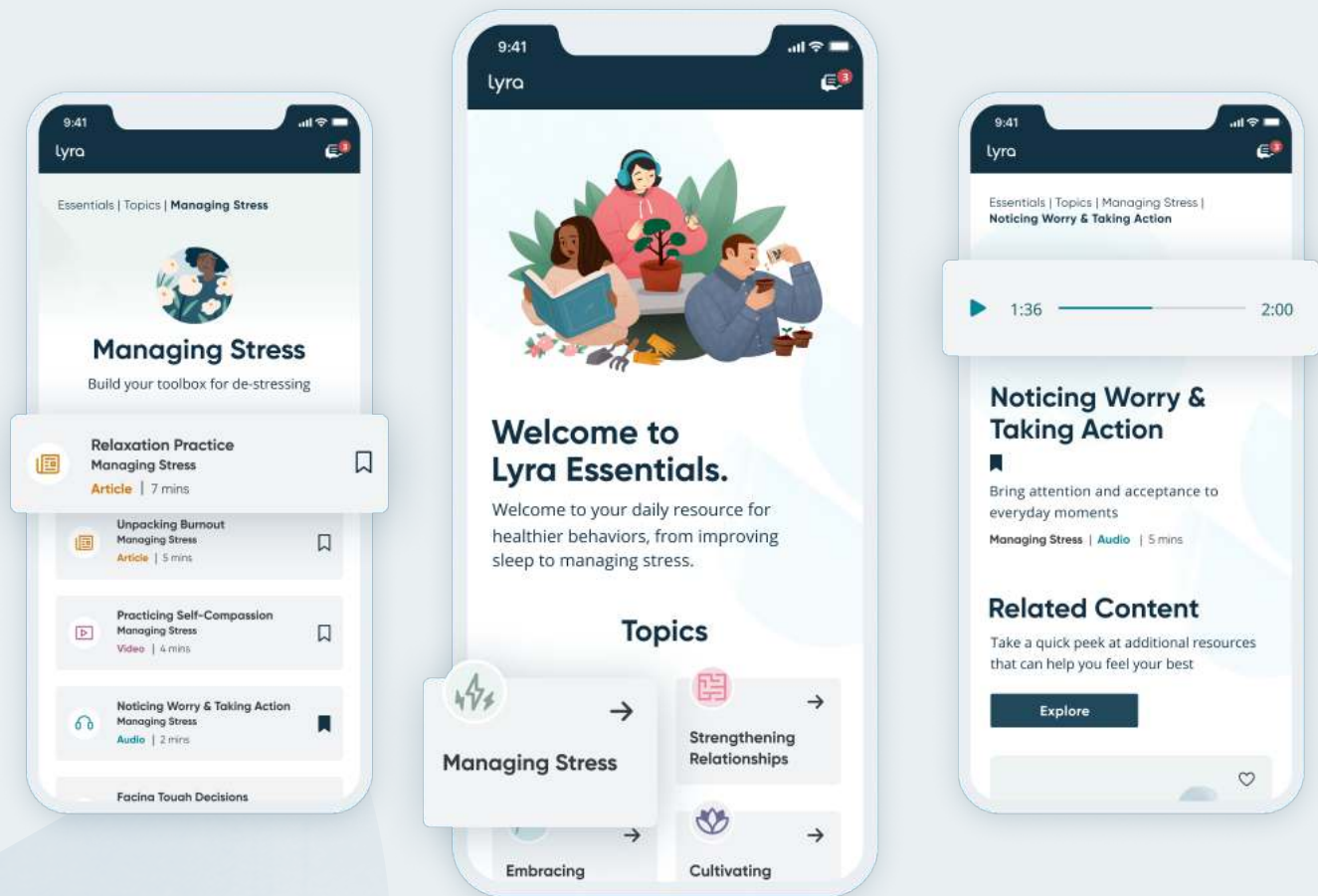


AVAILABLE ANYTIME, ANYWHERE

Lyra Essentials

A free library of well-being and self-care resources to help you stress less, sleep better and strengthen your relationships.



Designed to bring more joy into your life



Just a few minutes a day builds healthy habits



Developed by Lyra clinicians and based on science



Easily accessible via Lyra's web platform or in the Lyra Health app



A variety of content types including video, audio, written articles, and character diaries

Get started with Lyra Essentials

- ✓ Register for Lyra or log back into your Lyra account
- ✓ Find Essentials in the member homebase or within the navigation bar

The screenshot displays the Lyra member homebase interface. At the top, the Lyra logo is visible in the navigation bar. Below the navigation bar, a large banner reads "Welcome, Abigail". Underneath the banner, there is a card titled "Finding a provider is easy" with a sub-headline "After learning more about you, we'll guide you to the right recommendation". This card includes a "Get started" button and a link "Find my child care (0-17)". To the right of this card is an illustration of a woman and a child. Below the banner, there is a section titled "Access wellness resources anywhere, any time". This section has two tabs: "LYRA TOOLS" (which is active) and "OTHER RESOURCES". Below the tabs, there are several resource categories: "ANXIETY", "THRIVING AT WORK", "IDENTITY & MENTAL HEALTH", "RESILIENCE", and "STRESS". To the right of these categories, there is a section titled "YOUR LYRA CARE TEAM IS HERE FOR YOU" which includes contact information: "Chat Live", "care@lyrahealth.com", and "(877) 505-7147".

Additional free wellness resources for members

Healthy Minds

Healthy Minds provides members with additional meditation content spanning the mindfulness themes of awareness, connection, insight and purpose.