

Lyra



Meet Lyra

State of CT's new mental health & well-being benefit



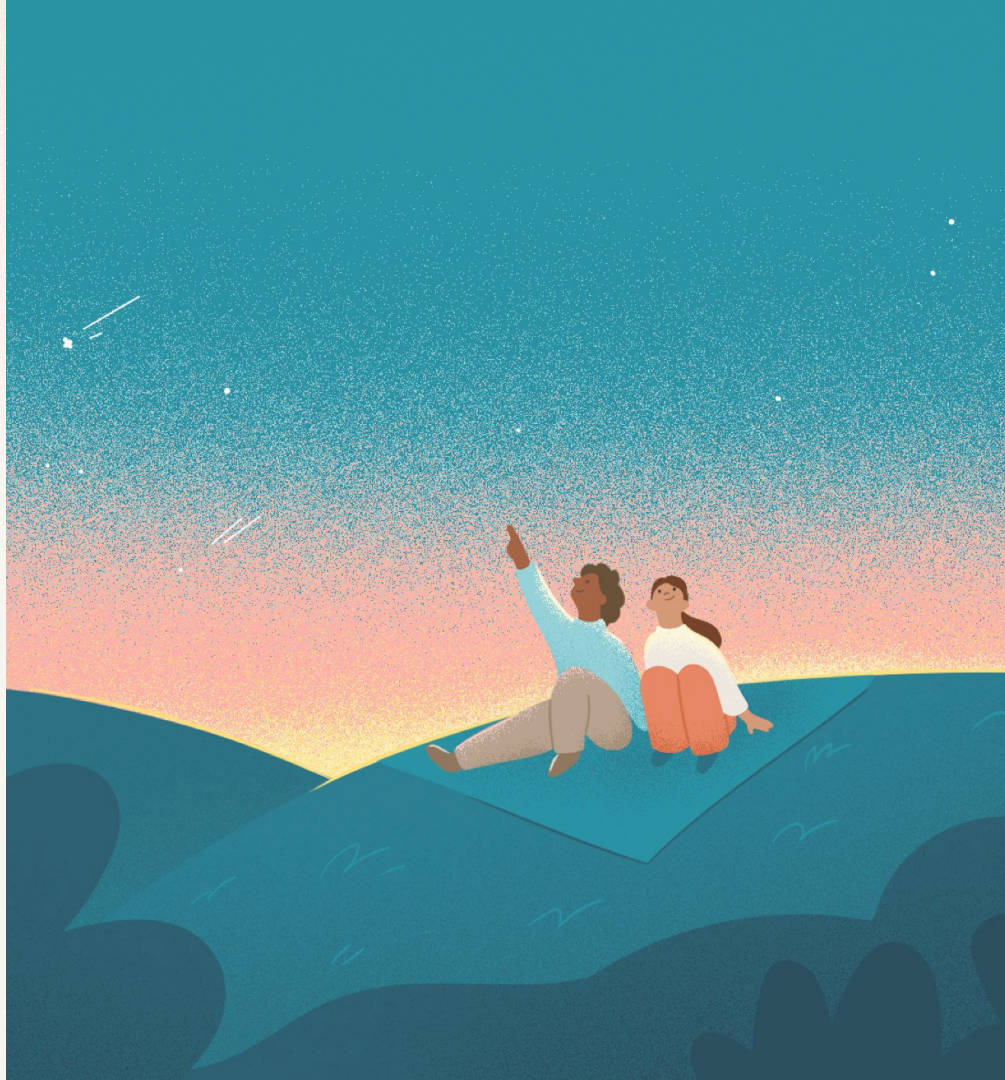
**Everyone
deserves access
to affordable,
high-quality
mental health care**



Who can use Lyra?

Lyra is available to all State of Connecticut employees, retirees and their family members- including children under the age of 18- enrolled in the State of Connecticut Health Plan or the State of Connecticut Partnerships Plan.

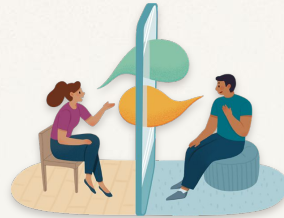
All visits are covered at 100%



**Care anytime, anywhere.
Lyra meets you where you are.**



Phone



Virtual



In-person

And your care is confidential.

Lyra's providers are here for you

97% Of members stick with their first match.

