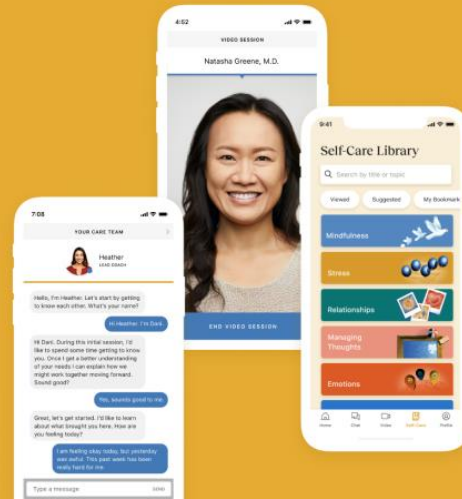


ginger

Mental health support.  
Anytime, anywhere.



## Convenient access to video-based therapy and psychiatry

We understand that when you need care, you can't afford to wait months for an appointment. Get a video-based appointment with a therapist or psychiatrist in days, not weeks or months. If you feel clinical care may be helpful, reach out to a coach who can help you with the next steps.

Paycor provides mental healthcare through the Ginger app to you and your dependents age 13 and older. Ginger offers on-demand, confidential mental healthcare through coaching via text-based chats, self-care activities, and video-based therapy and psychiatry—all from the privacy of your smartphone. Ginger is available in Spanish.

### Get Started with [Ginger](#)

1. Download the [Ginger Emotional Support app](#).
2. In the app, tap "Create account," then "My Organization."
3. Follow the instructions. You're all set!

### Your dependents also have access to Ginger.

Adult dependents (age 18+) must download the mobile app and tap "Sign up as a dependent" to get started with Ginger.

Teen dependents (ages 13-17) must be referred by their parent/guardian. To refer your teen, open the app, tap "Profile," then "Dependents" so we can send them an email invitation to Ginger.

But wait, there's more...

Bi-weekly tips delivered to your inbox.

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Live, interactive sessions with a Ginger coach.

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Have a question? Email us at [help@ginger.com](mailto:help@ginger.com)

For more information regarding your benefits with Paycor, visit [Paycor Benefits \(mypaycorbenefits.com\)](https://mypaycorbenefits.com)