

Ginger

On-demand support for life's challenges.



Ginger provides medical plan participants with two types of support. Text-based coaching services in support of emotional issues you or an eligible dependent may be experiencing and video sessions with a licensed therapist or psychiatrist for a higher level of care. Text-based coaching is free and video sessions are treated as an office visit and will be billed through your medical plan.

Both are on-demand, confidential and available through the Ginger Emotional Support app 24/7, 365 days a year.

Any challenge

We can help with anything you're struggling with—from stress and depression to issues with work and relationships.

Anytime

Need to chat on the weekend? Or at 3 AM on a holiday? We're around. Our coaches offer immediate access to support.

Anywhere

We go where your smartphone goes. Get confidential support wherever you are. Available in all 50 states and 40+ countries.

Behavioral health coaching

Our behavioral health coaches offer day-to-day support for life's challenges. Want help managing your anxiety or getting better sleep? There's no need to wait for an appointment. Get immediate, real-time support via text with a trained behavioral health coach day or night.

Therapy & psychiatry

Licensed in-network therapists and psychiatrists are available and can be added to your care team for sessions via video chat. This service is available as an office visit through your medical plan. A member of the Ginger support team will check network status and let you know the fee per session prior to your first appointment. If needed, certain medications can be prescribed and managed by Ginger's psychiatrists.

Who is eligible?

Employees and dependents 18+ enrolled in a Mister Car Wash® medical plan are eligible.

How it works

1. Download the Ginger Emotional Support app.
2. In the app, tap "Get Started," then tap "Verify with Name, DOB, Zip."
3. Follow the instructions sent to your inbox and you're all set!

Have a question?

Email help@ginger.io

Learn more:

ginger.com/experience

Mister®

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