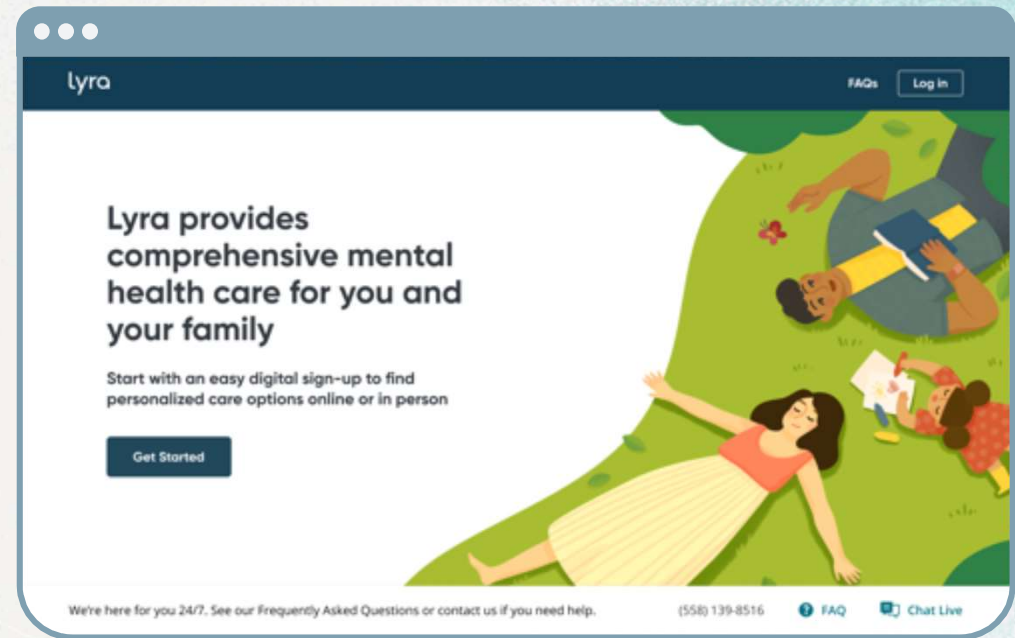


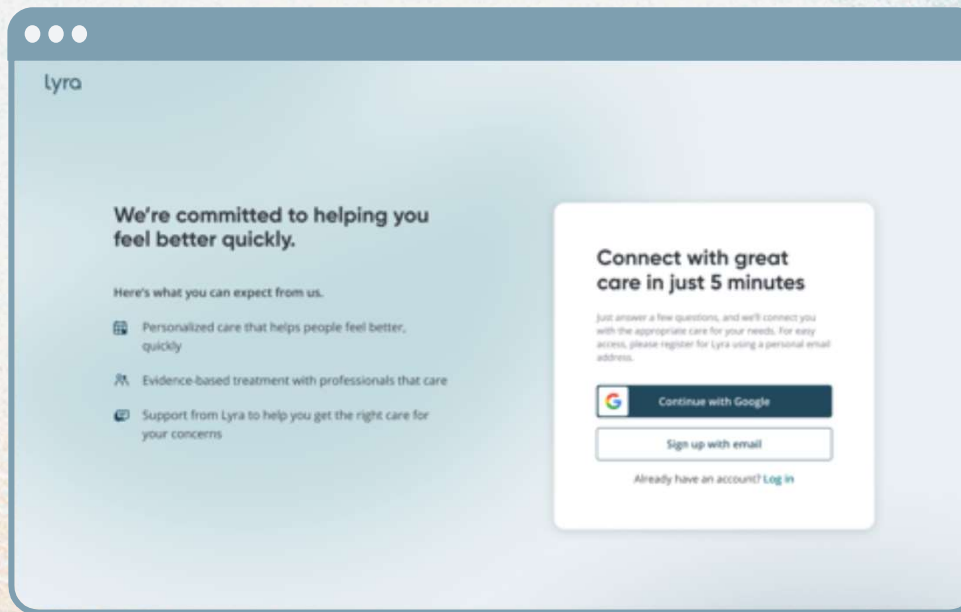
Get started

Getting started with Lyra only takes 5 minutes

philasd.lyrahealth.com



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Already have an account? [Log in](#)

Set up your account

Account setup

STEP 1 OF 3

Your first name

Your last name

Your date of birth (MM/DD/YYYY)

Password

Are you an employee of [COMPANY]?

