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

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