

OVERVIEW

# Your Mental Health Matters



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.

 **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.

 **Mental health coaching**

Get to the root of your challenges with effective care from a mental health coach via video or live messaging.

 **Medication Management\***

Consult with a specialized physician on mental health medications.

\*These sessions are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under your health plan.



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

– Lyra client

Learn more at [inova.lyrahealth.org](https://inova.lyrahealth.org)  
care@lyrahealth.com | (877) 331-4685





# 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, 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.

## Who is eligible?

All active Inova team members, spouses/partners, and children have access to 25 coaching or therapy sessions, per person per year, at no cost.

Team members and their dependents enrolled in the Inova medical plan will have access to additional continued care therapy sessions, beyond the 25 free sessions, from a Lyra network provider and access to medication management support any time. These sessions are billed through the medical plan and subject to in-network outpatient mental health cost-sharing, as defined under your medical plan.

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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's Care Navigator Team.