

EMPLOYEE ASSISTANCE PROGRAM

Lyra is for Everyone

Find confidential care from a diverse group of providers, unlimited access to self-care resources, and a library of tools 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.

 **Mental health coaching**

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

 **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.

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

– Lyra client

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Learn more at umn.lyrahealth.com
care@lyrahealth.com | (877) 295-8939





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 therapists 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?

The Employee Assistance Program (EAP) is available to all benefits-eligible employees on all system campuses. Your spouse and dependent children are also eligible for EAP services. You can receive up to eight counseling sessions per issue at no cost.

If you need support on more than one issue during a calendar year please contact Lyra's Care Navigator Team at care@lyrahealth.com or (877) 295-8939 and notify them of your request for additional care.

Employees and their dependents enrolled in the medical plan have access to additional mental health continued care, beyond the eight counseling sessions, from a Lyra network provider. These sessions are billed through the medical plan and subject to in-network outpatient mental health cost-sharing, as defined under your medical 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 care exclusions, please see the Lyra FAQ.

