



YOUR  BENEFITS

Healthier Mind, Stronger You —With Lyra

We all need a little help from time to time. Whether you're feeling anxious or depressed, experiencing grief, navigating life changes, looking to improve your work or personal relationships, or just want to feel better emotionally—Lyra's got you and your eligible family members covered.



8 no-cost sessions

Access high-quality and confidential mental health care—including therapy or coaching sessions to support you and the whole family.



Support for the whole family

Receive specialized support for kids and teens, parenting, and couples, so every family member can build skills and feel their best.



Care options that fit your schedule

Talk to your provider virtually, in person, or via live chat—even on nights and weekends.



On-demand resources

Access a library of self-help resources—like meditations, videos, and courses—for support in your personal life and for work.



Individualized care

Lyra will match you with the right care program for your needs and a provider who understands your unique background and identity.



Additional services

Free and confidential guidance on work-life needs—like legal services, identity theft, dependent care support, and financial matters.

Your Lyra benefit (including 8 no-cost sessions) is available to: all full-time members and dependents enrolled in the Value Copay, Premier EPO or Choice HSA Medical plans.

Get started with care in just a few minutes—activate your benefit today.

Download the app



Visit: ensign.lyrahealth.com
Call: Lyra's Care Navigator Team
at (833) 872-0268

