



# GINGER<sup>1</sup> IS NOW INCLUDED IN CIGNA'S VIRTUAL PROVIDER NETWORK

**Cigna introduces Ginger to provide more ways to get behavioral health care.**

Over the last year, we understand there has been an increased need for mental health support. That's why we are adding Ginger's behavioral health coaching services to our behavioral health provider network. Ginger coaches can help with everyday life challenges, whether it's needing help with a stressful situation, relationship struggles or just not feeling 100% after a year-long pandemic.

Through the Ginger app, chat via text with a trained behavioral health coach within seconds. Coaches are available on-demand, 24/7, and will help create a program tailored to your needs - all from the privacy of your smartphone. You also have access to Ginger's interactive, self-care content library that will help you build the valuable skills needed to manage stress, anxiety and other day-to-day challenges.

These services are available to you through your behavioral health benefits.

To learn more about Ginger and get started today, visit [myCigna.com](https://myCigna.com).

**Together, all the way.<sup>®</sup>**

1. Program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.

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Cigna Health and Life Insurance Company | 900 Cottage Grove Road | Bloomfield, CT 06002

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