

lyra



Meet Lyra

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



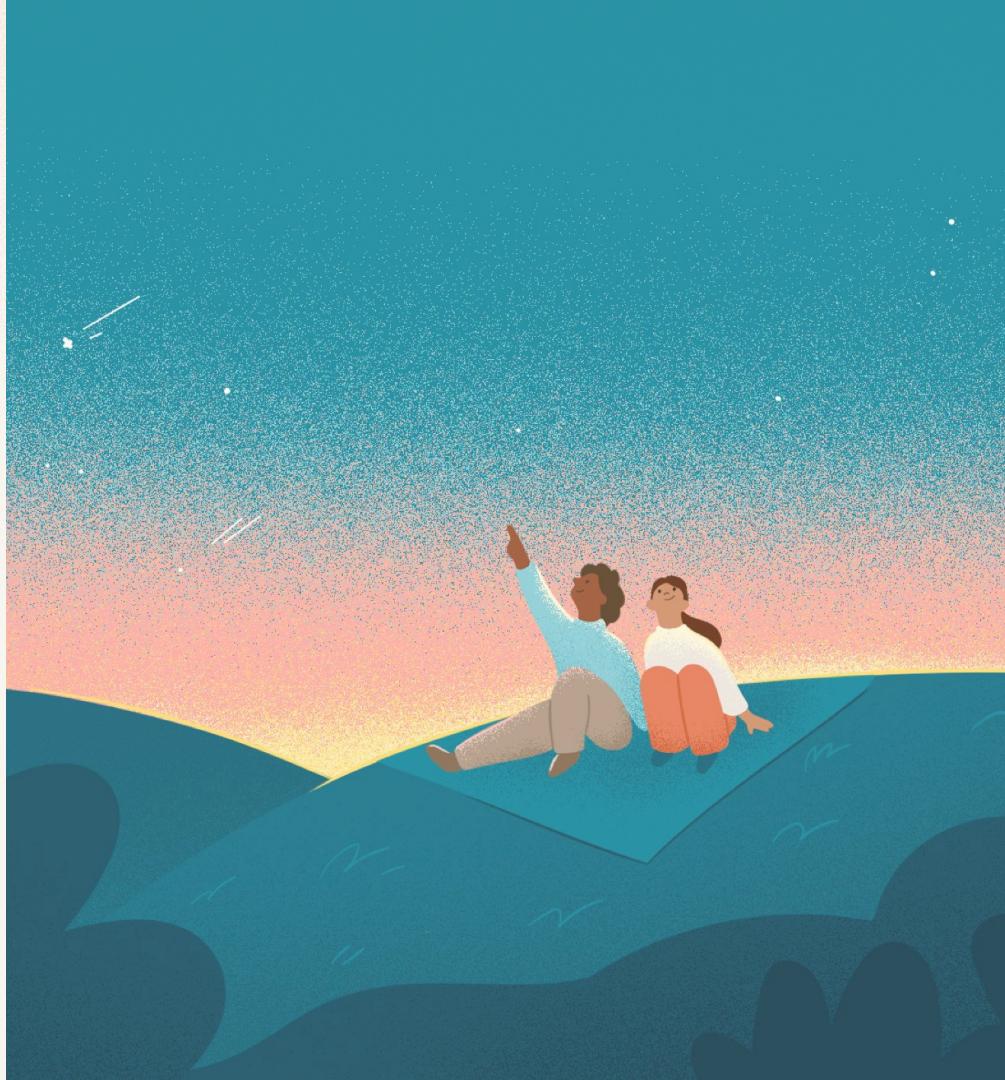
**Everyone
deserves access
to affordable,
high-quality
mental health care**



