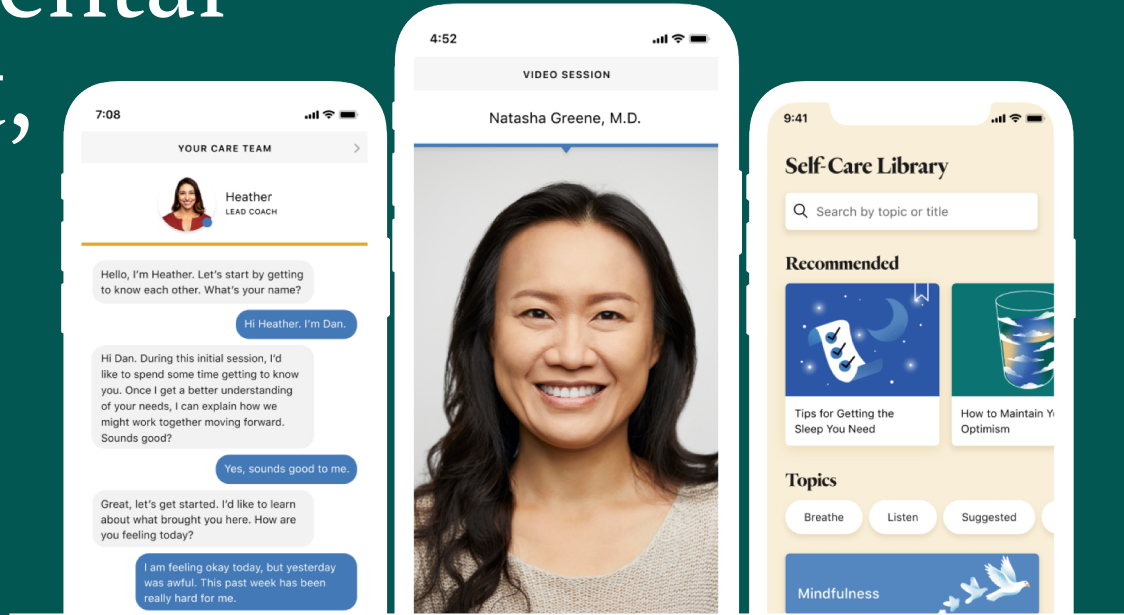


ginger

On-demand mental health support, day or night.



Your mental health matters and *we care* about yours.

We all have times when we feel down, stressed, or frightened. And while we know they are part of life, they can still impact our daily lives.

Your feelings — whatever they may be — are valid and it's ok to feel unsettled. **You're *not* alone.**

