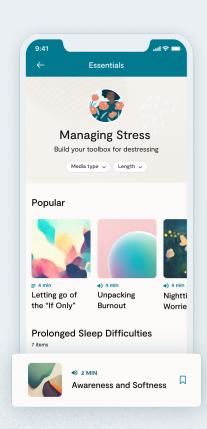
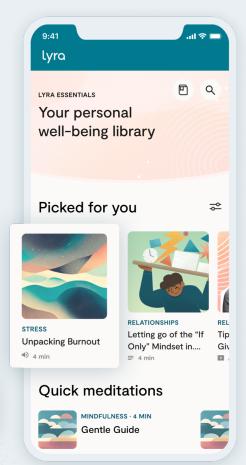
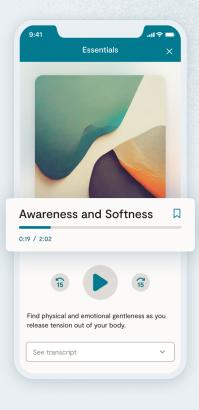


## Lyra Essentials

A free, personal well-being library to help you strengthen your relationships, stress less, improve sleep and bring more joy into your life.







Build healthy habits with 24 hour a day access to self-care resources including skill-building videos, articles and more. Designed to help you thrive—no matter what you're feeling.

Register at aristocrat.lyrahealth.com to access Lyra Essentials online or on the Lyra Health app



