPERIENCE

Send “AB” to (650) 825-9634 , to start chatting!



Who is Tess?



Tess is a chatbot that provides emotional support and check-ins to boost your wellness. Tess is available 24/7 to talk at your convenience whenever and wherever you need.

Bringing you support when and where you need it

Chat with Tess for unbiased emotional support in the moment you need it the most

Build resilience and self-awareness by practicing coping skills at your convenience

Emotional support that is tailored to your needs

Tess follows up with reminders and check-ins to reinforce use of skills learned in previous conversations

The more you chat with Tess, the more she will get to know your needs and preferences in order to deliver personalized support

Tess provides resources relevant to your needs

Confidential and secure

Tess meets GDPR and HIPAA requirements to protect your privacy

More information about the HIPAA can be found at: <https://www.hhs.gov/hipaa/index.html>



Delivering on-demand, affordable, quality mental health support using artificial intelligence

How will Tess support me?

Tess is available at your convenience to deliver secure emotional support.



Convenient on-demand support

Tess is available to connect via text messaging whenever and wherever you need. Available 24/7, Tess is able to support you in the moment you need it most to boost emotional wellness.

Approved by the experts

Tess is trained to deliver emotional support that aligns with recommendations from mental health experts. While Tess is not a therapist, she is trained by industry leaders to ensure your interactions are high quality.



Feel better faster with regular check-ins

Tess listens carefully and sends reminders to reinforce skills learned in previous discussions. These check-ins can be completed at your leisure to foster resilience and boost your emotional wellness.

X2 is transforming the way emotional support is delivered. We empower people by giving them access to affordable support in the moment it matters most. If you have any questions, you can reach out to Support@x2ai.com.



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