



Welcome!

We'll get started in a few minutes

Download the Lyra app and
create your free account:



Meet Lyra

Your new mental health & well-being benefit



Everyone deserves
access to affordable
high-quality
mental health care.



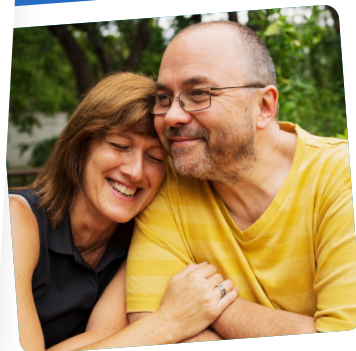
Who can use Lyra?

With Lyra, every Manatt employee (including contingent and temporary staff), Equity Partners, and Senior Managing Directors, as well as their spouses or domestic partners, dependent children under age 26, and any members of their household can get the mental health care they need—at no cost.

You *do not* need to be enrolled in a Manatt health plan to access Lyra benefits.



You



Your spouse



Your dependents

10
sessions
per person
per year

What if I'm enrolled in one of Manatt's Aetna medical plans?



If so, you can continue therapy sessions via a Lyra network provider, and medication support if needed.

Once you have used your 10 free sessions, additional sessions will be billed through your Aetna health plan at in-network rates

Please note that this does not apply to Kaiser, CDPHP or any non-Manatt sponsored plan.

Care anytime, anywhere.
Lyra meets you *where you are*.



Text



Phone



Virtual



In-person

And your care is confidential.

Manatt will never know you're using Lyra, or why.

Lyra's providers are *here for you*

- ✓ Availability in less than 2 days
- ✓ Evidence-based care
- ✓ Culturally competent and compassionate care
- ✓ Get matched and book online or over the phone



1,000+
LGBTQIA+ providers

97%

of members stick
with their first match.



3,200+
BIPOC providers

What type of provider *can I see?*

ICF-accredited Coaches

PsyDs in Clinical Psychology

PhDs in Counseling

Psychiatric Nurse
Practitioners*

Psychiatrists MD*

Licensed Professional Clinical
Counselors

Marriage and Family
Therapists

Master's/Clinical Social
Workers

* Can prescribe medication. Prescription costs are not covered by Lyra but may be covered by your health insurance plan