3,200+

BIPOC providers

1,000+

LGBTQIA+ providers

Availability in less than 2 days

Evidence-based

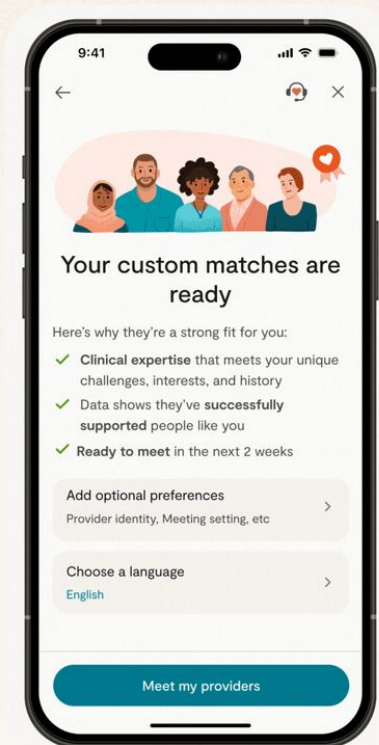
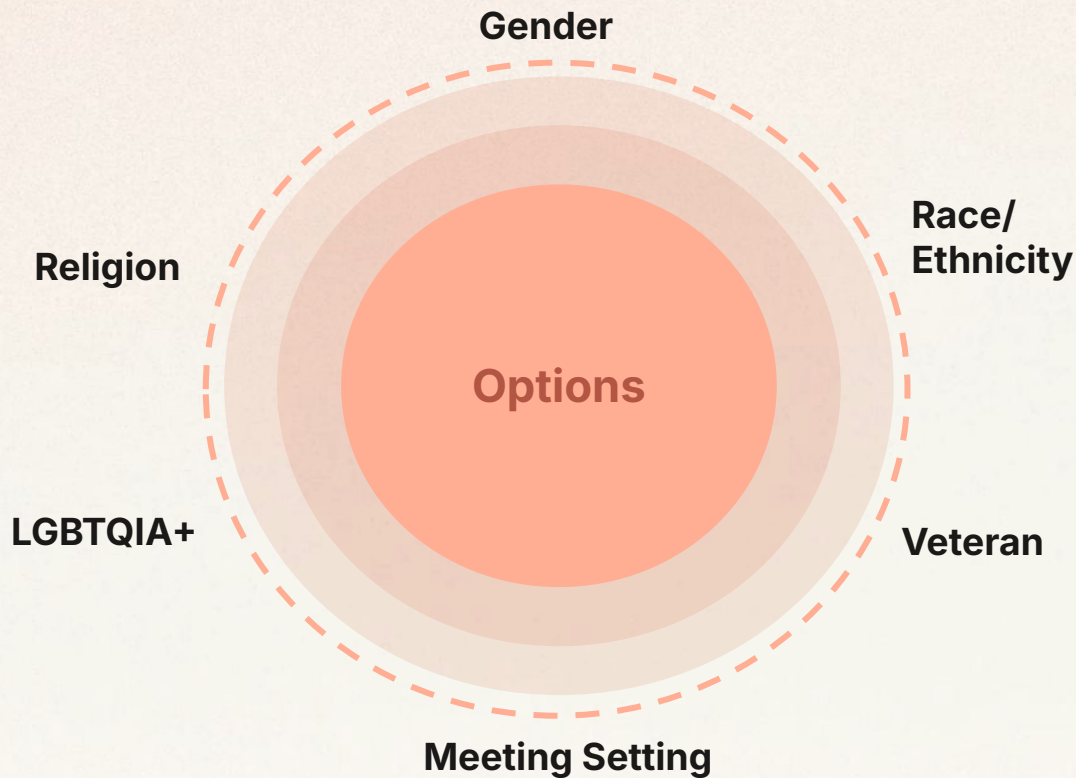
Culturally competent and
compassionate care

