



URL <https://ginger.io/>

Quick facts

-  Company: Ginger.io
-  Sector: Health
-  Product / service: Application Service
-  Type of data: Various domains
-  Origin: San Francisco, USA





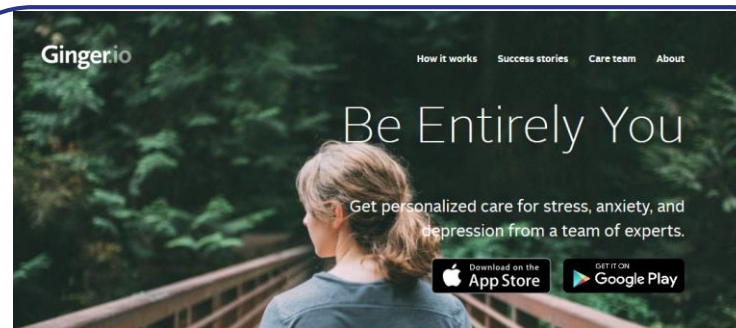
Benefits

-  Provides mental health care by chatting with a coach, practising self care, getting medical help, and by talking to a therapist.
-  Evidence-based exercises to build and reinforce skills to manage changes in mood.



How Open Data is used


-  Ginger.io is a licensed medical provider that enables employees and health plan members to access world-class care for a range of emotional health challenges from stress and anxiety to depression through a phone app.
-  Healthcare providers receive a warning when there are changes in behaviour so they can deliver tailored support.



Get the care you need—all in one place

Ginger.io offers the right level of care based on your situation. On one day, that might mean ongoing text conversations with a health coach to help you with a difficult relationship. On another, it might mean a live video session with a licensed therapist specializing in anxiety and depression. And at any point you need, Ginger.io helps you move forward with interactive self-care tools.

Future plans

-  Ginger.io wants to extend access to more people at a fraction of most organisations' current behavioural health spend.

