



WELLVOLUTION NOW INCLUDES MENTAL HEALTH SUPPORT VIA GINGER

On demand mental health
support day or night.



ginger

Easy access to care - no matter where you are, when you need it, or what you're going through. Ginger offers on-demand, confidential mental healthcare through coaching and self-guided activities. Need to chat on the weekend? or at 3am on a holiday? Ginger is around 24/7/365. Ginger goes where your smartphone goes.

- **70% of members see an improvement within 12-16 weeks**
- **Real-time behavioral health coaching within seconds**
- **In-app content including mental health tips and resources**
- **Video therapy & psychiatry sessions within days**
(Available for a co-pay as stated in your health plan coverage. Please contact Blue Shield of California for details.)

For more information go to www.wellvolution.com/mentalhealth