What you'll get out of *today's* session

1

What
Ginger is

3

Interactive!
*Facts about your
Ginger benefit*

5

Getting started
with Ginger

2

Member
stories

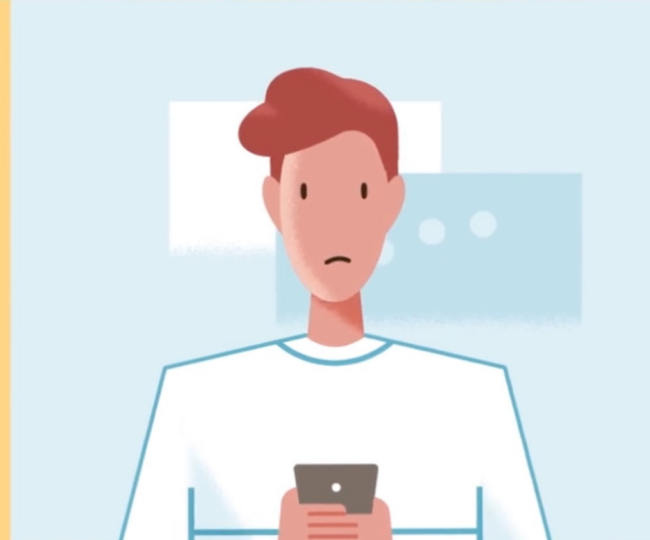
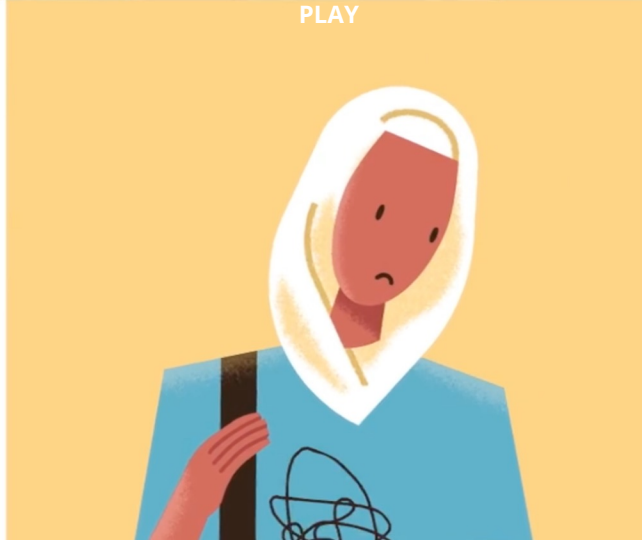
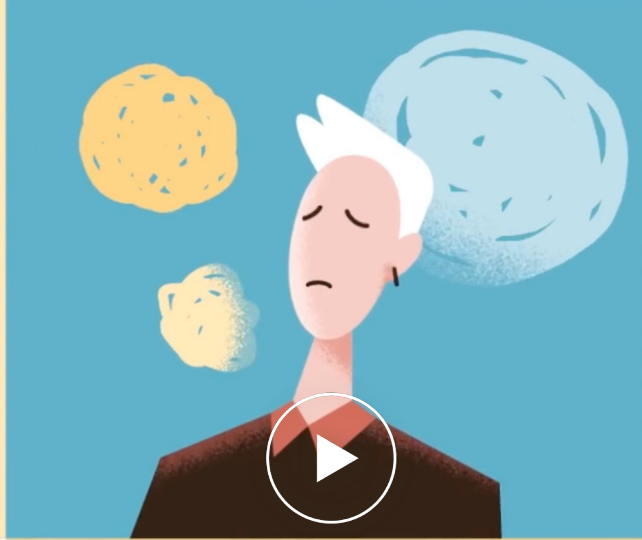
4