Get matched and book online
or over the phone



Select preferences to find a provider

who truly understands you and your background

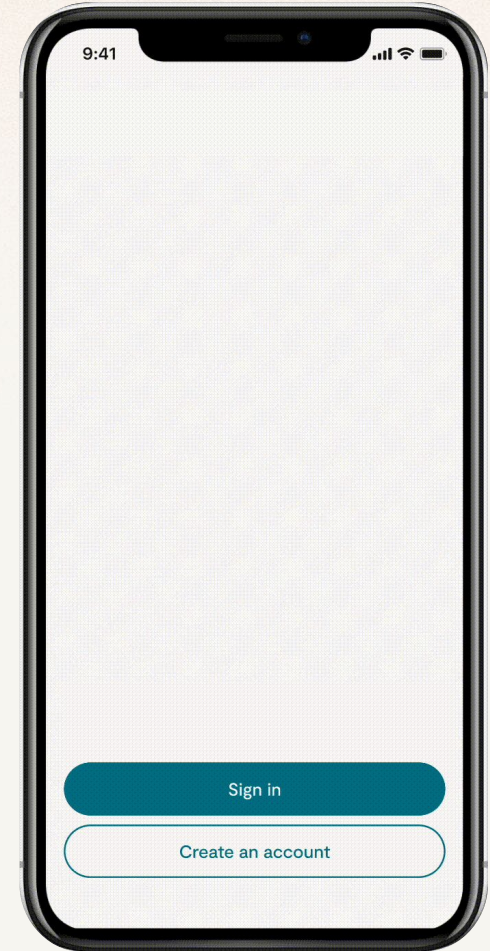


Getting Started with Lyra



Signing up for Lyra is fast and simple:

1. Go to carecompass.lyrahealth.com and click on Sign Up
2. Enter your email
3. Lyra will send a one-time passcode to verify email
4. Enter some basic information
5. Your account is set up!



How to Search for Care for Yourself:

- Visit carecompass.lyrahealth.com or the Lyra app and sign in to your account
- Click 'Find Care' and enter in your Anthem information
- Answer a few questions about your mental health, and your reasons for coming to Lyra
- Enter your location, and any provider preferences you might have
- Select a provider, and book your appointment

Find a provider in just a few minutes ?

After learning a bit about your needs, we'll show you providers who can help.

Get started

Find care for my child (0-17)



Gender

I prefer a provider who identifies as any of the following:

☐ Man

☒ Woman

☐ Non-binary person

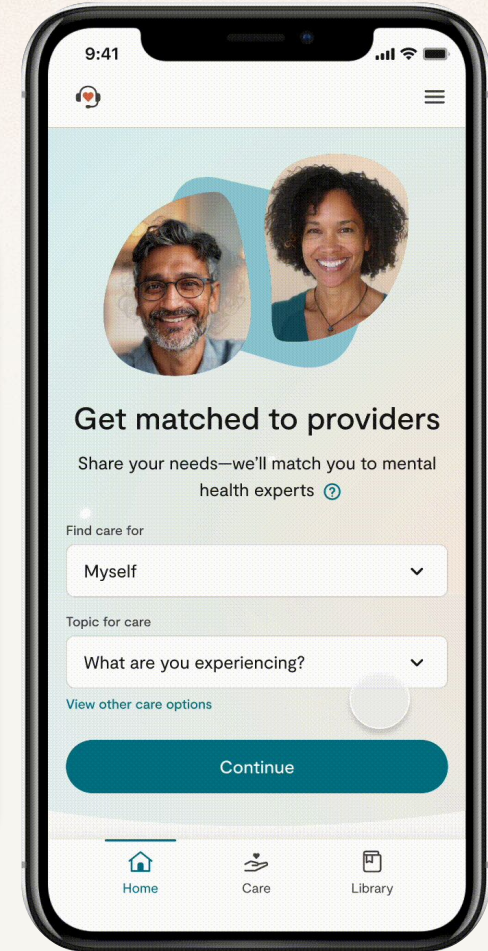
How Lyra defines non-binary ?

Your data with Lyra is private and HIPAA compliant, never shared with your employer



How to Search for Care for your Child:

- Visit carecompass.lyrahealth.com or the Lyra app and sign in to your account
- Select 'Find Care for my Child (0-17)' and enter in your Anthem information
- Choose a form of care and a provider that works for your child
- Book your child's appointment



FAQ: How can my adult child access care?