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

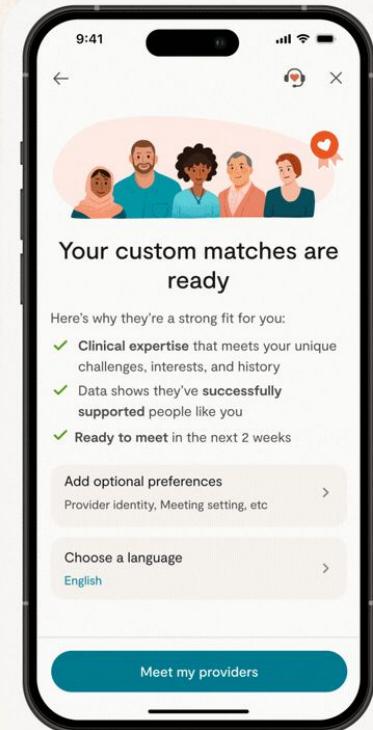
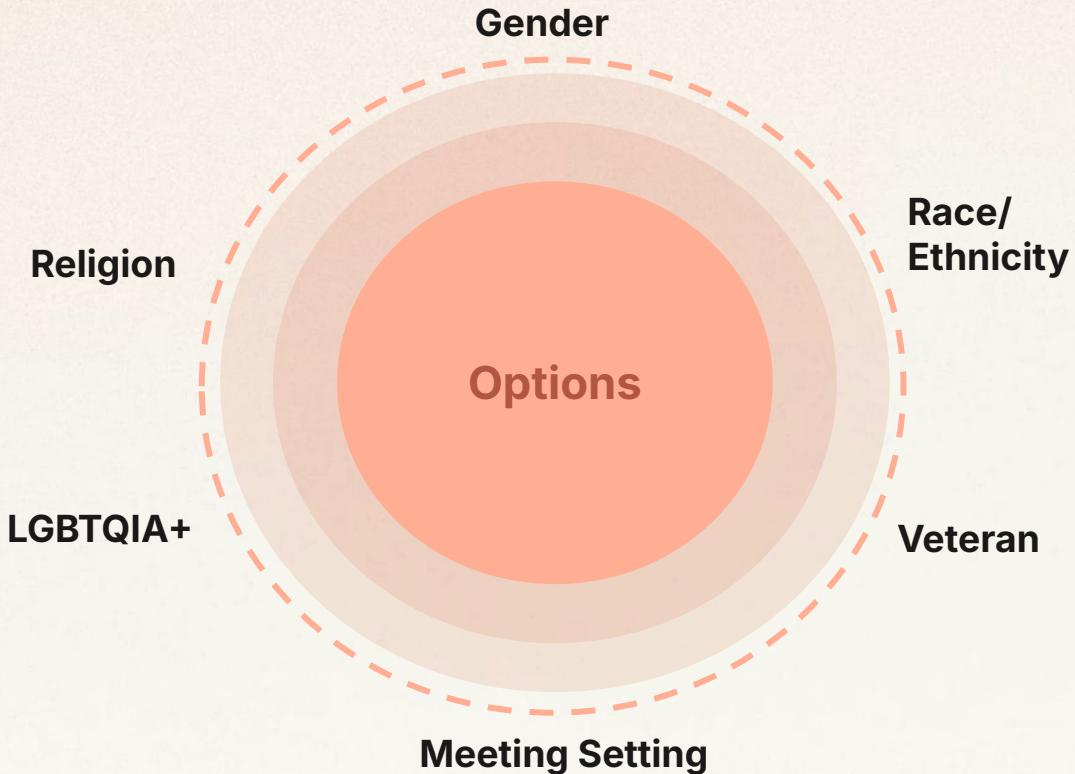
Culturally competent and
compassionate care

