

Lyra



Get to know Lyra & ICAS

A Lyra Health company

Your *NEW* mental health and wellness
benefit

How Lyra can help



Parent & caregiver stress



Changes in mood



Work stress & burnout



Anger management



Conflict with coworkers



Relationship challenges



Lyra will match you to recommended care options

The right care for every need



Lyra Essentials



Lyra Coaching



Lyra Therapy

Wellness & Preventive Care

Moderate Care

Complex

Who can use Lyra?

All eligible Workmates, spouses/domestic partners, dependents and members of the household will have access to unlimited coaching sessions and 16 therapy/counselling sessions, per person per year, at no cost.

Every member of the family—including *children, adults, and couples—gets the care they need.

**Lyra provides support for children 12+ in over 115 countries and from ages 0-17 in the United States. This is based on each country's specific local laws, regulations, and healthcare policies.*



How much does Lyra cost?

US and Global

US only-beginning 2/1/23

Access to care

Continued Care Through Your Health Plan

Who

All eligible Workmates, spouses/domestic partners, dependents and members of the household

What

Unlimited coaching and up to 16 therapy/counseling sessions

Cost

\$0

Who

Employees, spouses and dependents enrolled in Workday's Cigna health plan

What

Access to continued therapy sessions past initial 16 covered + medication management support

Cost

In-network outpatient mental health cost sharing (dependent on health plan copay or deductible)

Workday Cigna health plan members may continue seeing their provider past the company sponsored sessions

Workday members enrolled in Kaiser or HMSA health plan please speak with a Lyra Care Navigator for directions on continuing your care upon exhaustion of your 16 free therapy sessions.



Member Experience

Get started

Getting started with Lyra takes 5 minutes or less, no matter where you're based

This is a confidential benefit. Information you provide will not be shared with your employer

If you'd prefer to call in or use our services anonymously, you can contact our care team at any time

Lyra

English

FAQs

Sign in

Find the best care for your mental health

Sign up to receive personalized options for online or in-person care

Get started

Contáctenos si tiene preguntas यदि आपके कोई प्रश्न हैं तो हमसे संपर्क करें 如果您有任何问题, 请联系我们

Contact FAQ

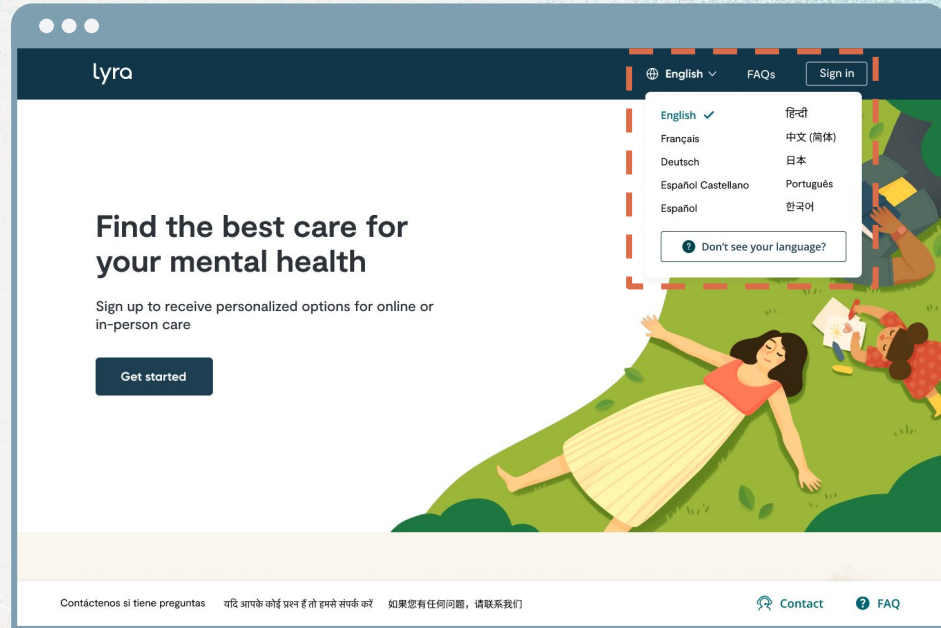
workday-global.lyrahealth.com

Language will automatically change per your settings or you can manually change it here



Get started

Choose your preferred language to navigate your Lyra benefit.



workday-global.lyrahealth.com

Sign up for Lyra

Register with your personal email address.