A: Eligible dependents over the age of 18 should create their own account

Intro to Lyra's Programs

Care for you, and your loved ones



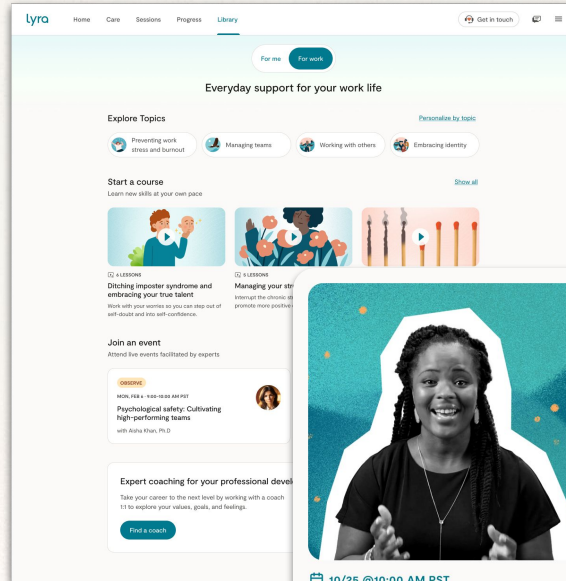
24/7 digital self-care library

Meditations

Articles

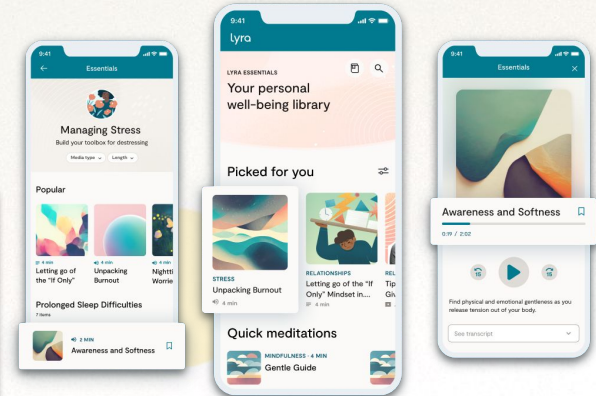
Soundscapes

Videos



10/25 @10:00 AM PST
Safety, Inclusion and
LGBTQIA+ Identity
FACILITATED BY DR. SARA MARTINEZ, PHD

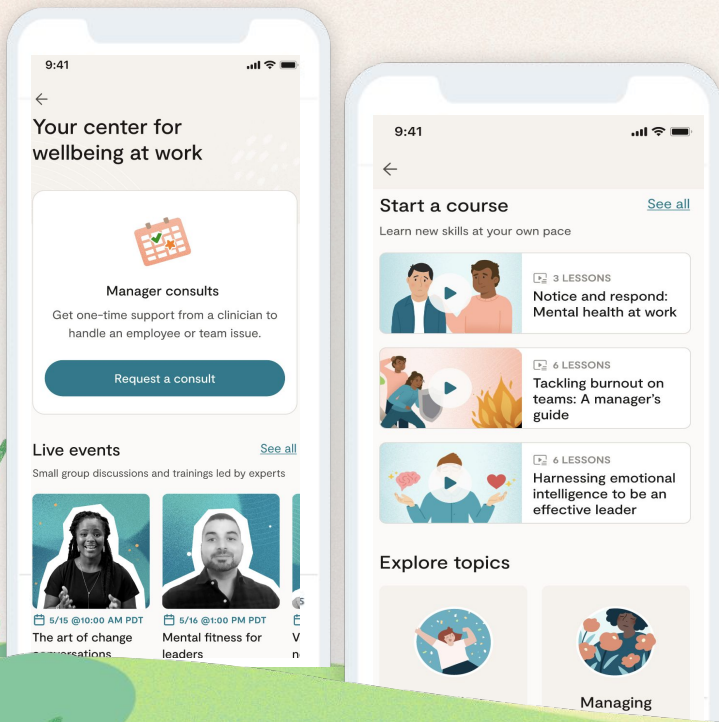
Reserve spot



*Available in 29 languages

Digital work-related resources

Support for members with the online Work Hub.