Breathing
exercise

6

Q&A





PLAY





PLAY



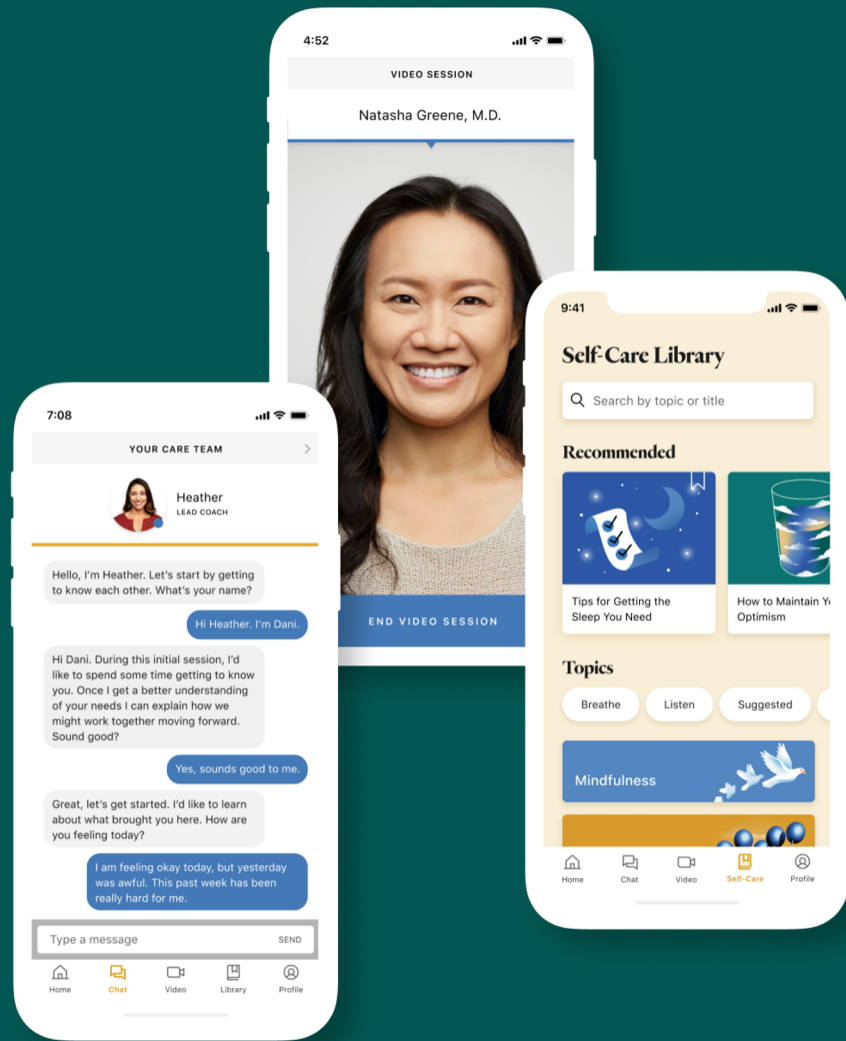
WHAT IS GINGER

On-demand mental health support, *day or night.*

Ginger offers confidential, personalized support for life's challenges through:

- Real-time coach chats
- Self-care resources and content
- Video therapy and psychiatry

...all from the privacy of your smartphone.



Members *love* Ginger

“

My therapist has helped me **focus on myself & build confidence in the next stage of my life.**

It's been helpful to have a cheerleader. Especially when you're going through a divorce, the pandemic, and you live across the country from your family.

GINGER MEMBER

Q1-2021 Survey

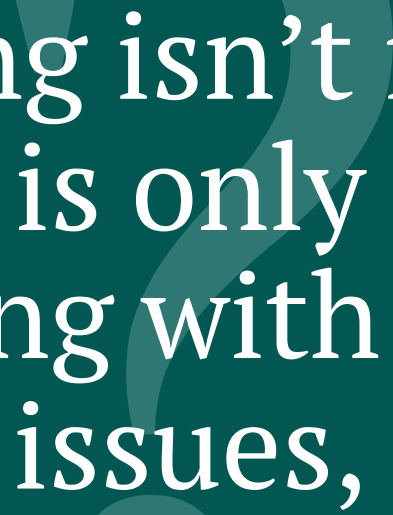
“

I'm grateful for **my coach's help.**

Breaking inertia is very hard for me, especially at the present moment. I struggle to ask for help, but I've barely had to ask, and I'm already taking small steps forward.

GINGER MEMBER

Q2-2021 Survey



Coaching isn't for me!
Coaching is only for those
struggling with mental
health issues, right?

False

Anyone can benefit from coaching! Coaches provide support for everyday challenges. They can help you navigate work-related issues, create a personal growth plan, build a routine to get a better night's sleep, or just keep you accountable so you can achieve your goal.



Ginger is available to me,
my significant other,
and my children.


True. But...

Your dependents must be **18 years old or older and enrolled in one of your company's medical plan** – this also applies to you.

Chatting with a Ginger coach has no cost but there's a limit on the number of messages I can send per month.

False

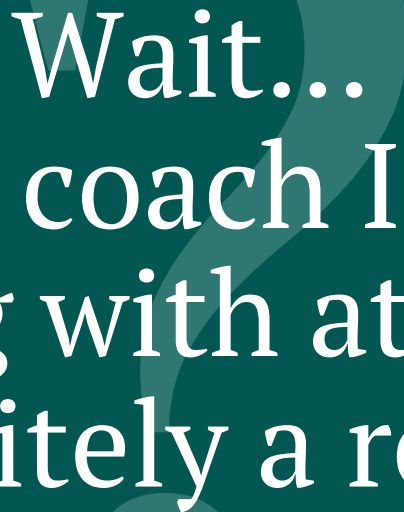
Your employer providing Ginger coaching services at no cost to you and your dependents – as long as they're 18+ years and enrolled in a medical plan. You can chat with a coach in real time, regardless of where you are, and for as long as you need.



