

OVERVIEW

Lyra is for Everyone

Find confidential care from a diverse group of therapists and mental health coaches, 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.

 **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.

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

– Lyra client

Learn more at lyrahealth.com/ford
care@lyrahealth.com | (877) 207-9822

Lyra

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.

Who is eligible?

Eligible Ford employees have access to up to 10 coaching or therapy sessions per person per year, at no cost. In order to be eligible to access the Ford-sponsored Lyra benefit, you must be an active salaried or supplemental employee, or such individual's spouse/domestic partner or dependent child/child of domestic partner under the age of 26. Purchased service and agency resources are not eligible for this program.

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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 more information please contact Lyra Care Navigator Team.

