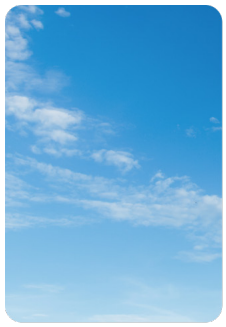
lyra

AmeriHealth Caritas

Healthier mind, stronger you *—with Lyra*






Mental health care helps in life's toughest moments—and in the everyday ones, too. Regularly investing in your well-being can help you feel more balanced, confident, and ready for whatever comes next.

Lyra makes it easy to start care and stick with it, helping you feel stronger, steadier, and better every day.

12 no-cost sessions
Get confidential care from a coach or therapist matched to your needs and preferences.

Care options that fit your schedule
Talk to your provider virtually, in person, or via live chat—even on nights and weekends.

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

Support for the whole family
Find specialized care for kids, teens, parents, and couples, so the whole family can feel stronger together.

On-demand resources
Access hundreds of self-help resources, like meditations, videos, and courses, anytime, anywhere.

Medication management
Consult with a specialized physician on mental health medications.

All associates and their eligible dependents have access to 12 sessions, per person per year, at no cost to you. Additionally associates and their dependents enrolled in the Independence Blue Cross health plan have access to continued care coaching and therapy sessions, beyond the 12 free sessions, from a Lyra network provider and access to medication management support any time. These sessions are billed through the health plan and subject to in-network outpatient mental health costsharing, as defined under your health plan.

Get started with care in just a few minutes—sign up today.

Visit: amerihealthcaritas.lyrahealth.com
Call: Lyra's Care Navigator Team at (877) 251-8527



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