I can text my coach
at 3AM about that one
thing that has been
bugging me all week.

True

Ginger coaches are available 24/7 from anywhere you are through your smartphone. Whether you're in bed at 3 am or on your lunch break at noon, your care team is there for you.



Wait...

The coach I am
chatting with at 3 am is
definitely a robot.

False

Not at all. **Ginger coaches (psychiatrist and therapists too) are real humans** who have graduate degrees in psychology-related fields and/or a coaching certification. Each thoughtfully vetted to provide high-quality support.

Because my employer is offering Ginger, they (and my manager) can see when I sign up and my conversations.

False

Ginger does not share individual service usage, conversations, or other personal information with your employer (or your manager). Information exchanged with your Ginger care team is confidential between you and them.

We all face life challenges

Whether you're feeling anxious, having trouble getting work done, or just haven't felt like yourself in the last few weeks and want someone to talk to...

Ginger is here to help you and your loved ones take the first step toward better mental health.

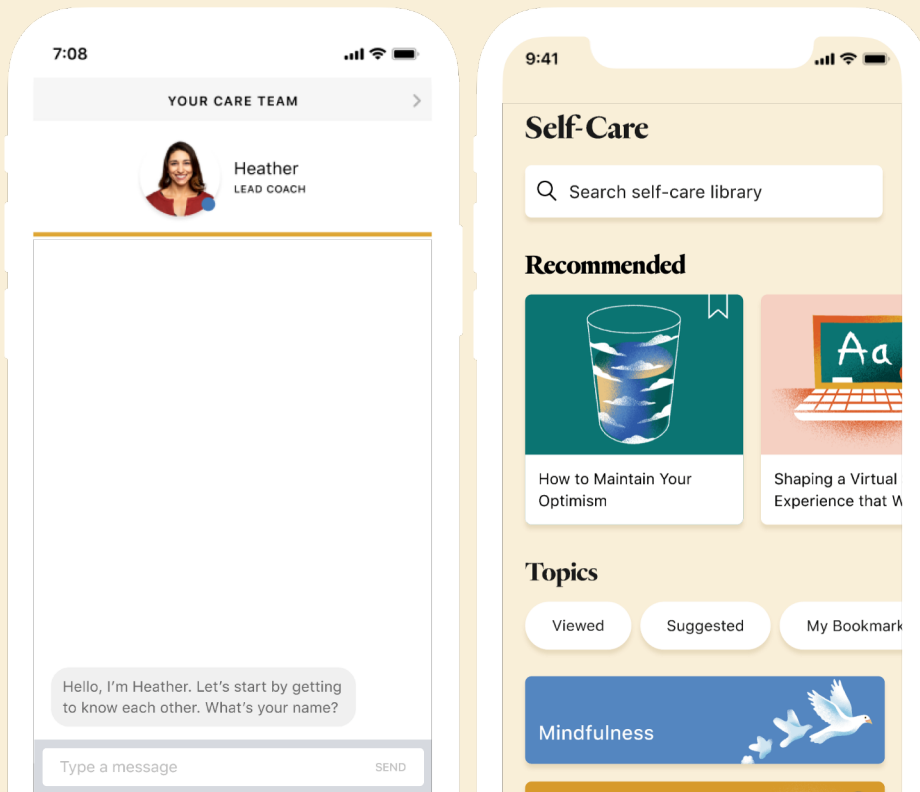


RECAP

Coaching support

Immediate, real-time conversations

**Chat live with a coach 24/7/365
and practice or learn new skills
with Ginger's self-care library—
all through your smartphone and
at no cost to you.**