Get matched and book online
or over the phone



Select preferences to find a provider

who truly understands you and your background

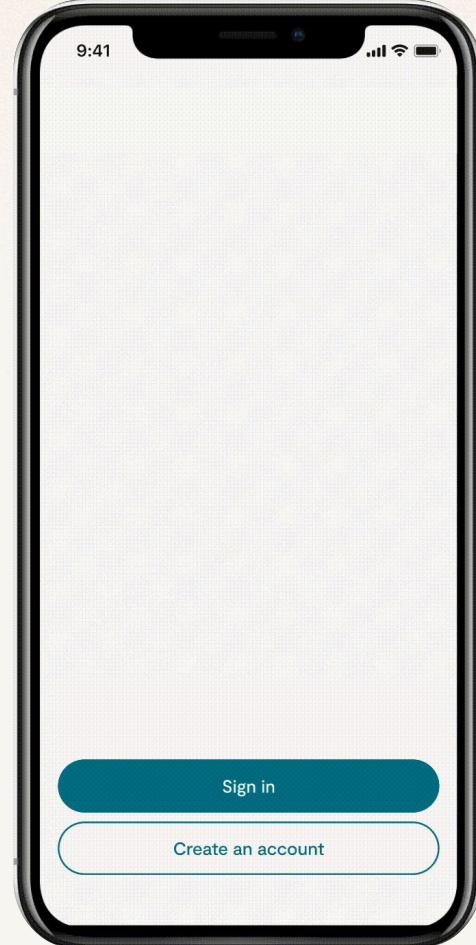


Getting Started with Lyra



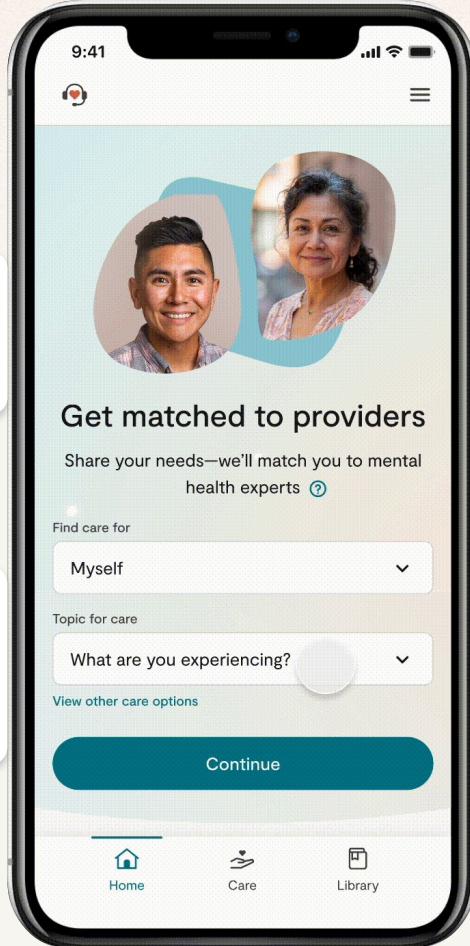
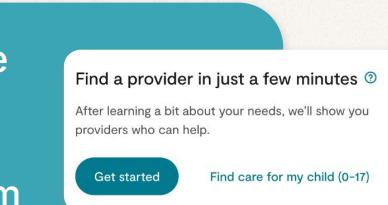
Signing up for Lyra is fast and simple:

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

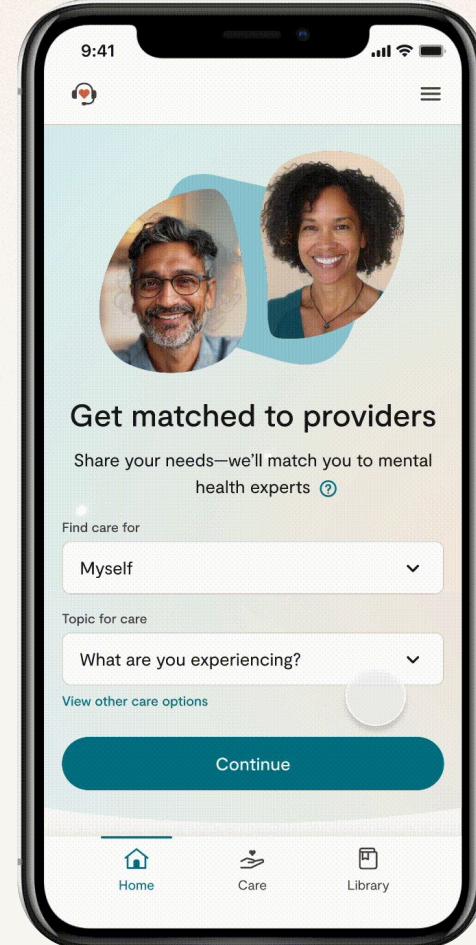


Your data with Lyra is private and HIPAA compliant, never shared with your employer



