



Get the emotional support you need – whenever you need it.

Text with a coach using the Ginger app

We're collaborating with Ginger to help you cope with some of life's most common challenges – from stress, grief, and low mood to issues with work, relationships, and sleep. Ginger's highly trained emotional support coaches are accessible 24/7, so you can get the guidance you need when you need it most. Kaiser Permanente members can use Ginger for 90 days per year at no cost, no referral needed.^{1,2,3}



What can you do with Ginger?

- Text with your coach on the Ginger app now or schedule a time to connect later.
- Discuss goals, share challenges, and create an action plan with your coach.
- Get personalized, interactive skill-building tools from your coach from a library of more than 200 activities on the app.
- View recaps from each texting session and track your progress.
- Work with your coach to adjust your action plan if needed to better help you reach your goals.

1. The Ginger coaching services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. The coaching services are not available to any members under 18 years old. 2. The coaching services are neither offered nor guaranteed under contract with the FEHB Program, but are made available to enrollees and family members, 18 and older, who become members of Kaiser Permanente. The coaching services are available to members enrolled in the Child Health Plan Plus (CHP+) program who are 18 and older. 3. The coaching services are not available to anyone enrolled in the State of Colorado's Fee-for-Service Medicaid program and receiving primary care medical provider services from Kaiser Permanente.