☐ Yes, I am ☐ No, I'm a dependent

Common questions

Get quick answers to common questions from our [FAQs](#)

Can I find care on behalf of someone else?

We're here for you 24/7. See our [FAQs](#) or contact us if you have questions.

1 (800) 993-3322 | [care@lyrahealth.com](#) [Chat live](#)

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Set up your account

[Back](#)

Background information

STEP 1 OF 3

How would you describe yourself?

Gender identity

☐ Male

☐ Female

☐ Non-binary

☐ Other

☐ Prefer not to say

Ethnicity (Select all that apply)

☐ Asian

☐ Black or African-American

☐ Hispanic or LatinX


☐ Native-American or Alaska Native

☐ Native Hawaiian or Pacific Islander

☐ White

☐ Prefer not to say

Our team values feedback (Optional)

May we contact you to learn about your experience with Lyra? 

☐ I attest that I, or the person I am searching on behalf of, qualify for Lyra through the [company] partner number I provided. If the person receiving care is found ineligible for coverage, I will be personally responsible for the cost of any visits or services received through Lyra.

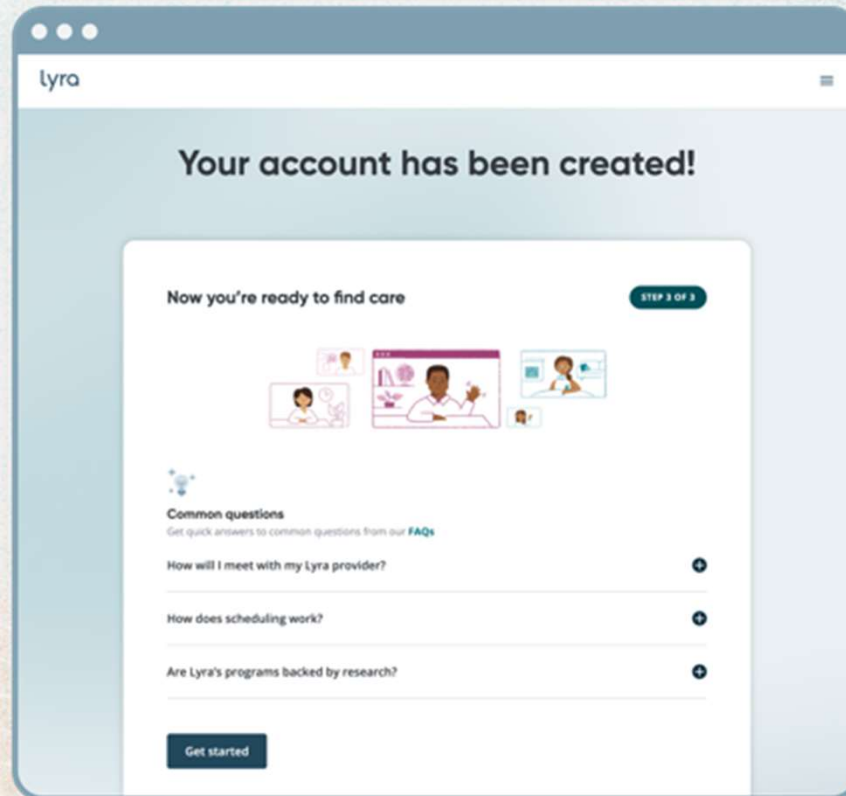
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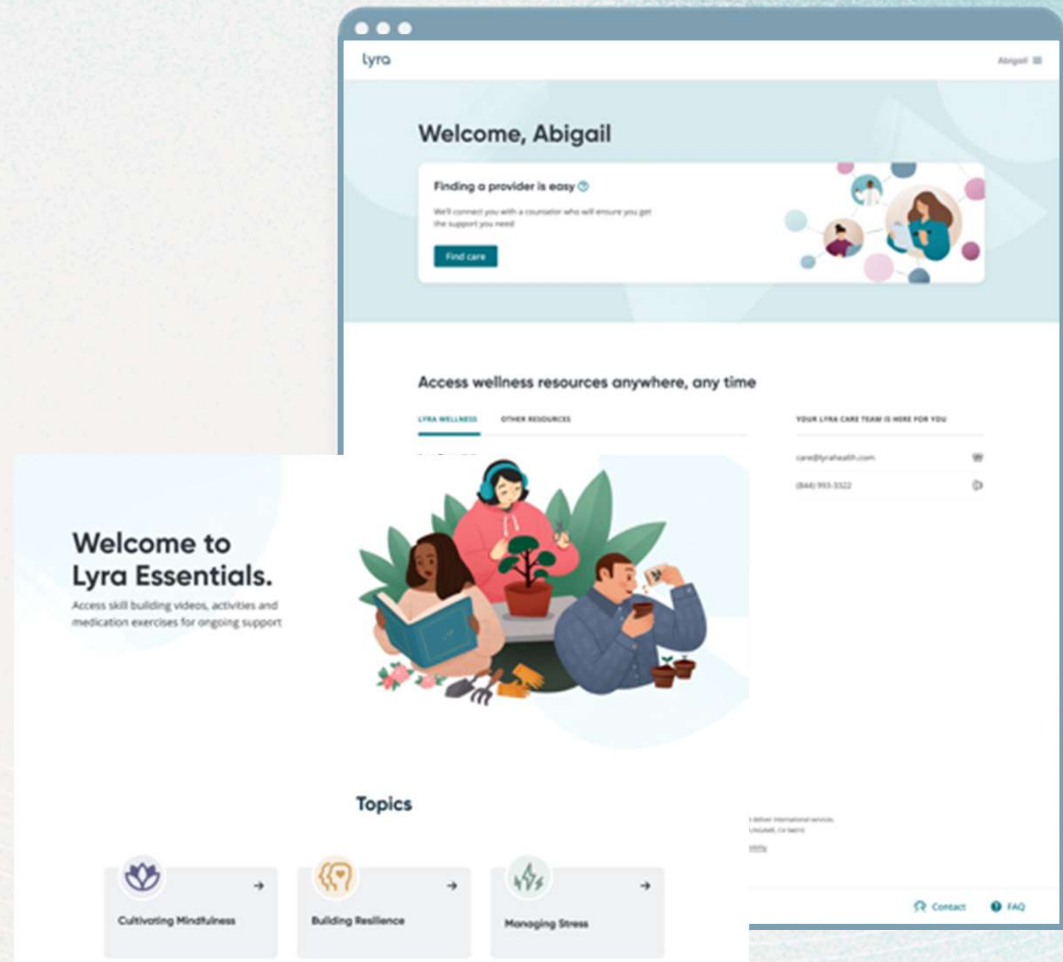


