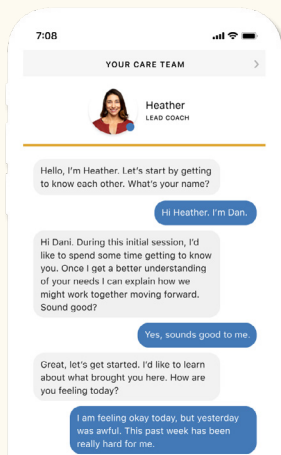




Incredible mental healthcare *when you need it.*

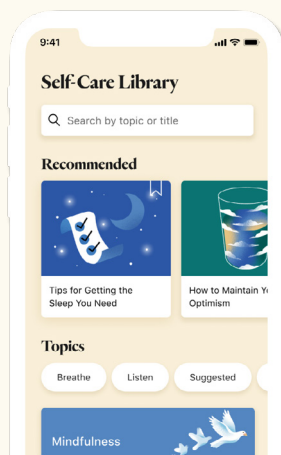
Everyone deserves access to incredible mental healthcare. That's why Ginger created the world's first integrated mental healthcare system where coaches, therapists, and psychiatrists work as a team to coordinate the best, personalized care right from your smartphone, whenever you need it. It's like a virtual clinic without the waiting room. Ginger's mental health services are in-network and accessible through your behavioral health benefits.

All your care. All in one place.



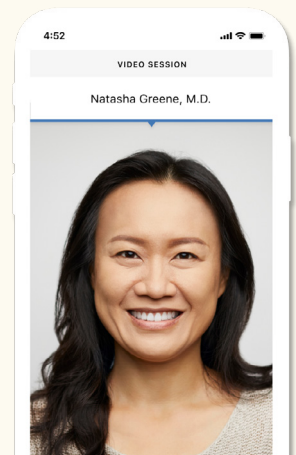
Behavioral health coaching

You'll first chat with a behavioral health coach via text, who can help you with a range of issues, like anxiety, depression, relationships, sleep, and more. Coaches offer immediate support when you need it, and are available for scheduled appointments, too.



Skill-building content

Our library of clinically-validated resources includes activities, articles, classes, podcasts, and more. In-app content is tailored to your needs and available anytime to help you build skills and work towards your goals.



Therapy + psychiatry

A coach can recommend a licensed therapist or psychiatrist to be added to your care team if you need extra support. Therapy and psychiatry sessions are video-based and offer flexible hours, including evenings and weekends.

Ready to get started?

Visit ginger.com/cigna to learn more.

Download the Ginger Emotional Support app.



Questions? Email help@ginger.com or visit us at ginger.com.

Frequently Asked Questions

What is Ginger?

Ginger offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy and psychiatry. Support is available anytime (we're serious about 24/7/365), anywhere (we go where your phone goes), for a variety of mental health challenges you may be struggling with—all from the privacy of your smartphone.

How do I begin chatting with a Ginger behavioral health coach?

Download the Ginger emotional support app from your smartphone. Follow the instructions sent to your email. Enter your: First name, last name, DOB and your Member ID # to verify your eligibility. Then, answer a few simple questions, and you're ready to get started! Choose to schedule an appointment with your coach at a time that works best for you, or chat right away.

What kinds of things can a Ginger coach help me with?

With a behavioral health coach, anyone can get personalized support to help overcome life challenges and reach goals in their moment of need. Coaches can help with any issue you're struggling with such as stress, anxiety, depression, issues with work, relationships, sleep, and more.

Is there a cost for behavioral health coaching?

Yes. Access to Ginger includes 30 days of unlimited behavioral health coaching, and Ginger's self-care content library, including learning activities, for a cost similar to a doctor's office visit. Out of pocket costs are determined by your benefit plan.

Mycigna.com

Talk to a doctor, counselor or nurse 24/7 using your phone, tablet, or computer.

Connect Now

Doctor Visit

Connect with a doctor 24/7 for immediate care or schedule a wellness screening.

Connect

- ✓ Cold & flu
- ✓ Pink eye
- ✓ Sinus infection
- ✓ Sore Throat
- ✓ UTI (Females Only)
- ✓ Wellness Screenings

Counseling

Licensed therapists and psychiatrists available via appointment.

Connect

- ✓ Anxiety
- ✓ Grief and loss
- ✓ Relationship issues
- ✓ Depression
- ✓ Medication management

Dentist

Speak with a dentist from the convenience of your home 24/7.

Connect

- ✓ Dental pain
- ✓ Oral sores, swelling or infections
- ✓ Sensitive teeth
- ✓ Medication management

The screenshot displays the Cigna website interface. At the top, the Cigna logo is on the left, and navigation links for Home, Find Care & Costs, Coverage, Claims, Spending Accounts, Prescriptions, and Wellness are in the center. On the right, there are links for ID Cards and a user profile icon labeled 'Lou'. Below the navigation, a breadcrumb trail shows 'Telehealth options for OCD'. The main content area features the 'ginger' logo in orange and a description: 'On-demand mental health support, day or night. Use Ginger as your first line of defense for overcoming a range of challenges and stressors - from improving sleep or relationships, to managing anxiety and depression.' To the right of this text, it lists 'Initial Monthly Price \$100.00' with a 'View more prices' link. Below the description is a 'Connect' button and the text 'Video & Phone'. A central image shows a woman smiling, with a text overlay that reads 'Wellbeing comes in many forms.' To the right of this image is a list of features: 'Chat with a trained behavioral health coach within seconds.', 'Meet with a licensed therapist or psychiatrist via video within hours.', and 'Get unlimited confidential support 24/7/365 with a monthly membership.' Below this section, the Cigna logo is repeated, followed by the text 'Connect with in-network providers including licensed therapists, psychiatrists nurse practitioners, and behavioral specialists using your Cigna benefits.' To the right, there is a 'Search' button and the text 'In-Person, Video & Phone'. At the bottom, another image shows two people, with a list of features: 'Free sessions with a therapist within annual limits, through the Employee Assistance Program (EAP).', and 'Virtual or face-to-face options available'.