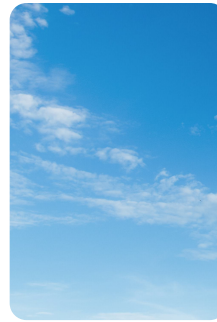




lyra

Healthier mind, stronger you —*with Lyra*

Mental health care helps in life's toughest moments—and in the everyday ones, too. Regularly investing in your well-being can help you feel more balanced, confident, and ready for whatever comes next.



Lyra makes it easy to start care and stick with it, helping you feel stronger, steadier, and better every day.

✓ **12 no-cost sessions**

Get confidential care from a coach or therapist matched to your needs and preferences.

✓ **Care options that fit your schedule**

Talk to your provider virtually, in person, or via live chat—even on nights and weekends.

✓ **Additional services**

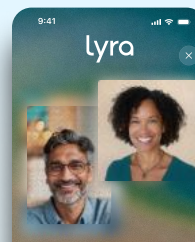
Free, confidential guidance on work-life needs—like legal services, identity theft, dependent care, and financial matters.

✓ **Support for the whole family**

Find specialized care for kids, teens, parents, and couples, so the whole family can feel stronger together.

✓ **On-demand resources**

Access hundreds of self-help resources, like meditations, videos, and courses, anytime, anywhere.



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Employees of City of Hope® National Medical Center, City of Hope Orange County, Beckman Research Institute of City of Hope, Foundation, Philanthropy, City of Hope Medical Group and City of Hope Chicago, Atlanta and Phoenix are eligible for up to 12 sessions per calendar year, covered at no cost. Includes spouses and domestic partners, eligible dependents under age 26, and household members. Individuals classified as contractors or temporary status are not eligible.

Get started with care in just a few minutes—sign up today.

Visit: coh.lyrahealth.com

Call: Lyra's Care Navigator Team at (877) 672-1266