

OVERVIEW

Lyra: A Better Path to Care

Find confidential care for your emotional and mental health, how, when, and where you need it. Whether you're feeling stressed, anxious, or depressed, support from Lyra can get you back on your feet.



 **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.

 **Medication Management**

Consult with a specialized physician on mental health medications.

“

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

– Lyra client

Learn more at bbins.lyrahealth.com
care@lyrahealth.com | (877) 253-2606

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.

✓ The best coaches, therapists and physicians 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.

✓ 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.

✓ 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?

Lyra sponsored benefits (including access to eight coaching or therapy sessions per person per year, at no cost) are available to active U.S.-based Brown & Brown teammates and COBRA continuants as described in the Lyra Coaching, Therapy and Work Life Services summary plan description (SPD). Dependents include legal spouses and children up to age 26. Children include biological children, step-children, eligible foster children and children for whom the teammate is the legal guardian. Totally disabled children over the age of 26 who are eligible for medical benefits can also be covered by this plan. Interns, seasonal temporary employees, leased employees, non-resident alien employees, independent contractors and consultants are not eligible.

Teammates and their eligible dependents, including COBRA continuants, who are enrolled in a Brown & Brown UnitedHealthcare (UHC) medical plan, can continue care beyond the eight free sessions with a Lyra network provider and access medication management. These sessions are billed through the Brown & Brown UHC medical plan and are subject to network cost-sharing, as defined in the summary plan description (SPD).

Learn more at bbins.lyrahealth.com
care@lyrahealth.com | (877) 253-2606

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's Care Navigator Team.

