



Have You Used Ginger Yet?

Last October, we introduced a new mental health benefit called Ginger, which gives you easy access to confidential, emotional and mental health support.* If you haven't had a chance to check it out yet, it's not too late!

JOIN ALL THE UNC SYSTEM EMPLOYEES THAT ARE GETTING HELP FROM GINGER

As you can see below, many employees have not only registered for Ginger but are actively using it too. **Note:** Use of Ginger is completely confidential. UNC System does **not** receive a list of participants nor do we receive any health and personal information shared with Ginger.



Over 1,300 employees have registered for Ginger since we launched the benefit in October.



95% are taking advantage of coaching and/or self-care content. There have been **1,308 chat sessions** with coaches to date.



5% have received extra support from a therapist or psychiatrist. There have been **132 therapy/psychiatry sessions** to date.

Give Ginger a Try

Join Ginger for a live workshop on sleep on March 16

Session 1: 9 a.m. PT / 12 p.m. ET / 6 p.m. CET

Session 2: 5 p.m. PT / 8 p.m. ET / 2 a.m. CET

This is a great opportunity to start taking advantage of what Ginger offers and learn about the impact sleep has your overall well-being. Join for tips to help you quiet your mind before bed, create the conditions for a restful night, and sleep well more consistently.

[Register now](#)

GINGER MEETS YOU WHERE YOU ARE—AND HELPS YOU GET WHERE YOU WANT TO BE

Whether you're feeling stressed, overwhelmed, anxious, depressed, or something else, you can



CHAT VIA TEXT WITH A TRAINED BEHAVIORAL COACH WITHIN SECONDS ANYTIME, 24/7/365— AT NO COST TO YOU

The average coach rating from UNC System employees is 4.8 out of 5 stars.

get support in the way that works best for you so you can start seeing positive results like these:

- **68%** of members with moderate or severe anxiety at intake had improved symptoms after care.
- **50%** of members with moderate or severe depression at intake had improved symptoms after care.

Don't forget dependents age 18 and older can use Ginger. Be sure to share the getting started information below with your eligible dependents so that they can benefit from Ginger too.

MEET WITH A LICENSED THERAPIST OR PSYCHIATRIST VIA VIDEO ON WEEKENDS AND EVENINGS

The average clinician rating from UNC System employees is a **4.9 out of 5 stars** and the average days to first booked appointment is 8.9. **Note:** Your sessions may be covered under the State Health Plan. Applicable deductibles and copays for an office visit will apply.

ACCESS FREE SELF-CARE LIBRARY WITH MORE THAN 200 CLINICALLY VALIDATED RESOURCES



The top 3 self-care learning topics UNC System employees have accessed so far are:

1. Relationships
2. Depression
3. Emotions and behavior change

Getting Started Is as Easy as 1-2-3

1. Download the **Ginger Emotional Support app** from [Google Play](#) or the [App Store](#).
2. In the app, tap on "create account" and "my organization."
3. You'll be prompted to enter some basic information about yourself.



Then, you're all set to access care! Follow the in-app instructions to navigate to the care you need.

Ginger Doesn't Replace the EAP Offered Through ComPsych

Both Ginger and the Employee Assistance Plan (EAP) provide benefits that are designed to help you deal with life's challenges but the one you'll use will depend on the type of issue and level of support you need. The EAP continues to be a great resource if you're struggling with personal and work-related problems, as it offers confidential counseling, online resources and referrals for things like child/elder care and home repair. Ginger is ideal for those who need more emotional and mental health support.

** You are receiving this communication as your institution is participating in the Ginger program. Not all UNC constituent institutions elected to participate in Ginger at this time. Please contact your Human Resources Department for additional information.*