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



*Available in 29 languages

lyra Home Care Sessions Progress Library

For me For work

Everyday support for your work life

Explore Topics

- Preventing work stress and burnout
- Managing teams
- Working with others
- Embracing identity

Personalize by topic

Show all

Start a course

Learn new skills at your own pace

- Ditching imposter syndrome and embracing your true self
- Managing your stress: Unwind the chronic stress that prevents more positivity

Show all

Join an event

Attend live events facilitated by experts

- OSCEVIC
- MON, 1/14 / 9:00 AM PST
- Psychological Safety: Cultivating high-performing teams with Alison Chen, PhD

Expert coaching for your professional development

Take your career to the next level by working with a coach 1:1 to explore your values, goals, and feelings.

Find a coach

10/25 @10:00 AM PST

Safety, Inclusion and LGBTQIA+ Identity

FACILITATED BY DR. SARA MARTINEZ, PHD

Reserve spot

lyra

Essentials

Managing Stress

Popular

Letting go of the "If Only"

Unpacking Burnout

Nighti Womie

Prolonged Sleep Difficulties

STRESS

Unpacking Burnout

RELATIONSHIPS

Letting go of the "If Only" Mindset in Relationships

REL

Tip

GH

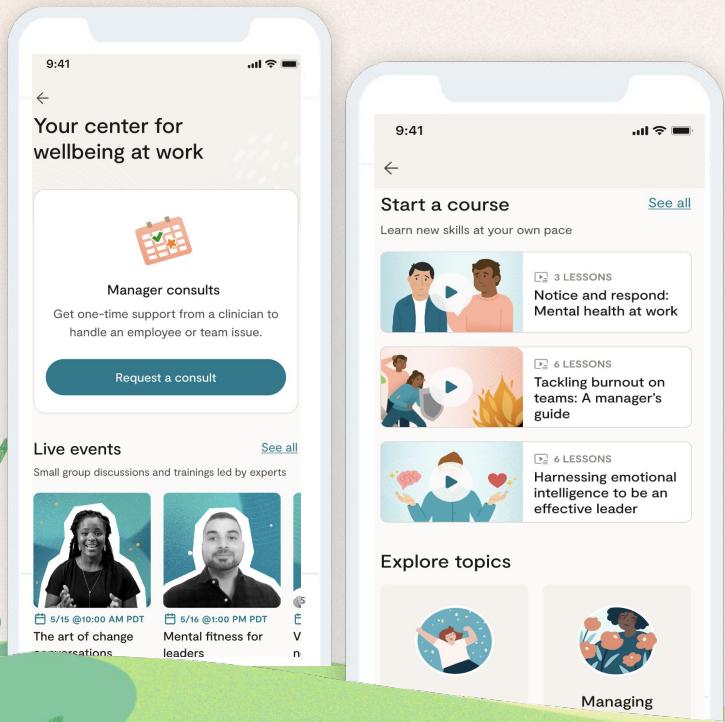
Quick meditations

MINDFULNESS - 4 MIN Gentle Guide

Find physical and emotional gentleness as you release tension out of your body

See transcript

Digital work-related resources



Support for members with the online Work Hub.

