



Ginger is on-demand help from a trained emotional support coach via text-based chat.

What can you do with Ginger

- Text with a trained emotional support coach anytime
- Access to a library of skill-building tools
- Work with coaches to set goals and achieve them
- Practice exercises such as journaling, positive self-talk, and more

Sign up at
kp.org/coachingapps



How to work with a Coach

Ginger coaches help members overcome a wide range of life challenges:

Stress and anxiety

Having difficult conversations

Goal setting

Creating healthy boundaries

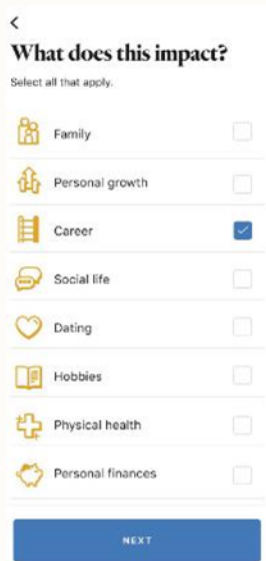
Life changes

Support for comorbid or chronic conditions

Relationship struggles

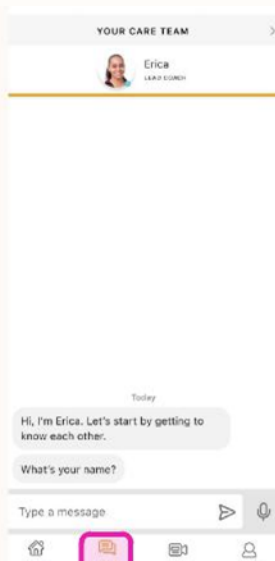
Imposter syndrome

Communication skills



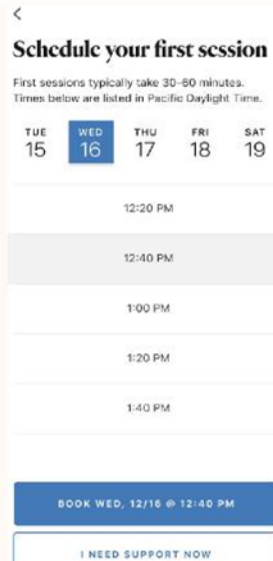
Questionnaire

When you sign in the app, Ginger will ask questions to personalize your care.



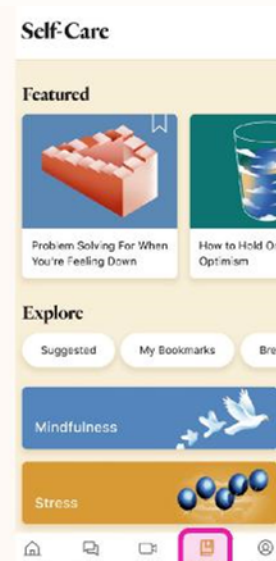
Chat with Coach

In the **Chat** tab, you will be matched with a coach and can begin chatting.



Schedule your Chat

You can choose to chat immediately or schedule a coaching session for later.



Explore Self-Care Library

In the **Self-Care** tab, you will be able to explore recommended contents and a variety of topics.

Requires data/Wi-Fi:



Requires connection

Asynchronous Coaching:



Access to a 24/7 asynchronous coach for 90 days