Lyra

Connect with great care in just 5 minutes

For easy access, we recommend using your personal email address

Personal email address

dnayak@gmail.com

Sign Up

or

Sign up with Google

Already have account? Sign in

Protected by reCAPTCHA
Privacy & Terms

Contáctenos si tiene preguntas यदि आपके कोई प्रश्न हैं तो हमसे संपर्क करें 如果您有任何问题, 请联系我们

Contact FAQ



Reminder: If you'd prefer to call in or use our services anonymously, you can contact our in-country care navigator team at any time

Sign up for Lyra

Share some basic information about yourself to register a Lyra account and access a variety of mental health and wellness resources!

lyra

Step 1 of 2

Set up your account

Select the country where you would like to receive care

Your surname/family name

Your given name

Your date of birth (DD/MM/YYYY)

Create a password

Contactenos si tiene preguntas सहायता के लिए सवाल पूछें

lyra

Step 2 of 2

Background information

Lyra values your privacy. Your information is confidential and will not be shared without your consent. [Learn more](#) about how we may use your information.

Gender identity

Male

Female

Non-binary

Other

Prefer not to say

Feedback

May we contact you to learn about your Lyra experience?

Yes

No

I have read and agree to Lyra Health's Terms of Use.

I attest that I, or the person I am searching on behalf of, qualify for Lyra through the freemium/ partner number I provided, if the person.

Contactenos si tiene preguntas सहायता के लिए सवाल पूछें तो हमारे सार्वकर्मों को [如果有任何问题, 请联系我们](#)

Contact FAQ

Explore Lyra's Homebase



Lyra Essentials



Find care



Other resources

The screenshot shows the Lyra website interface for a user named Abigail. At the top, the Lyra logo is on the left and the user's name 'Abigail' is on the right. The main heading is 'Welcome, Abigail'. Below this is a section titled 'Finding a provider is easy' with a subtext: 'We'll connect you with a counselor who will ensure you get the support you need.' A 'Find care' button is prominently displayed. To the right of this text is an illustration of a person being supported by others. Below the main heading is a section titled 'Access wellness resources anywhere, any time'. This section is divided into 'LYRA WELLNESS' and 'OTHER RESOURCES'. Under 'LYRA WELLNESS', there is a card for 'Lyra Essentials' with a description: 'A go-to self-care tool to improve your emotional well-being with skill-building videos, activities, meditation, and more.' An 'Explore' button is at the bottom of this card. To the right of the 'Lyra Essentials' card is an illustration of a book with a plant growing from it. Under 'OTHER RESOURCES', there is a card for 'Lyra Health App' with the text: 'Get the go access to your mental health tools' and a right-pointing arrow. On the right side of the page, under the heading 'YOUR LYRA CARE TEAM IS HERE FOR YOU', there is contact information: 'care@lyrahealth.com' and '(844) 993-3322'. At the bottom of the page, there is a footer with the Lyra Health, Inc. address and contact information in multiple languages: 'Contactenos si tiene preguntas', 'यदि आपके कोई सवाल हैं तो हमारे संपर्क करें', and '如果您有任何问题, 请联系我们'. There are also links for 'Privacy Policy', 'Terms of Use', and 'Accessibility'. At the bottom right, there are icons for 'Contact' and 'FAQ'.