Educational content

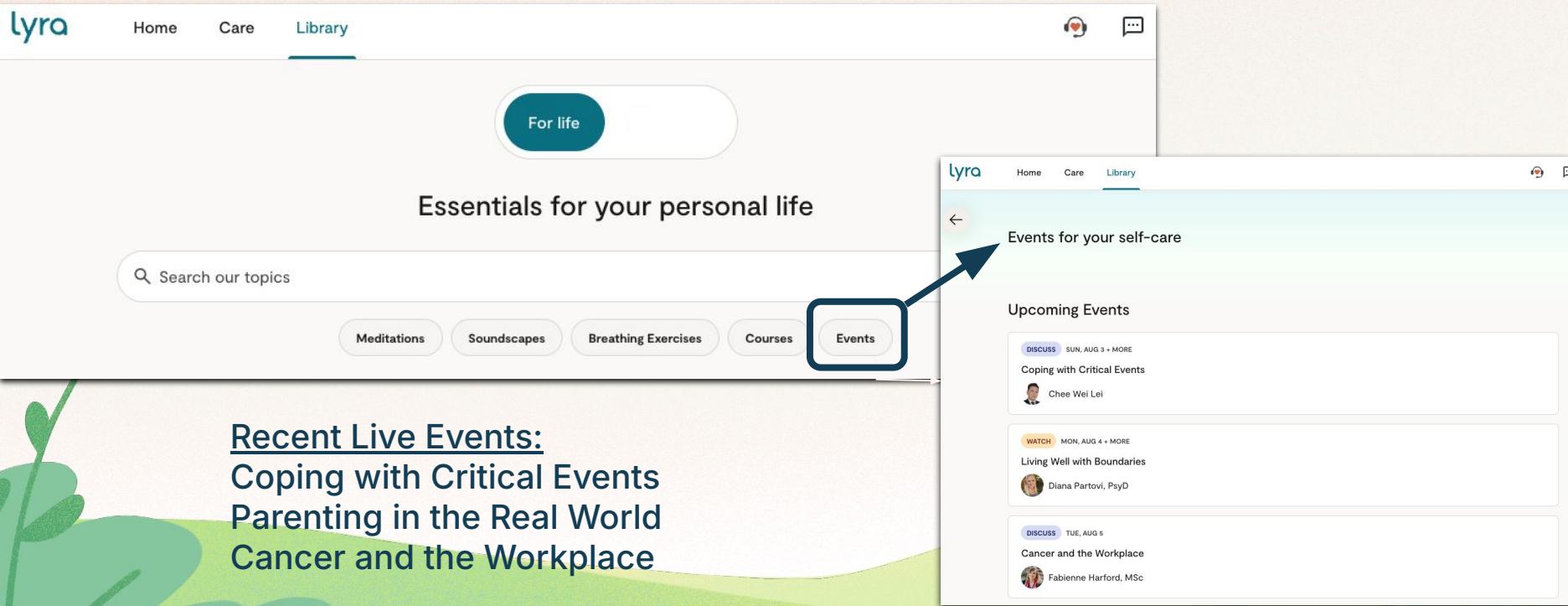
On-demand courses & events

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.



The image shows a screenshot of the Lyra mobile application. At the top, there is a navigation bar with the 'lyra' logo, 'Home', 'Care', and 'Library' buttons. Below the navigation bar, a large teal button with the text 'For life' is visible. The main content area features a heading 'Essentials for your personal life' and a search bar with the placeholder 'Search our topics'. Below the search bar are five circular buttons labeled 'Meditations', 'Soundscapes', 'Breathing Exercises', 'Courses', and 'Events'. The 'Events' button is highlighted with a blue rounded rectangle and a black arrow points to it from a callout box. The callout box is titled 'Events for your self-care' and contains a section for 'Upcoming Events' with three items listed:

- DISCUSS** SUN, AUG 3 + MORE
Coping with Critical Events
Chee Wei Lei
- WATCH** MON, AUG 4 + MORE
Living Well with Boundaries
Diana Partovi, PsyD
- DISCUSS** TUE, AUG 5
Cancer and the Workplace
Fabienne Harford, MSc

