

# Your go-to for mental and emotional well-being

**Connect with top therapists, psychiatrists, and coaches quickly, easily, and at no cost to you.** Lyra offers therapy and coaching programs that can help you and your family with stress, anxiety, depression, relationship issues, and more.

Getting started is easy:



### Easy Sign-Up

Create an account using our secure, confidential online tool.



### Personalized Care

Tell us about yourself and we'll offer options, personalized to you.



### Convenient Options

Choose from therapy, coaching, or self-care apps.



### Quick Scheduling

Schedule an appointment online or by calling the provider directly.

Get started at [servicenow.lyrahealth.com](https://servicenow.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | (844) 912-1934



# A Radically Simpler Way to Get Care for You and Your Family

Lyra makes it easy for you to find and get high-quality, personalized care for your mental and emotional health, so you can be your best self at ServiceNow and at home.

## What's Included:

### Short-Term, Evidence-Based Care

Lyra covers short-term, evidence-based care provided by licensed clinical therapists, psychiatrists, and mental health coaches who work with Lyra. Lyra providers practice specific methods of therapy that have been proven to be effective at relieving symptoms within a short period of time.

### Access to Available Providers and Digital Care Tools

In addition to vetting all of our providers for quality and expertise, we also check their availability. Providers we recommend are available to see you in the next two weeks, so you can get started quickly. For support on-the-go, you can also tap into digital care tools for an emotional boost anytime, anywhere.

### No Cost to You

No co-pays, no claims to file. ServiceNow covers the cost of benefit-eligible care, up to 25 sessions, for employees and their dependents. If you have specific questions about eligibility and coverage, contact the Lyra care team.

## Why Evidence-Based Care?

Of the hundreds of treatments out there, most have little or no research to support their effectiveness.

Only a handful of therapies have been rigorously tested in scientific studies and demonstrated to work. That's why Lyra only works with providers who practice evidence-based techniques, so you can trust you're getting effective care that will help you get unstuck and back on your feet.

Common evidence-based therapies include: Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Emotionally Focused Therapy, and Mindfulness-Based Cognitive Therapy (MBCT).

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\*Lyra Health, Inc. works in partnership with Lyra Clinical Associates P.C. and other contracted affiliates to be your Lyra care team and deliver clinical services. Your Lyra benefit covers the cost of as many in-person or live video sessions as are clinically indicated by your Lyra provider, up to 25 sessions, as long as you are eligible for benefits from ServiceNow. Lyra does not cover inpatient or residential treatment, hospitalization (including partial), intensive outpatient treatment, emergent or urgent care, long term care or counseling, prescription medication, autism spectrum disorder treatment, services for remedial education, and non-evidence-based behavioral health care.

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