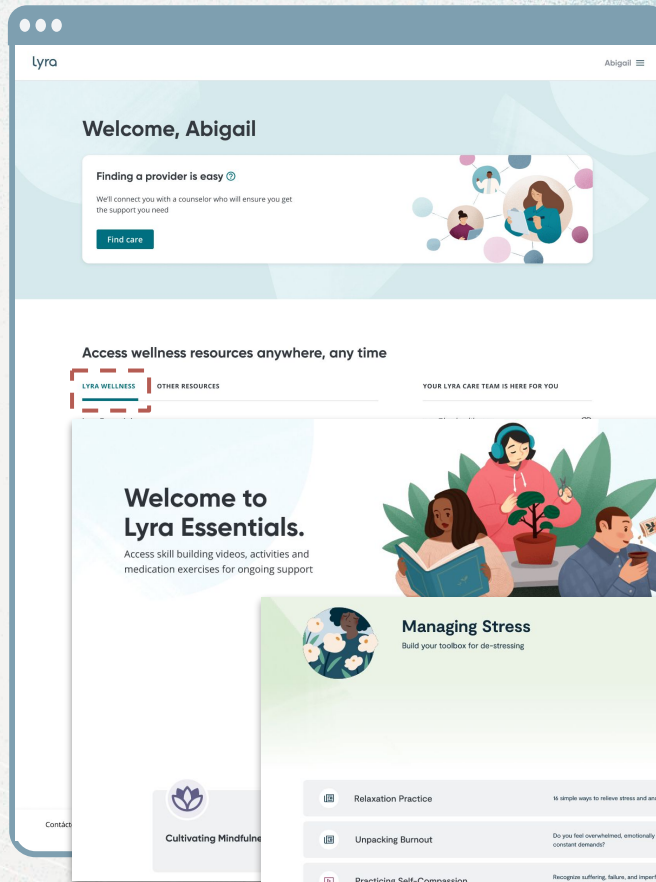
Lyra Essentials



Lyra's digital wellbeing resource with 100+ self-led audio meditations, videos, and activities to support issues like stress, burnout, mindfulness, and more.



Available in: *English, Filipino, French, French Canadian, German, and Spanish*



Finding Care



You have several options for finding care and getting matched to a provider who is right for **you**



Finding Care



Use Lyra's care platform to digitally search for care with our online assessment and scheduling features

workday-global.lyrahealth.com



Finding Care



Call your in-country number anytime, and remain anonymous if you prefer

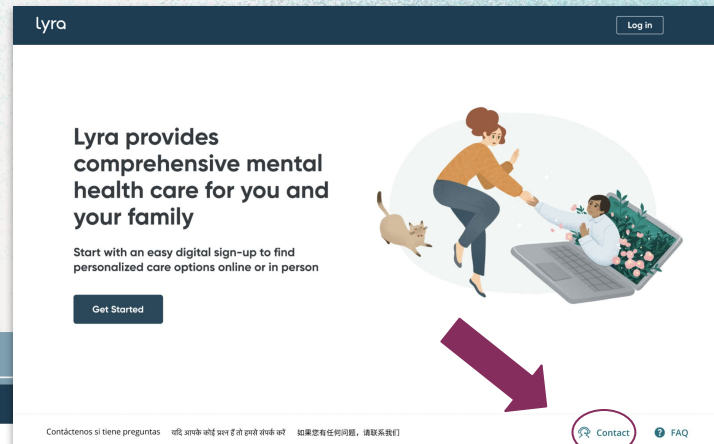
US: Call (888) 713-1703

Global: The number can be found in your company-provided materials or through Lyra's care platform via



Contact Lyra's Care Navigator Team from anywhere in the world

In the footer on Lyra's care platform, you'll also have the ability to contact the Lyra team and get routed to support in your country



Lyra

Contactenos si tiene preguntas यदि आपके कोई प्रश्न हैं तो हमसे संपर्क करें 如果您有任何问题, 请联系我们

[Contact](#) [FAQ](#)

Our Care Team can assist in your language.

Nuestro equipo de atención puede ayudarlo en su idioma.
我们的护理团队可以用您的语言提供帮助
हमारी देखभाल टीम आपकी भाषा में सहायता कर सकती है

Afghanistan	+93 (887) 286-6884	Albania	+355 (486) 125-8751
Algeria	+215 (987) 458-1258	Andorra	+367 (484) 458-4587
Angola	+85 (458) 4588-1254	Antigua and Barbuda	+54 (458) 458-2554
Argentina	+4 (2851) 343-6884	Armenia	454 (124) 459-2681
Australia	+2 (1475) 123-3652	Austria	21 (965) 465-2355
Azerbaijan	+58 (236) 947-6884	Bahamas	788 (285) 253-6884
Bahrain	+2 (966) 847-2587	Bangladesh	8 (791) 784-7845
Barbados	+121 (252) 355-6884	Belarus	+96 (392) 966-6589
Belgium	+8 (784) 985-0998	Belize	+40 (821) 212-6654
Bangladesh	+19 (863) 393-9822	Barbados	+33 (2256) 129-9265

