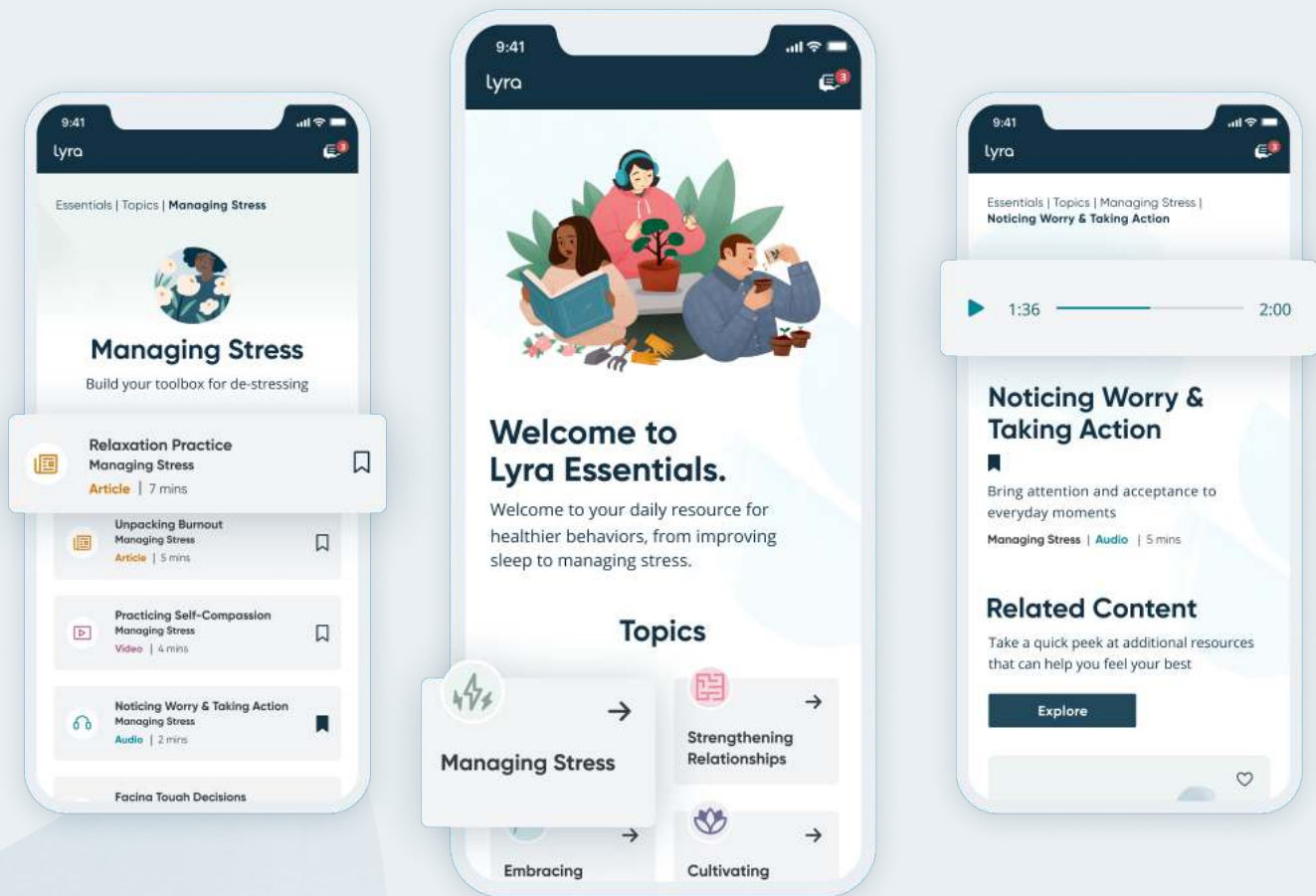


AVAILABLE ANYTIME, ANYWHERE

Lyra Essentials

A free library of well-being and self-care resources to help you stress less, sleep better and strengthen your relationships.



Designed to bring more joy into your life



Just a few minutes a day builds healthy habits



Developed by Lyra clinicians and based on science



Easily accessible via Lyra's web platform or in the Lyra Health app



A variety of content types including video, audio, written articles, and character diaries

Get started with Lyra Essentials

- ✓ Register for Lyra or log back into your Lyra account
- ✓ Find Essentials in the member homebase or within the navigation bar

The screenshot displays the Lyra member homebase interface. At the top, the Lyra logo is visible in the browser's address bar. The main heading reads "Welcome, Abigail". Below this, a section titled "Finding a provider is easy" includes a sub-heading "After learning more about you, we'll guide you to the right recommendation" and a "Get started" button. A secondary link "Find my child care (0-17)" is also present. The interface is divided into "LYRA TOOLS" and "OTHER RESOURCES". A "Lyra Essentials" pop-up is overlaid on the bottom left, describing it as a self-care tool for emotional well-being and listing categories like ANXIETY, THRIVING AT WORK, IDENTITY & MENTAL HEALTH, RESILIENCE, and STRESS. On the right, a "YOUR LYRA CARE TEAM IS HERE FOR YOU" section provides contact information: "Chat Live", "care@lyrahealth.com", and "(877) 505-7147".

Lyra

Welcome, Abigail

Finding a provider is easy

After learning more about you, we'll guide you to the right recommendation

[Get started](#) [Find my child care \(0-17\)](#)

Access wellness resources anywhere, any time

LYRA TOOLS **OTHER RESOURCES**

YOUR LYRA CARE TEAM IS HERE FOR YOU

Chat Live

care@lyrahealth.com

(877) 505-7147

Lyra Essentials

A go-to self-care tool to improve your emotional well-being with skill-building videos, activities, meditation, and more.

[Explore](#)

ANXIETY **THRIVING AT WORK**

IDENTITY & MENTAL HEALTH

RESILIENCE

STRESS