

## OVERVIEW

# Lyra is for Everyone

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 available for Stryker's UHC plan participants and subject to in-network outpatient mental health cost-sharing, as defined under your health plan. If you aren't a Stryker UHC plan participant, Lyra can assist you in finding an in-network doctor.

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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 [stryker.lyrahealth.com](https://stryker.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | (833) 511-0159





# 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.



### 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?

All U.S. Stryker employees and their household family members and dependents have access to 10 therapy sessions, per person per year, at no cost.

Employees and their household family members and dependents enrolled in the Stryker-sponsored UHC health plan can continue care beyond the 10 free sessions, from a Lyra network provider and access medication management support any time. Additional Lyra therapy sessions and medication management support are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under your health plan. If you aren't enrolled in a Stryker UHC health plan, Lyra can help you find an in-network doctor to continue care with.

Learn more at [stryker.lyrahealth.com](https://stryker.lyrahealth.com)  
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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.