Educational content

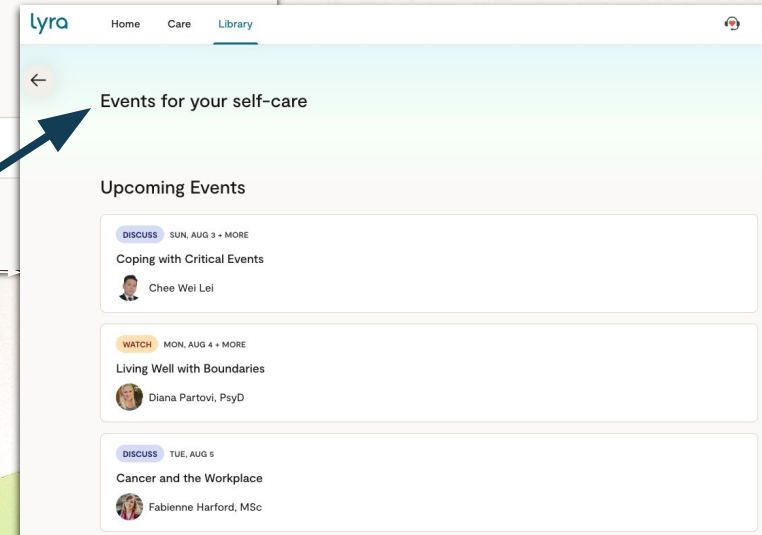
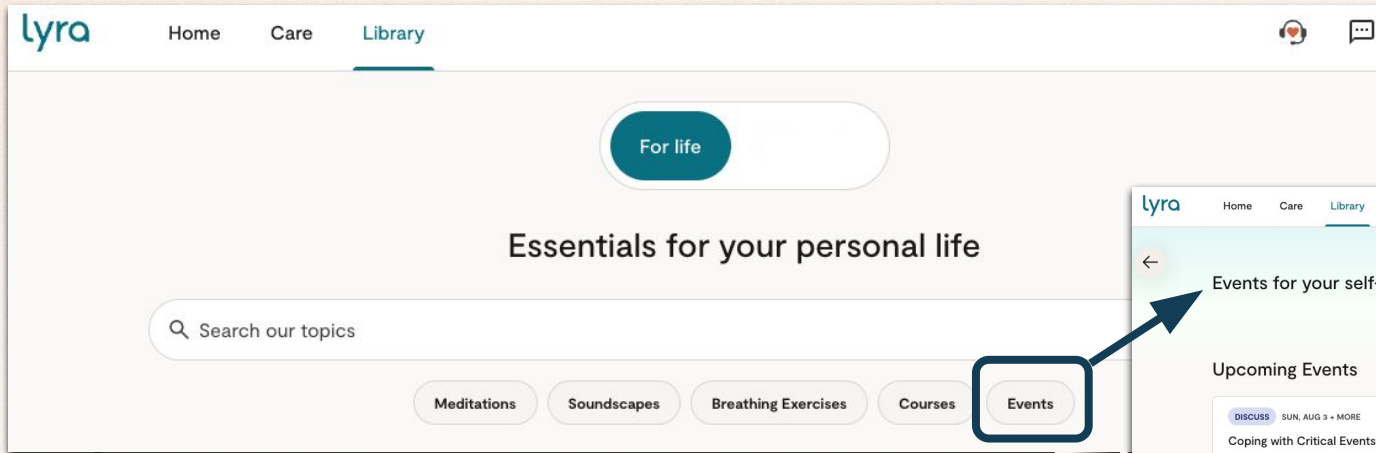
On-demand courses & events

Videos, articles, & more

Tailored content for managers

Public Live Events

Small group discussions and live trainings hosted by a Lyra trained mental health expert on topics tied to diversity, equity, belonging, and well-being.



Recent Live Events:
Coping with Critical Events
Parenting in the Real World
Cancer and the Workplace

