

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

## Text with a coach using the Ginger app

We're working with Ginger to help you cope with some of life's most common challenges – from stress and low mood to issues with work, relationships, and sleep. Ginger's skilled 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 at no cost, no referral needed.<sup>1,2,3,4</sup>



### 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 and 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 app and 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 app and coaching services are not available to any members under 18 years old. 2. The app and 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. 3. The app and coaching services are not available to Medi-Cal members. 4. Kaiser Permanente members can text with a coach using the Ginger app for 90 days per year. After the 90 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost.

Download Ginger now at [kp.org/coachingapps/ncal](https://kp.org/coachingapps/ncal)