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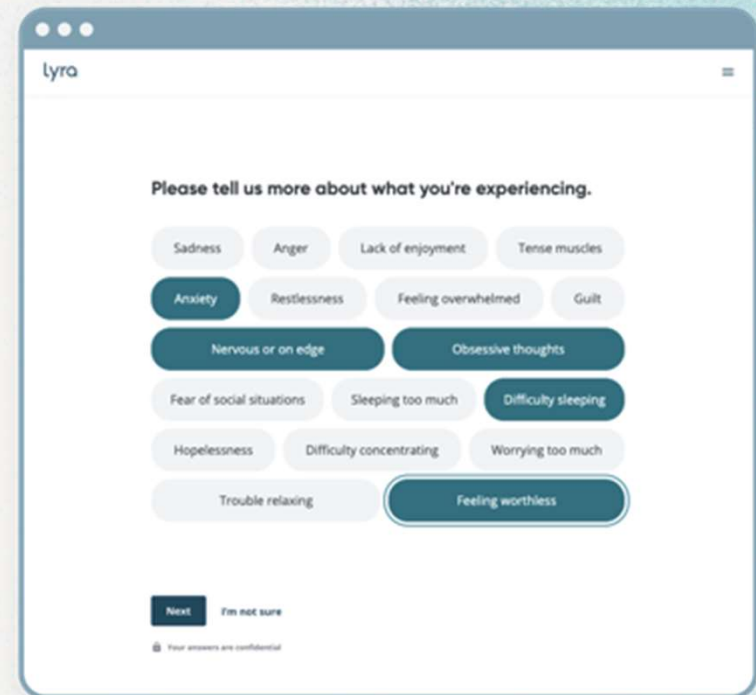
Explore Lyra's Homebase

Access to wellness resources, including Lyra Essentials, the Lyra Health mobile app and other resources such as work-life services



Share what you're experiencing

Complete a quick questionnaire to help Lyra better understand your needs



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Please tell us more about what you're experiencing.