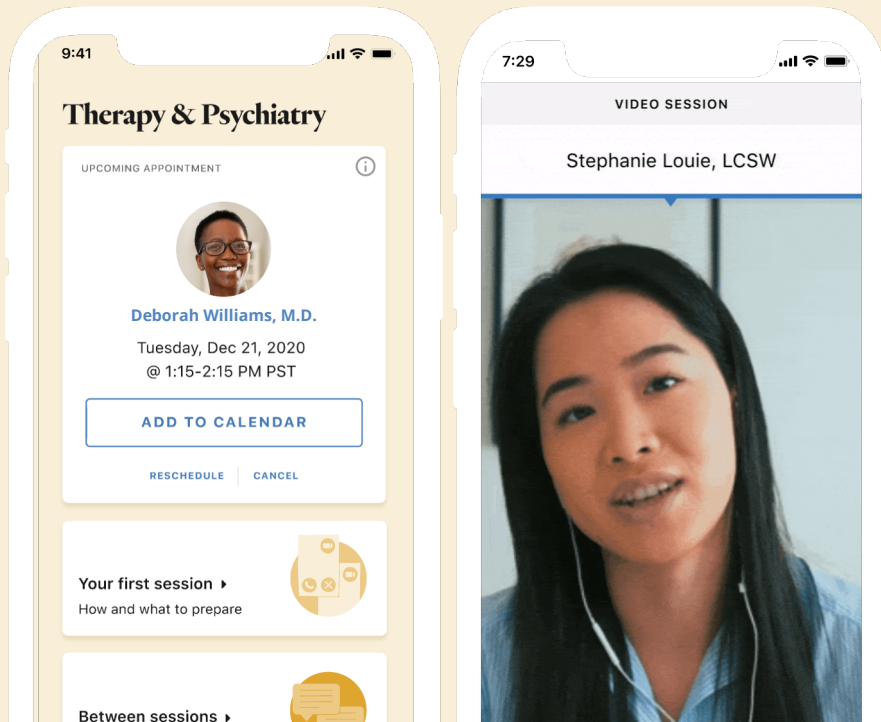


RECAP

Therapy & psychiatry

Available on weekends & evenings

Private video sessions with a licensed therapist or psychiatrist are delivered through the privacy of your smartphone.





PLAY



BREATHING EXERCISE

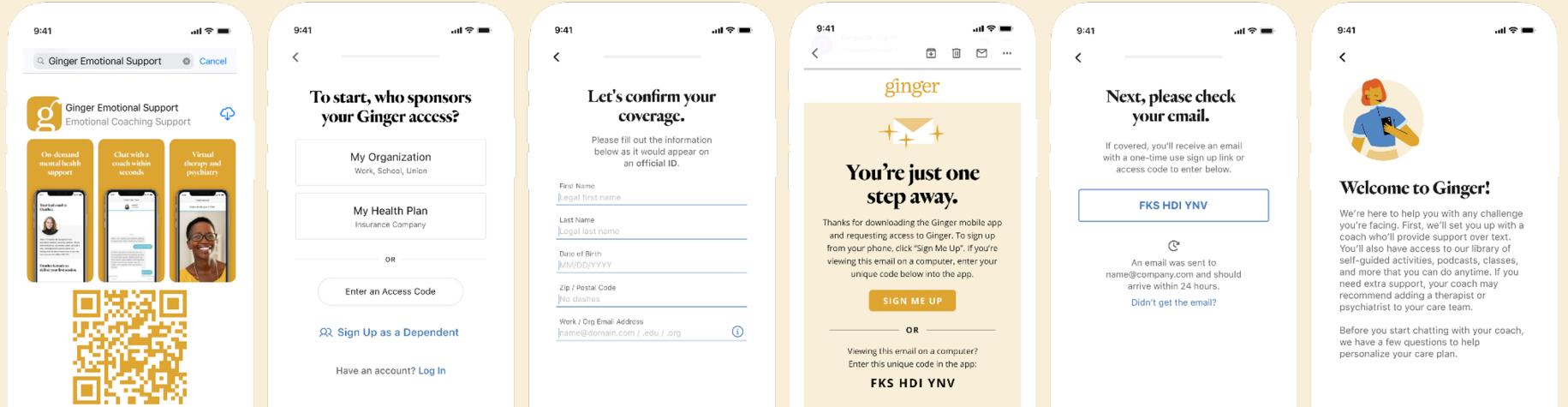
Counting breaths

This technique eases the fight-or-flight response by slowing your heart rate and breathing, as well as lowering your blood pressure.

