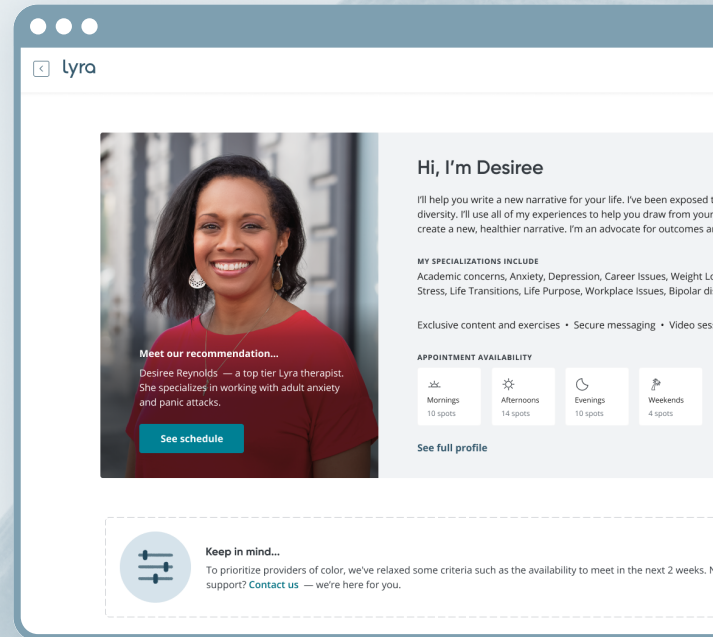


OVERVIEW

Your Go-To for Mental Health

Enhance your wellness and find confidential care for your emotional and mental health, how, when and where you need it. Whether you're feeling stressed, burned out or grieving a loss, support from Lyra can help.



 **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 and 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.



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

– Lyra client

Learn more at coh.lyrahealth.com.
care@lyrahealth.com | (877) 672-1266

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 fast and 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.

✓ Evidence-based 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?

Employees of City of Hope National Medical Center, Beckman Research Institute, Philanthropy, City of Hope Medical Foundation, AccessHope™, and City of Hope Medical Group are eligible for up to 12 sessions for you and your spouse or domestic partner, eligible dependents under age 26, and household members, covered at no cost to you. Contractors or individuals classified as non-employee or temporary status are not eligible.

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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.