Sadness Anger Lack of enjoyment Tense muscles

Anxiety Restlessness Feeling overwhelmed Guilt

Nervous or on edge Obsessive thoughts

Fear of social situations Sleeping too much Difficulty sleeping

Hopelessness Difficulty concentrating Worrying too much

Trouble relaxing Feeling worthless

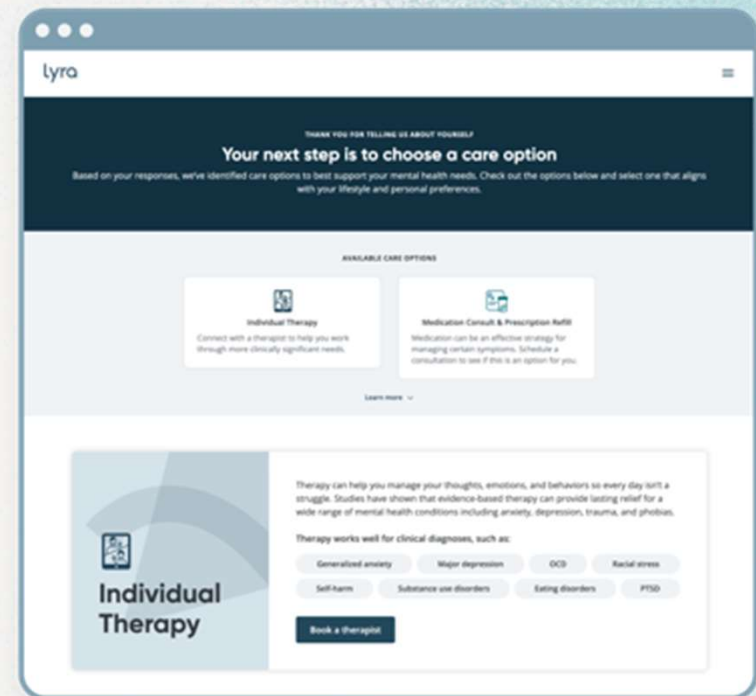
Next I'm not sure

Your answers are confidential

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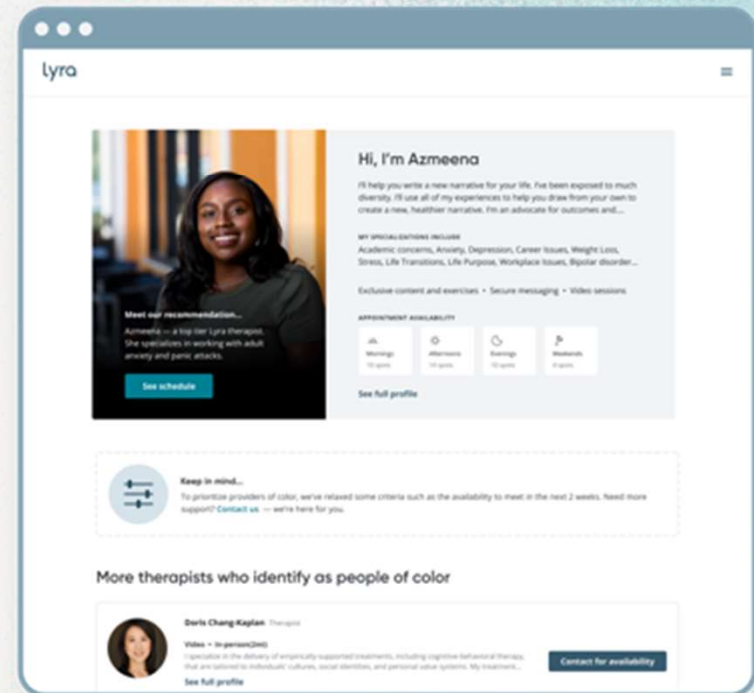
View available care options