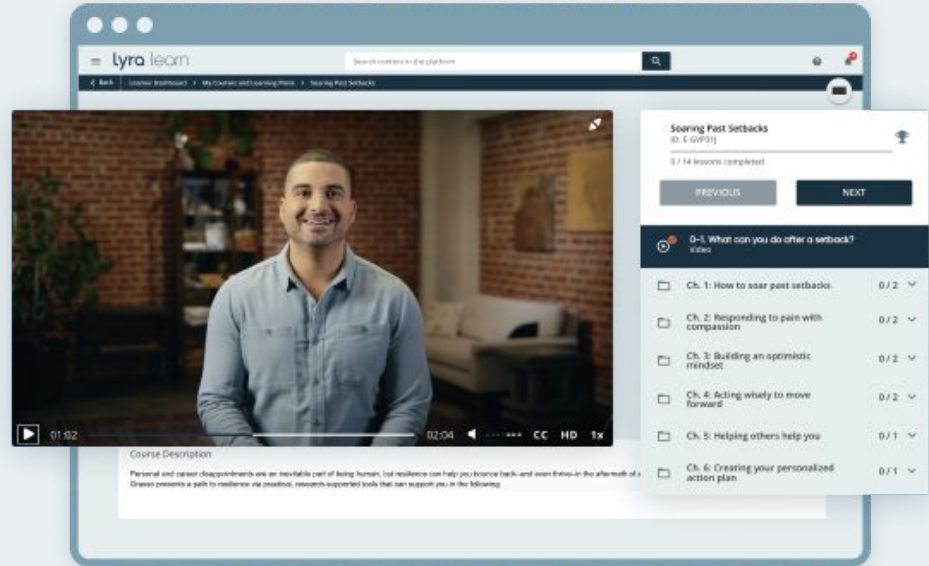
Contactenos si tiene preguntas यदि आपके कोई प्रश्न हैं तो हमसे संपर्क करें 如果您有任何问题, 请联系我们

[Contact](#) [FAQ](#)

Lyra Learn - ENGLISH only

Mental health eLearning to help organizations foster a culture of mental well-being

- Lyra Learn is an eLearning platform that is 100% devoted to mental health and well-being.
- Explore unlimited on-demand courses and live monthly workshops taught by Lyra mental health professionals.



Lyra Learn Gatherings- ENGLISH only

Structured virtual discussion sessions led by clinical experts

- Members can attend Gatherings on topics such as race and ethnicity, gender, sexual orientation, religion and spirituality, working parenthood, veterans and more.
- Attendance is capped at 50 attendees to ensure a small-group experience.



The screenshot displays a user interface for Lyra Health. On the left, there are two panels: 'My Registered Events' with an 'Agenda' dropdown and a calendar view for February, and 'Assigned' with tabs for 'Deadlines', 'Not Started', and 'In Progress'. The main content area features a featured course titled 'February's Course of the Month: Race, Injustice, and Mental Health' with a description and an illustration. Below this are two sections: 'Lyra Gatherings' and 'On-Demand Courses'. 'Lyra Gatherings' includes four items: 'Racial Advocacy', 'Politicizing Black Identity in the Workplace', 'Exploring the Hyphen: Multiracial/Ethnic Identity', and 'Working While Grieving'. 'On-Demand Courses' includes four items: 'Notice and Respond: Supporting Mental Health at Work', 'Race, Injustice, and Mental Health', 'Managing Your Stress', and 'Minding Your Mental Health'. Two large purple arrows on the right point to the 'Lyra Gatherings' and 'On-Demand Courses' sections.

Gatherings

Learn

learn@lyrahealth.com

Customer Code =
#workday101

**Get started with CARE at
workday-global.lyrahealth.com**

**Get started LEARNING at
learn.lyrahealth.com
Customer Code = #workday101**