

# Lyra Health: Care for your Mental Well-Being

Convenient access to high-quality care and support

## What can Lyra help with?

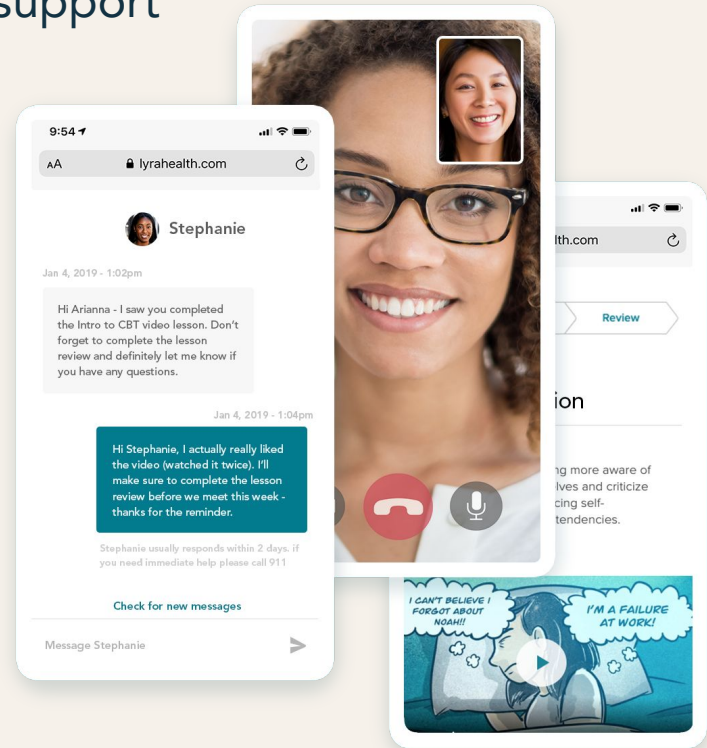
Lyra connects you with the right support for stress, anxiety, depression, ADD/ADHD, relationship issues, sleep disorders, and other common behavioral health needs.

## Who can use Lyra?

Full-time employees, their spouses, and their eligible dependents.

## How much does Lyra cost?

Connect to the right care in minutes with easy online scheduling and 24/7 support from our care team.



# Lyra

## Lyra offers highest quality care:

Get 25 sessions per year with a therapist or coach dedicated to evidence-based care.

## Lyra intelligently matches you:

Providers are matched to you based on your individual needs, location, and preferences.

## Lyra provides you fast access:

Connect to the right care in minutes with easy online scheduling and 24/7 support from our care team.



# Lyra's care programs: The right care for every need

## Guided Self Care

- Get started quickly on a care plan crafted by your Lyra coach and learn new mental health strategies at your own pace

## Mental Health Coaching

- 6-session program with a focus on a particular challenge or goal like stress management or interpersonal skills
- Learn and practice new skills each week
- Message with coach between sessions
- Designed by clinicians using evidence based methods

## Therapy

- Helps individuals identify and understand multiple issues and change behaviors, thoughts, emotions
- Provided by clinicians who practice evidence based care
- Good fit for people that require more complex care

*In-Person, Phone, and Video Appointment Available*

# Lyra also provides work-life services, including:

## Legal services

Free consultation with an attorney and help with legal forms

## Financial services

Free consultation with a tax professional including support for filing taxes

## Identity theft services

Free 60-minute consultation with a fraud resolution specialist and a free ID emergency response kit

## Dependent care services

24/7 access to phone or online consultations and referrals for child, elder, and pet care



CONTACT INFO

Get started:

[snowflake.lyrahealth.com](https://snowflake.lyrahealth.com)

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