Comprehensive care for the entire family



Content
by teens,
for teens



Child



Teens



Spouse



Parents



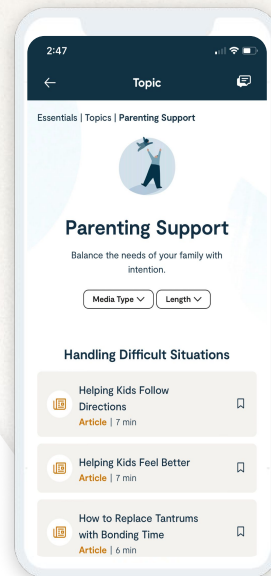
Caregivers



Family & Couples

6,500+

Child
specialists



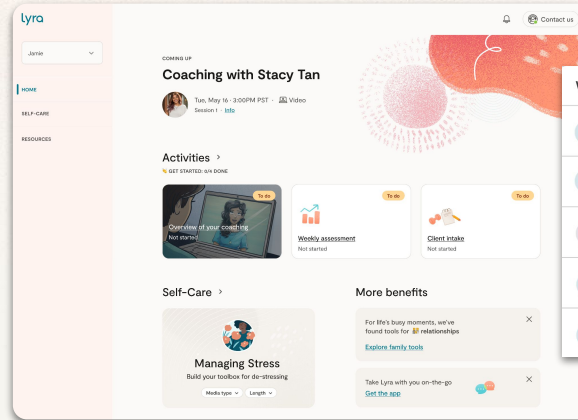
Mental Health Coaching

Mild to moderate issues

Live messaging or virtual sessions

Evidence based care

ICF-accredited coaches



Week 1 - Understanding stress and anxiety

1. Understanding stress and anxiety
2. Mindfulness: Coming back to present
3. Mindfulness
4. Tracking Anxiety
5. Awareness Log

- Mild to moderate anxiety, depression, grief
- Perfectionism and self-criticism
- Low confidence or self-doubt
- Imposter syndrome
- Work/life balance
- Dating or recent breakup
- Overcoming self-limiting beliefs
- Child behavioral challenges (tantrums, tech, bullying)

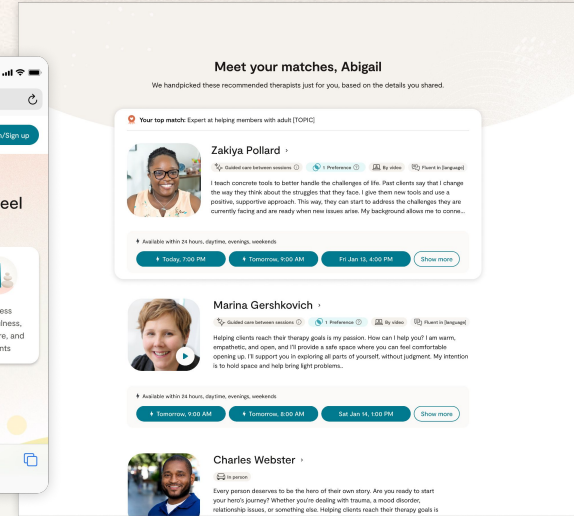
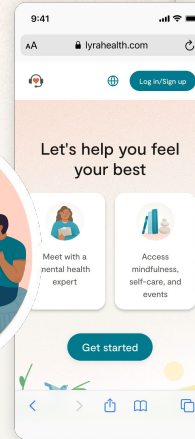
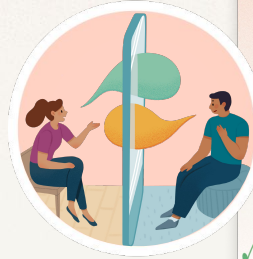
Therapy

