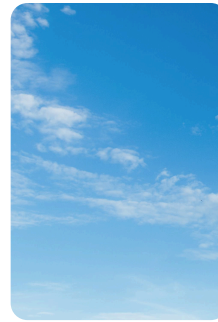




manatt

Healthier mind, stronger you —*with Lyra*

Mental health care helps in life's toughest moments—and in the everyday ones, too. Regularly investing in your well-being can help you feel more balanced, confident, and ready for whatever comes next.



Lyra makes it easy to start care and stick with it, helping you feel stronger, steadier, and better every day.

✓ **10 no-cost sessions**

Get confidential care from a coach or therapist matched to your needs and preferences.

✓ **Care options that fit your schedule**

Talk to your provider virtually, in person, or via live chat—even on nights and weekends.

✓ **Additional services**

Free, confidential guidance on work-life needs—like legal services, identity theft, dependent care, and financial matters.

✓ **Support for the whole family**

Find specialized care for kids, teens, parents, and couples, so the whole family can feel stronger together.

✓ **On-demand resources**

Access hundreds of self-help resources, like meditations, videos, and courses, anytime, anywhere.

✓ **Medication management**

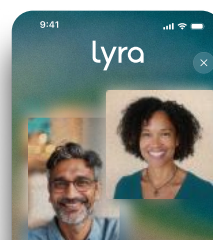
Consult with a specialized physician on mental health medications.

All Manatt employees and their spouse or domestic partner, children up to age 26, and household members have access to the Lyra benefit, including 10 no-cost sessions, per person per calendar year. Employees and their eligible dependents who are enrolled in Manatt's Aetna medical plan can access continued therapy beyond the 10 free sessions, from a Lyra network therapist and access medication management support any time. These sessions are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under your health plan.

Get started with care in just a few minutes—sign up today.

Visit: manatt.lyrahealth.com

Call: Lyra's Care Navigator Team at (844) 614-2492



Download
the app

