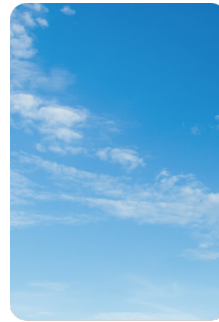




Healthier mind, stronger you —with Lyra

Mental health care helps in life's toughest moments—and in the everyday ones, too. Regularly investing in your well-being can help you feel more balanced, confident, and ready for whatever comes next.



Lyra makes it easy to start care and stick with it, helping you feel stronger, steadier, and better every day.

✓ **25 no-cost sessions**

Get confidential care from a coach or therapist matched to your needs and preferences.

✓ **Care options that fit your schedule**

Talk to your provider virtually, in person, or via live chat—even on nights and weekends.

✓ **Additional services**

Free, confidential guidance on work-life needs—like legal services, identity theft, dependent care, and financial matters.

✓ **Support for the whole family**

Find specialized care for kids, teens, parents, and couples, so the whole family can feel stronger together.

✓ **On-demand resources**

Access hundreds of self-help resources, like meditations, videos, and courses, anytime, anywhere.

✓ **Medication management**

Consult with a specialized physician on mental health medications.

You and your eligible dependents each get 25 free therapy or mental health coaching sessions per year, as well as a library of on-demand resources. Your confidential sessions are paid for by Snowflake Inc. There is no cost to you.

Get started with care in just a few minutes—sign up today.

Visit: snowflake.lyrahealth.com

Call: Lyra's Care Navigator Team at (844) 927-0110



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