Find a provider who *truly understands you*

Gender

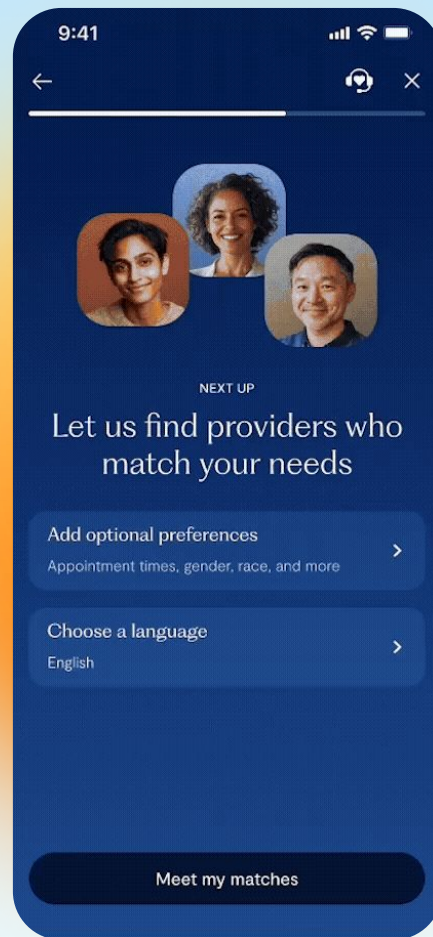
LGBTQIA+

Race/Ethnicity

Religion

Veteran

Meeting Setting



lyra

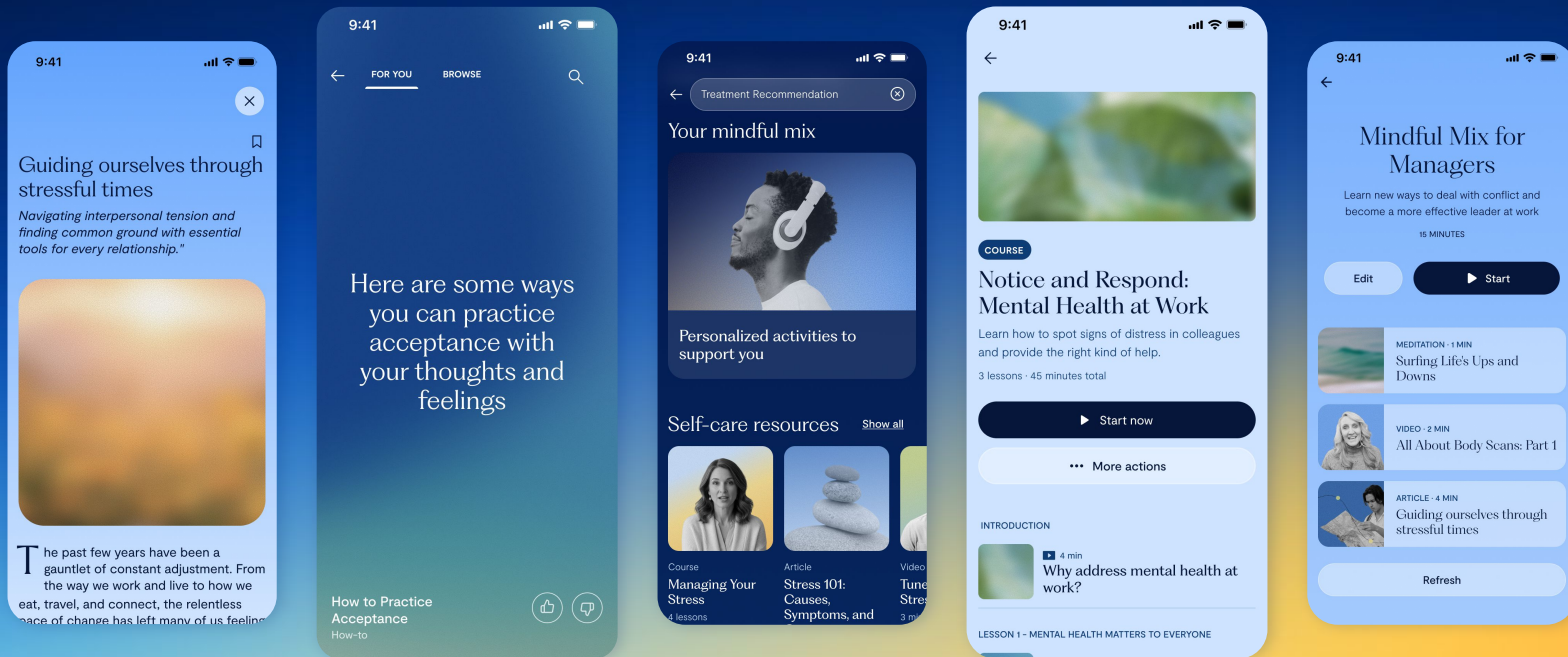
Intro to Lyra's programs

Care for you and your loved ones



Lyra Library

24/7 well-being support



Meditations

Articles

Soundscapes

Videos

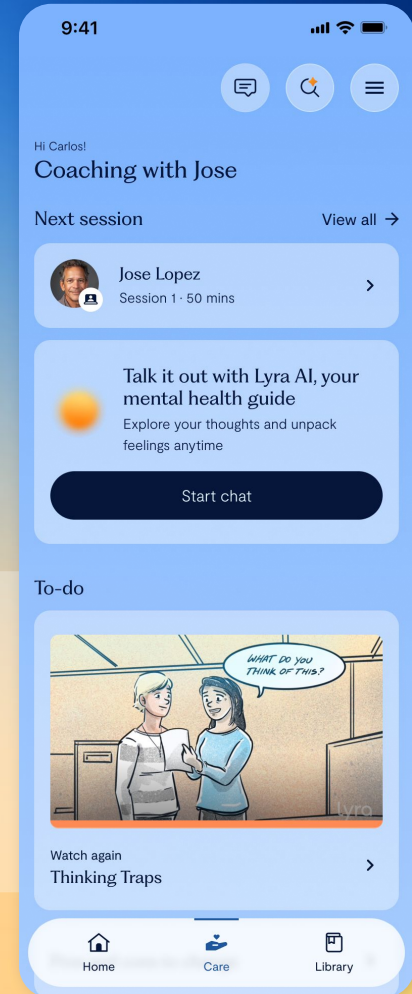


Available in 35 languages

Mental Health *Coaching*

- ✓ Mild to moderate issues
- ✓ Live messaging or virtual sessions
- ✓ Proven care
- ✓ ICF-accredited coaches