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



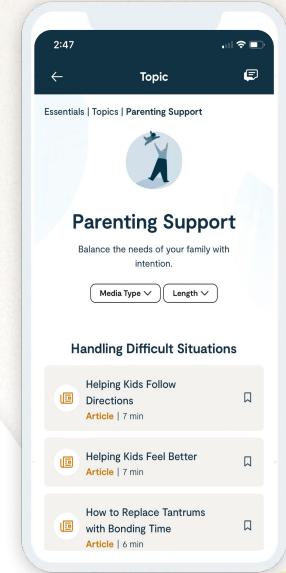
Caregivers



Family & Couples

6,500+

Child
specialists



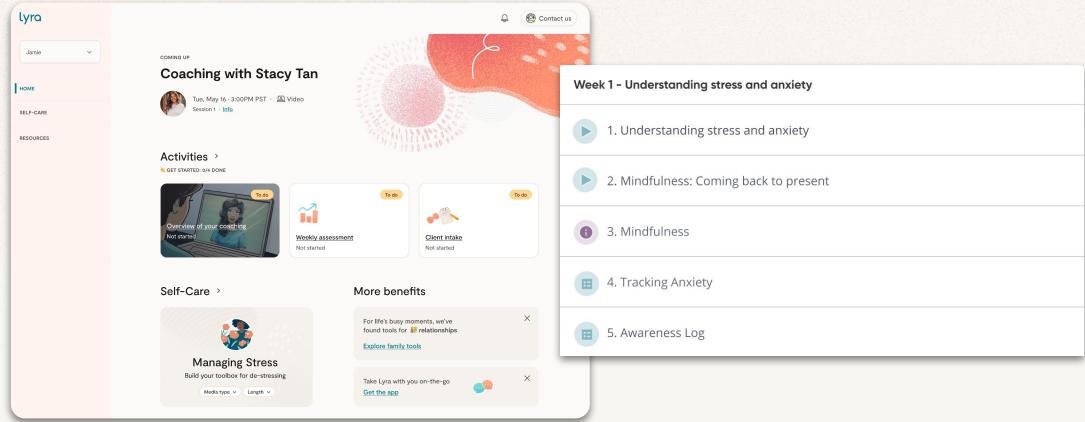
Mental Health Coaching

Mild to moderate issues

Live messaging or virtual sessions

Evidence based care

ICF-accredited coaches

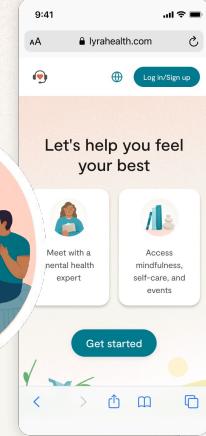


The screenshot shows the Lyra platform interface. At the top, there's a navigation bar with 'HOME', 'HELP CARE', and 'RESOURCES'. The main content area features a 'COMING UP' section for a 'Coaching with Stacy Tan' session on Tuesday, May 16, 3:00PM PST. Below this are sections for 'Activities' (including 'Get Started', 'Weekly assessment', and 'Client intake'), 'Self-Care' (with a 'Managing Stress' tool), and 'More benefits' (with links to 'Explore family tools' and 'Get the app'). To the right, a sidebar titled 'Week 1 - Understanding stress and anxiety' lists five items: 1. Understanding stress and anxiety, 2. Mindfulness: Coming back to present, 3. Mindfulness, 4. Tracking Anxiety, and 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



Meet your matches, Abigail

We handpicked these recommended therapists just for you, based on the details you shared.

Your top match: Expert at helping members with adult [TOPIC]

Zakiya Pollard •
Guided care between sessions ⓘ ⓘ Preference ⓘ ⓘ By video ⓘ ⓘ Power in language ⓘ
I teach concrete tools to better handle the challenges of life. Past clients say that I change the way they think about the struggles that they face. I give them new tools and use a positive, supportive approach. This way, they can start to address the challenges they are currently facing and are ready to move forward. My background allows me to connect...

Available within 24 hours, daytime, evenings, weekends
Today, 7:00 PM Tomorrow, 4:00 PM Fri Jan 13, 4:00 PM Show more

Marina Gershkovich •
Guided care between sessions ⓘ ⓘ Preference ⓘ ⓘ By video ⓘ ⓘ Power in language ⓘ
Helping clients reach their therapy goals is my passion. How can help you? I am warm, empathetic, and open, and I'll provide a safe space where you can feel comfortable opening up. I'll support you in exploring all parts of yourself, without judgment. My intention is to hold space and help bring light problems...

Available within 16 hours, daytime, evenings, weekends
Tomorrow, 7:00 AM Tomorrow, 8:00 AM Sat Jan 14, 10:00 PM Show more

Charles Webster •
In person ⓘ
Every person deserves to be the hero of their own story. Are you ready to start your hero's journey? Whether you're dealing with trauma, a mood disorder, relationship issues, or something else. Helping clients reach their therapy goals is

- 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.

Personalized phone intake

Optional live support between proactive emails

Customized plan and resources

Referrals to clinical providers

Program completion documentation after 5 interactions and 1 intake call

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



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%