

## OVERVIEW

# Lyra is for Everyone

Find confidential care for your emotional and mental health, how, when, and where you need it. Whether you're feeling stressed, anxious, or depressed, support from Lyra can get you back on your feet.



## Guided self-care with a coach

Get a care plan crafted by your Lyra coach and learn new mental health strategies at your own pace.

## In-person & video therapy

Meet with a therapist for diagnosis and treatment of mental health conditions like depression, PTSD, and more.

## Medication Management

Consult with a specialized physician on mental health medications.

## Mental health coaching

Get to the root of your challenges with effective care from a mental health coach via video or live messaging.

## Essentials

Tap into self-led wellness tools anytime, anywhere.

“

*I can't believe that genuine help was only a click away. I'm beyond grateful for Lyra.*

– Lyra client

Learn more at [avalonbay.lyrahealth.com](https://avalonbay.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | (877) 224-7661



# No matter what you're dealing with, Lyra can help

Confidential care from the best quality providers, so you can feel better faster.

## How Lyra works

- ✓ **Getting started is easy**  
Share what you're dealing with, get care recommendations, and book an appointment. Lyra members waste less time looking for care and spend more time feeling better.
- ✓ **High-quality care that works**  
Lyra is dedicated to offering the best care possible and supporting only treatments that are the most effective at relieving symptoms, typically within a short period of time.
- ✓ **The best coaches, therapists and physicians available nationwide**  
Our providers are ready to meet you where you are — via live video, live messaging, or even in-person. Many use digital lessons and exercises to enhance your care experience between sessions.
- ✓ **Tap into additional work-life services**  
Receive expert advice to help you stay on top of your busy life, including legal, financial, identity theft, and dependent care services.

## Who is eligible?

All AvalonBay associates, their dependents, and household members will have access to 8 coaching or therapy sessions, per person per year, at no cost to you.

Associates and their dependents enrolled in the Aetna plan have access to continued care coaching and therapy along with access to Lyra's medication management program from a Lyra network provider. These sessions are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under your health plan.

Learn more at [avalonbay.lyrahealth.com](https://avalonbay.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | (877) 224-7661

Lyra Health, Inc. works in partnership with Lyra Clinical Associates P.C. and other contracted partners to be your Lyra Care Navigator Team and deliver clinical services. For care exclusions, please see the Lyra FAQ.