- Mild to moderate anxiety, depression, grief
- Perfectionism and self-criticism
- Low confidence or self-doubt
- Imposter syndrome
- Work/life balance
- Dating or recent breakup
- Overcoming self-limiting beliefs
- Child behavioral challenges (tantrums, tech, bullying)



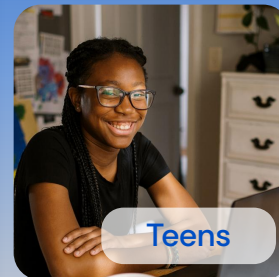
Mental Health *Therapy*

- ✓ Moderate to more severe issues
- ✓ Virtual or in-person sessions
- ✓ Proven care
- ✓ Provider matching

- Anxiety, depression, grief
- Suicidal ideation
- Specific Phobia
- Panic Disorder
- Insomnia
- PTSD/Trauma
- Bipolar disorder
- Eating Disorders (mild-mod)
- Alcohol Use Disorder (mild-mod)
- Obsessive Compulsive Disorder



Comprehensive care for *the entire family*



Integrated *work-life services* to meet life's everyday needs



Legal

Navigate life's complexity

Expert guidance on family law, contracts, consumer rights and more



Financial

Build financial resilience

Budgeting, debt management, tax guidance, and savings strategy



Family Care

Dependable care at every stage

Childcare, adoption, special needs support, elder care, caregiver guidance



Everyday

Support for everyday challenges

Identity theft support, college search, home services referrals, and other life logistics

Powered by  **carelon**, fully integrated into the Lyra platform

Lyra Care*Navigation*

24/7 human support every step of the way



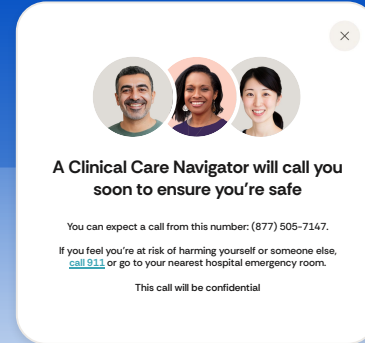
Care coordination for employees

Fast clinical intake and personalized coordination for every need



Organizational support for managers

1:1 consultations empower people managers to care for their teams



Proactive outreach for suicide prevention

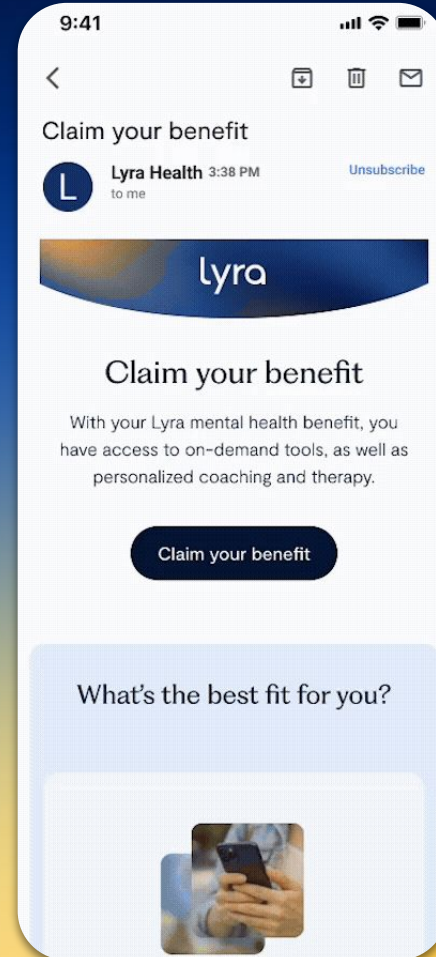
Specialized navigators contact at-risk members with in-the-moment support

Getting started with Lyra



Signing up for Lyra is *fast and simple*

- 1 Go to manatt.lyrahealth.com and enter some basic information.
- 2 Confirm your email.
- 3 Enter your location and any provider preferences you have.
- 4 Select a provider and book your appointment.

