

OVERVIEW

# Your Go-to for Mental Health

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.



## In-person & video therapy

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



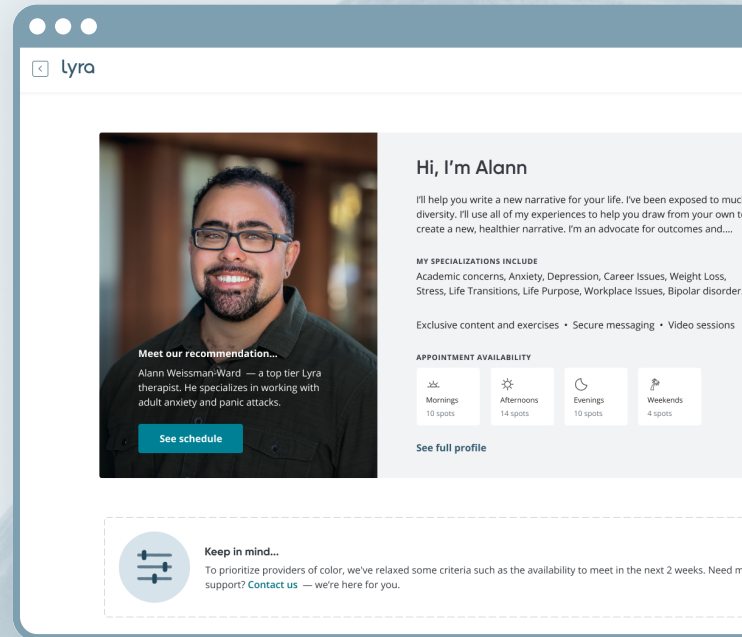
## Essentials

Tap into self-led wellness tools anytime, anywhere.



## Medication Management

Consult with a specialized physician on mental health medications.



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

– Lyra client

Learn more at [brunswick.lyrahealth.com](https://brunswick.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | (877) 219-8350

# 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 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.

## Who is eligible?

All employees and their dependents, including children ages 2 and older, that are enrolled in the Brunswick Medical Plan have access to therapy sessions and medication management support from a Lyra network provider. These sessions are billed through the health plan and subject to in-network deductibles and out-of-pocket maximums, as defined under your health plan.

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