

# Mental Health *made easy!*

Administered by Lyra Health

Virtual and in-person behavioral health therapy WHEN and WHERE you need it when you use the **Lyra Provider Network**.

EMI members have access to Lyra Health's provider network of therapists and coaches at no additional cost. Sessions are billed as in-network outpatient, as defined under your mental health benefit.

### Coaching



Find care with a mental health coach to support you through managing stress, low confidence or self-doubt, relationship issues, and more via video.

### Therapy

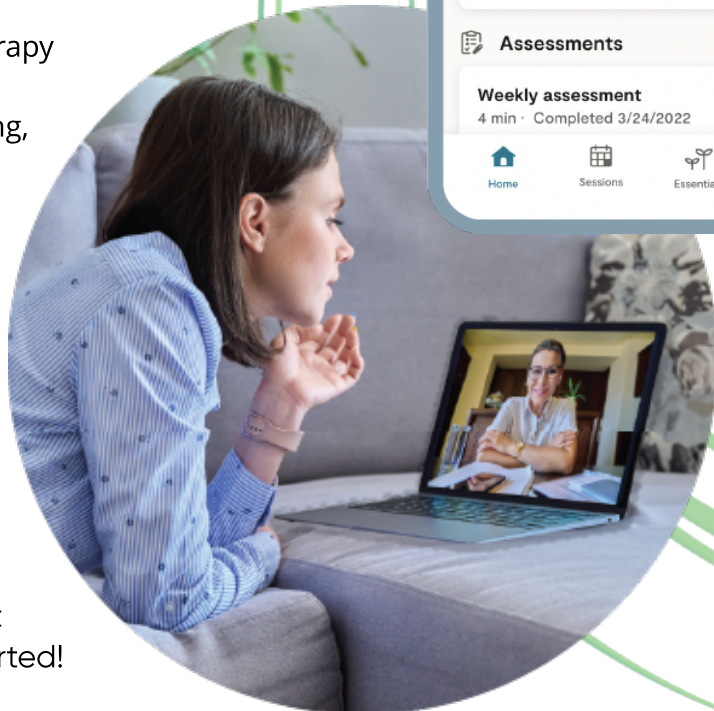
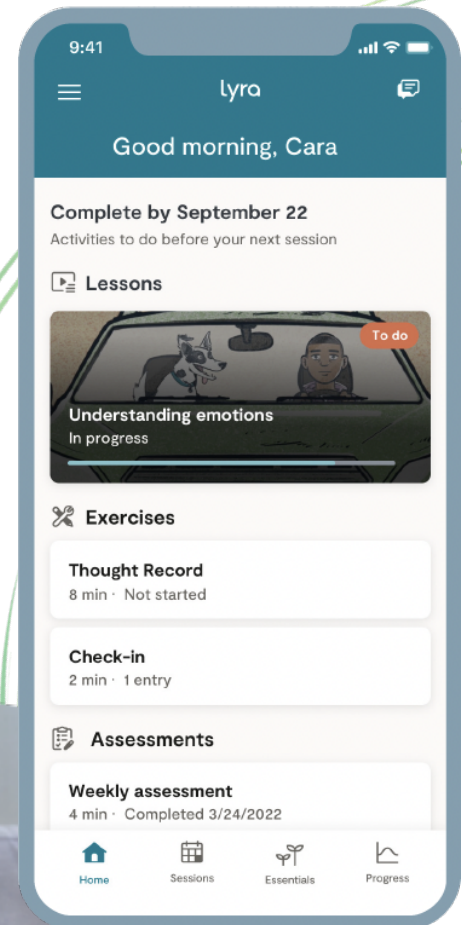


Meet with a therapist for diagnosis and treatment of mental health conditions like depression, anxiety, substance use, and more.

### *New!* Medication Management



Combined with your Physician's therapy plan, management of prescribed medications for symptom monitoring, refills, and follow-up appointments.



Lyra



Scan the QR code to register or go online at [emihealth.com/provider search](https://emihealth.com/provider-search) and get started!