Counting adds a meditative quality to this technique, which can be particularly helpful for quieting persistent worried thoughts.

If you haven't already,
get started with Ginger.

Getting started is *easy and secure*.



Scan the QR code *or* search for the Ginger Emotional Support app

Tap “My Organization”

Fill out your information

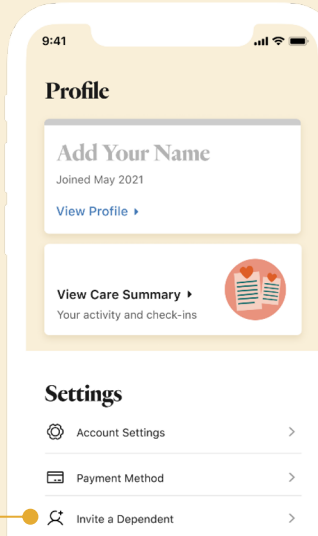
Check your inbox (and spam folder) to find your unique code.

Enter your unique code to complete verification

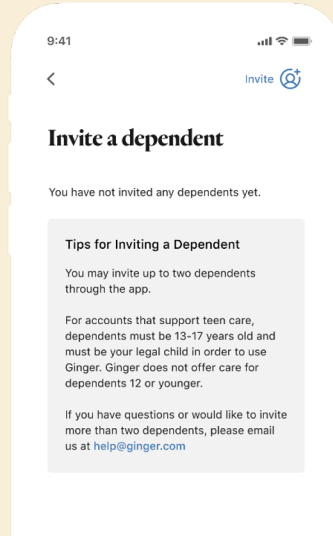
You’re all set! Follow the rest of the instructions to get started.

questions? Email help@ginger.com

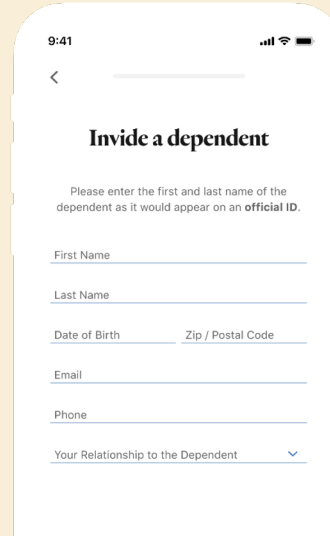
Make Ginger a *family* thing! Invite a dependent.



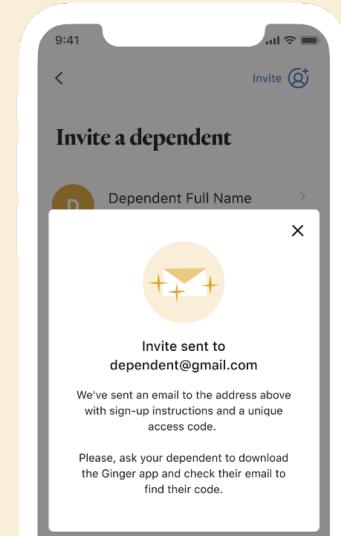
**Tap "Profile" and
"Invite a Dependent"**



**Tap
"Invite"**



**Fill out your
dependent's details**



**That's it! Ask them to
check their email**

questions? Email help@ginger.com

Your questions are welcome!

questions? Email help@ginger.com

ginger

Thank you.

The Ginger Team.

NEW: THE GINGER JOURNAL

Care for every time your inbox dings.

Unlike most emails, the Ginger Journal can help ease your stress, not cause more of it.

Get tips from Ginger coaches for staying focused, calm, and present in every moment.

Sign up for the journal
ginger.app.link/GingerJournal