Moderate to more severe issues

Virtual or in-person sessions

Evidence based care

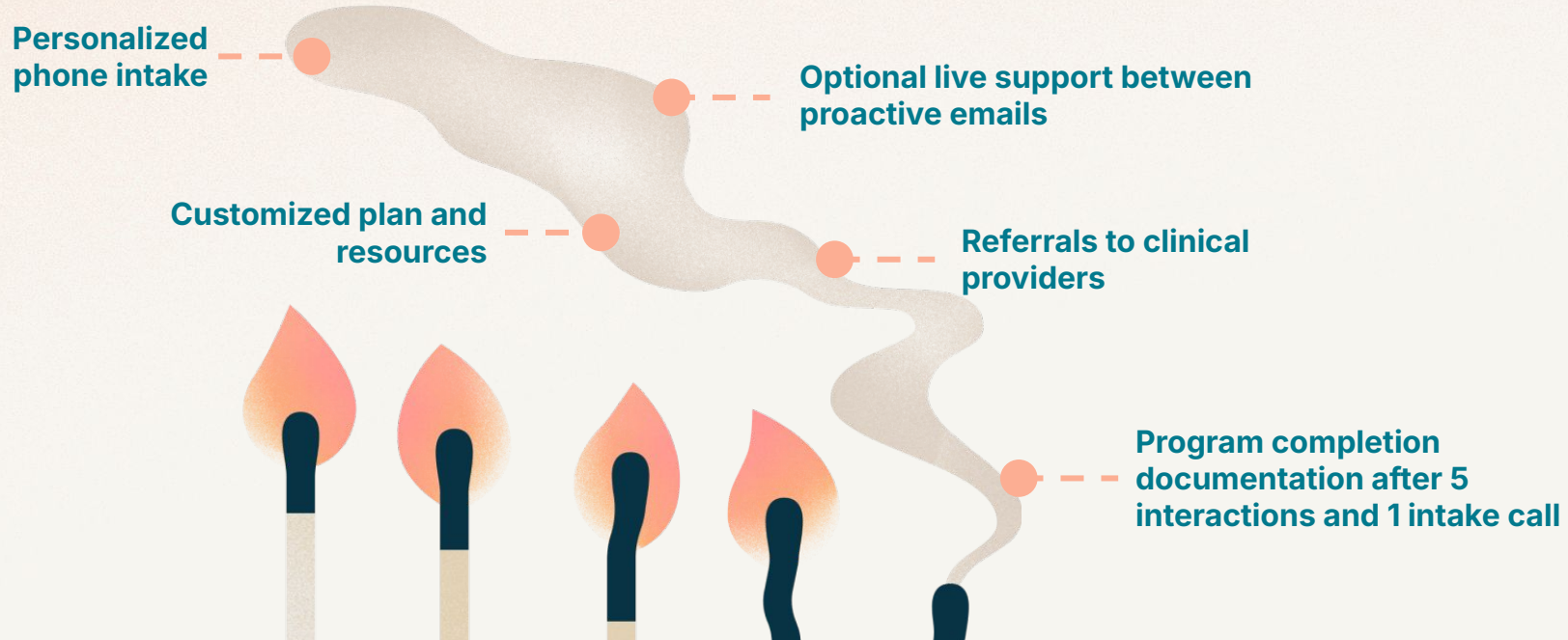
Provider matching



- Anxiety, depression, grief
- Suicidal ideation
- Specific Phobia
- Panic Disorder
- Insomnia
- PTSD/Trauma
- Bipolar disorder
- Eating Disorders (mild-mod)
- Alcohol Use Disorder (mild-mod)
- Obsessive Compulsive Disorder

Dedicated Nicotine Quitline

Confidential 1:1 support to help you quit nicotine products.

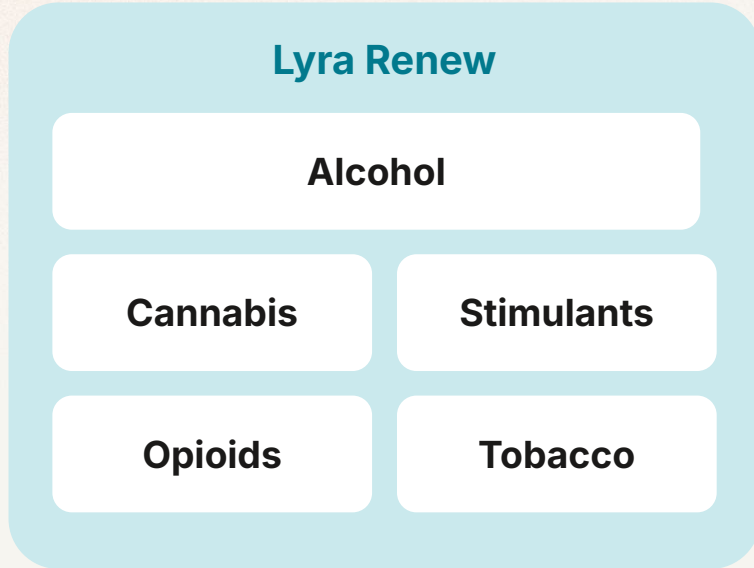


How do I access the Nicotine Quitline?

Members can access the Nicotine Quitline via 3 entry points: a provider referral, 24/7 care navigation team phone line, and in the Lyra platform. Hours are Monday through Friday 7:00am- 7:00pm CST.

Lyra Renew

Specialized substance use support with in-house care



Medication Management

Work with a physician to fulfill your medication needs

- Get matched with a mental health physician for medication consultations, help tracking your symptoms, and direct messaging.
- Access follow-up appointments and prescription refills with the same physician



Lyra Care Navigator Team



24/7/365 Access to Clinicians and Support Staff

- Answers questions about Lyra benefits or helps members search for care.
- Provides crisis support and de-escalation.
- Coordinates advanced care options
- Support is unlimited. It does not incur any additional cost for the employer or caller.

Call 24/7- (877) 390-8904

Scan to get started with Lyra today

Go to:
carecompass.lyrahealth.com



Download: Lyra App



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