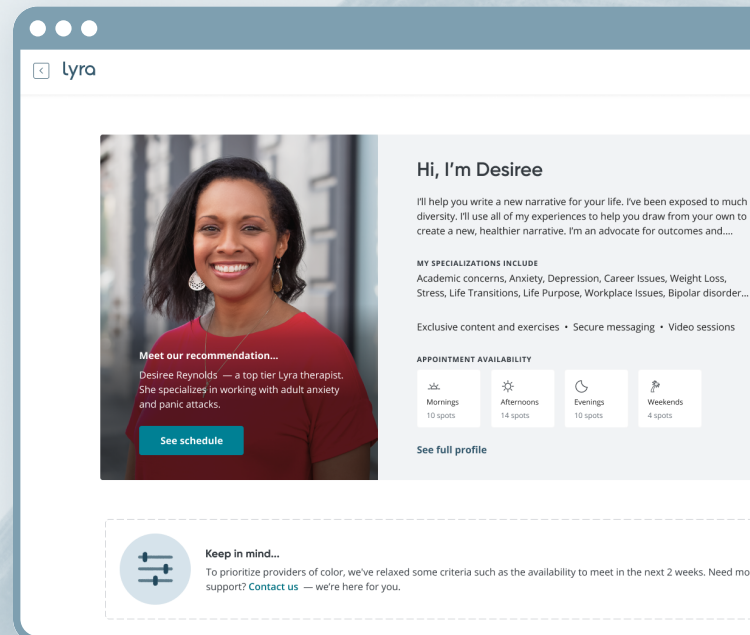


OVERVIEW

Lyra is for Everyone

Find confidential care for your emotional and mental health, how, when, and where you need it. Whether you're feeling stressed, anxious, or depressed, support from Lyra can get you back on your feet.



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.

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.

Essentials

Tap into self-led wellness tools anytime, anywhere.

“

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

– Lyra client

Learn more at kyrene.lyrahealth.com
care@lyrahealth.com | (877) 203-9680



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 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 Kyrene employees, their spouse/domestic partner, and their dependents under the age of 26 are eligible for 7 free coaching visits.

In addition, all Kyrene employees and their dependents enrolled in the AmeriBen health plan have access to therapy sessions and medication management support from a Lyra network provider. These sessions are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under your health plan.

Learn more at kyrene.lyrahealth.com
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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 team and deliver clinical services. For care exclusions, please see the Lyra FAQ.

