

OVERVIEW

Lyra is for Everyone

Find quick access to confidential care from a diverse network of therapists and mental health coaches and unlimited access to a library of resources to help you maintain your mental well-being. No matter what you're going through, Lyra is here to support you.



 **Guided self-care with a coach**

Get a care plan crafted by your Lyra coach and learn new mental health strategies at your own pace.

 **In-person & video therapy**

Meet with a therapist for diagnosis and treatment of mental health conditions like depression, PTSD, and more.

 **Essentials**

Tap into self-led wellness tools anytime, anywhere.

 **Mental health coaching**

Get to the root of your challenges with effective care from a mental health coach via video or live messaging.

 **Medication Management***

Consult with a specialized physician on mental health medications.

*These sessions are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under your health plan.

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I can't believe that genuine help was only a click away. I'm beyond grateful for Lyra.

– Lyra client

Learn more at healthyreyes.lyrahealth.com
care@lyrahealth.com | (877) 378-4720



No matter what you're dealing with, Lyra can help

Confidential care from the best quality providers, so you can feel better faster.

How Lyra works

- ✓ **Getting started is easy**
Share what you're dealing with, get care recommendations, and book an appointment. Lyra members waste less time looking for care and spend more time feeling better.
- ✓ **High-quality care that works**
Lyra is dedicated to offering the best care possible and supporting only treatments that are the most effective at relieving symptoms, typically within a short period of time.
- ✓ **The best coaches, therapists and physicians available nationwide**
Our providers are ready to meet you where you are — via live video, live messaging, or even in-person. Many use digital lessons and exercises to enhance your care experience between sessions.
- ✓ **Tap into additional work-life services**
Receive expert advice to help you stay on top of your busy life, including legal, financial, identity theft, and dependent care services.

Who is eligible?

All eligible Reyes Family of Businesses employees, legal spouses, and dependents have access to 8 coaching or therapy sessions, per person per year, at no cost.

Employees and their dependents enrolled in the UnitedHealthcare or Highmark Blue Cross Blue Shield health plans can continue care beyond the 8 free sessions and medication management support from a Lyra network provider. This care will transition to coverage under your plan and is subject to in-network outpatient mental health cost-sharing, as defined under your health plan.

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Lyra Health, Inc. works in partnership with Lyra Clinical Associates P.C. and other contracted partners to be your Lyra Care Navigator Team and deliver clinical services. For more information please contact Lyra's Care Navigator Team.