Based on your needs, Lyra will match you with recommended care options



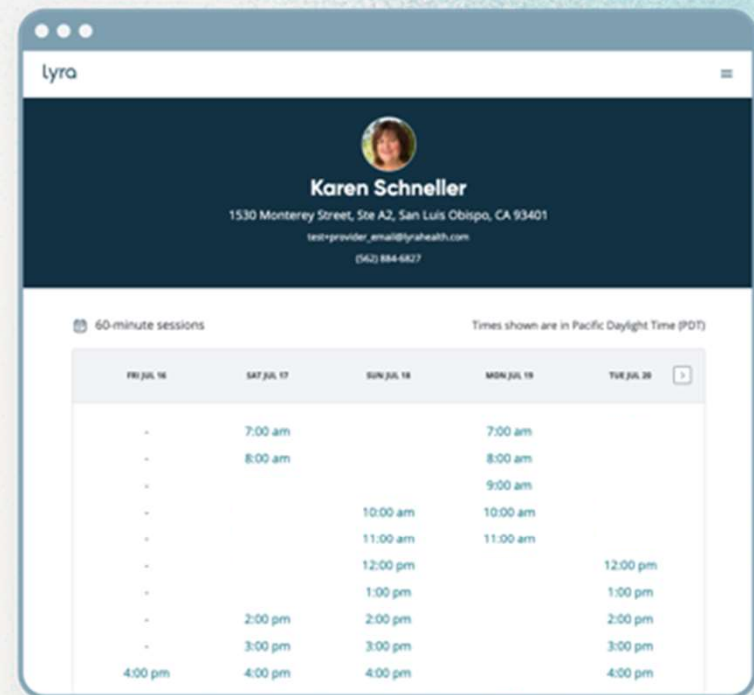
Choose your own provider

Meet with our top-tier providers right away



Easily schedule your appointment

With daytime, evening and weekend availability, find a time that is convenient for you



Lyra will match you to recommended care options

The right care for every need



Lyra Essentials



Lyra Guided Self-Care



Lyra Coaching



Lyra Therapy



Lyra Medication

Wellness & Preventive Care

Moderate Care

Complex

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Lyra will match you to recommended care options

The right care for every need



Lyra Essentials



Lyra Guided Self-Care



Lyra Coaching



Lyra Therapy

Wellness & Preventive Care

Moderate Care

Complex

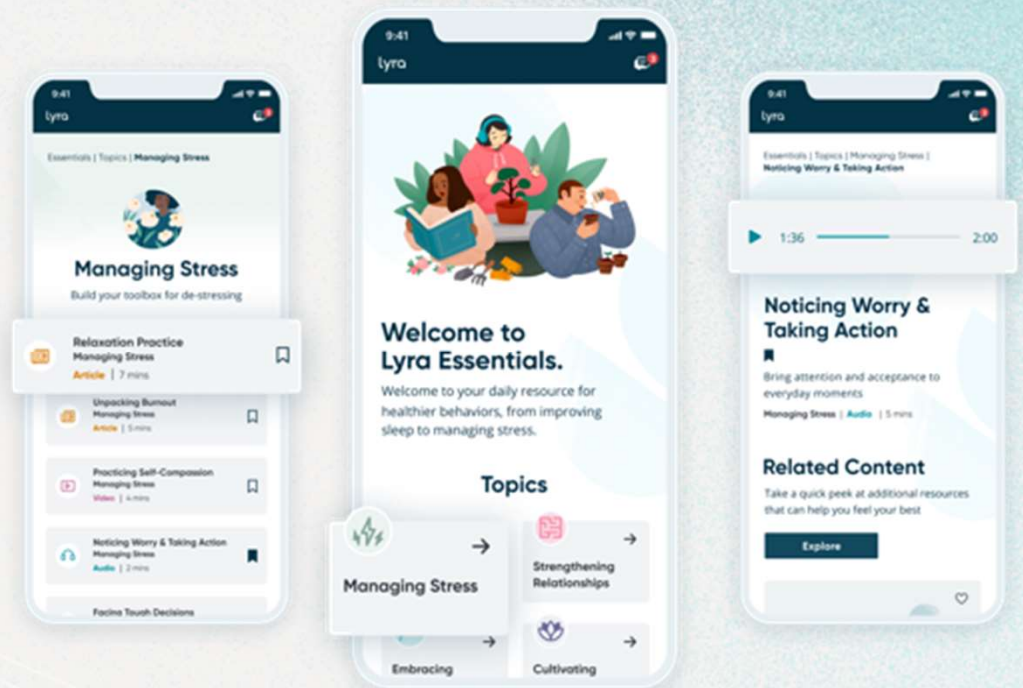
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Lyra Essentials

Evidence-based self-care for every member

- Use Lyra Essentials, a new preventive mental health offering, to access a rich library of research-based self-care resources.
- Tap into guided meditations, how-to videos, and mindfulness tactics for everyday life in Lyra's app or on the web.