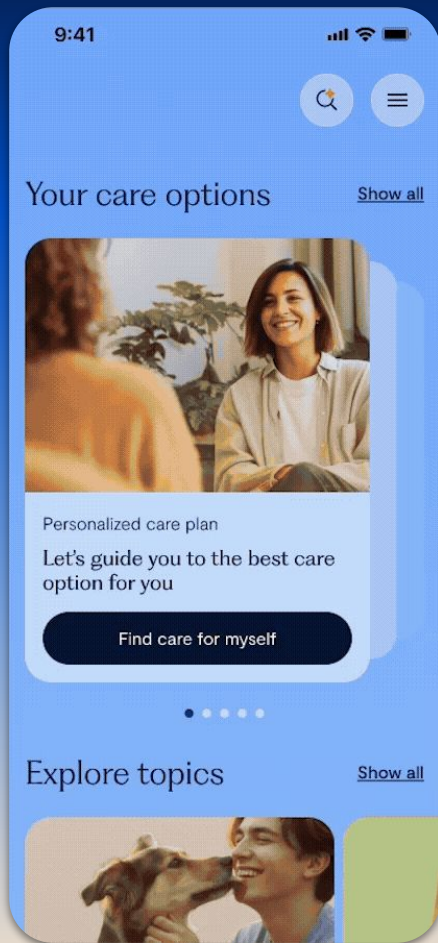


Finding care *for yourself*

- 1 Go to manatt.lyrahealth.com or the Lyra app and sign in to your account.
- 2 Click 'Get Started'
- 3 Answer a few questions about your mental health, and your reasons for coming to Lyra
- 4 Enter your location, and any provider preferences you might have
- 5 Select a provider, and book your appointment



Your data with Lyra is private and HIPAA compliant, never shared with your employer

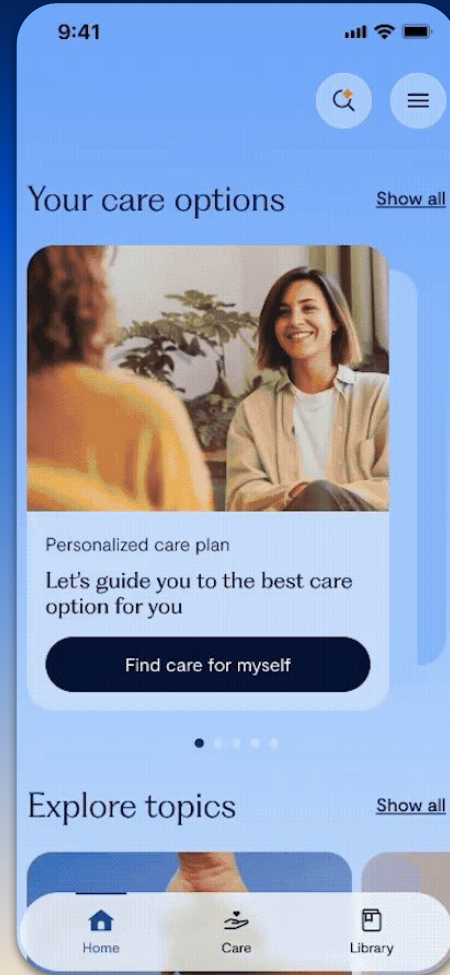


Finding care *for your child*

- 1 Go to manatt.lyrahealth.com or the Lyra app and sign in to your account.
- 2 Select 'Find Care for my Child (0-17)'
- 3 Choose a form of care and a provider that works for you
- 4 Book your child's appointment

② *How can my **adult child** access care?*

Eligible dependents over the age of 18 should create their own account



Q&A

Get started with Lyra

Thank you!

 manatt.lyrahealth.com



Download the
Lyra Health app