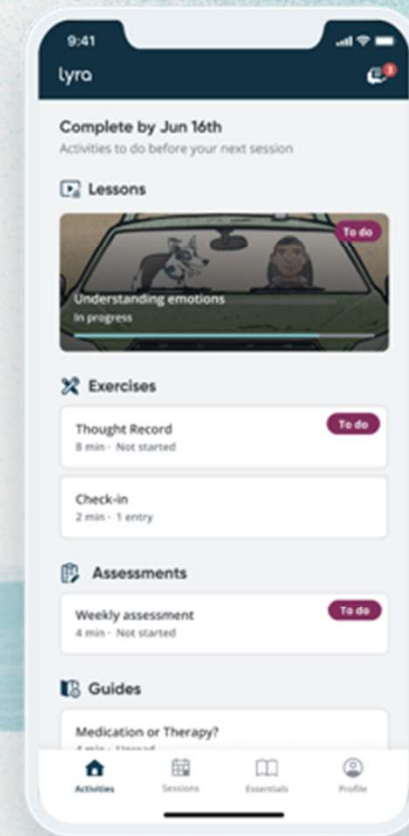
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Guided Self-Care



Work through your care plan at your own pace and on your own schedule

- Meet with your Lyra Coach for a live video session to discuss your needs.
- After your initial consultation, your Lyra Coach will craft a personalized six-week digital care plan with activities that directly address your goals.
- Your coach will keep you on track, provide specific feedback, and be available via messaging for questions and support.

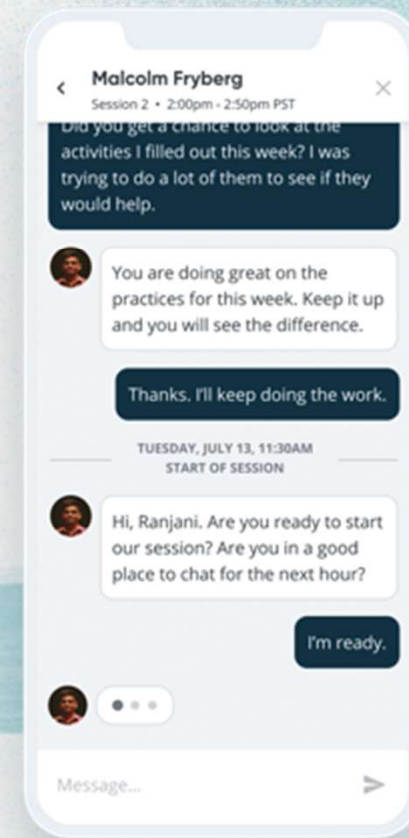


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Coaching

Work with your Lyra Coach through regularly-scheduled sessions

- Choose to connect with your coach via live messaging through your mobile device or from your computer, or meet “face-to-face” over live video on a recurring basis.
- As you work together, you’ll continue to develop your toolkit of skills and strategies to support your mental health, and build strength for lasting change.



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Therapy

Access elite quality therapists through Lyra's provider network

- Lyra works only with the best therapists.
- All Lyra therapists must practice evidence-based techniques proven to reduce your symptoms.
- With Lyra's innovative Blended Care Therapy, you'll be able to stay connected with your therapist throughout the week.
- Practice skills to reduce your symptoms in between sessions.



9:41 Check-in

Instructions
Thinking over the last day, track the emotions you experienced, their intensity, and what (if any) therapy skills came to mind.

Anger / Frustration 3
0: none 10: extremely angry

Anxiety / Stress 7
0: none 10: extremely anxious

Depression / Sadness 3
0: none 10: extremely depressed

Hours of sleep 8

How often did therapy skills come to mind?

Submit



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