

OVERVIEW

Your Mental Health Matters

Employees and family members enrolled in our medical plans with HPI have fast access to high-quality mental health care coaches and therapists in just a few clicks.



In-person & video therapy

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



Mental health 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 or live messaging.



Essentials

Tap into Lyra Essentials for self-care resources to manage stress, strengthen relationships, improve sleep, and more.



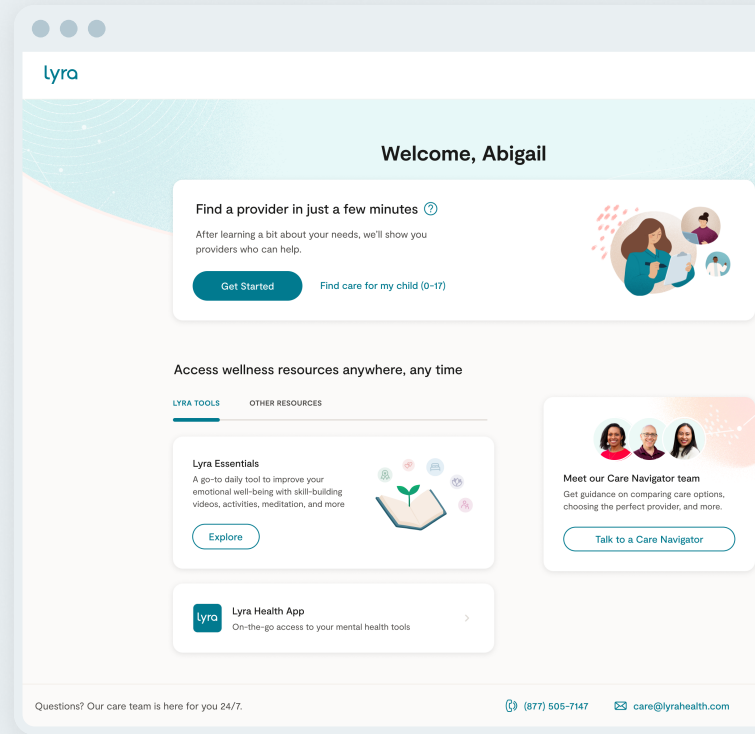
I can't believe that genuine help was only a click away. I'm beyond grateful for Lyra.

– Lyra client



Lyra made working with my existing health plan easy, and I'm so thankful I was matched with my provider.

– Lyra client



Medication Management

Consult with a specialized physician on mental health medications.



Guided self-care with a coach

Get a care plan crafted by your Lyra coach and learn new mental health strategies at your own pace.

Learn more at bmc.lyrahealth.com

All Lyra Health services are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under your health plan.



No matter what you're dealing with, Lyra can help

Confidential care from the best quality providers will make you feel better, faster.

Find care and get started

✓ Getting started is easy

Share what you're experiencing, get care recommendations, and book an appointment immediately. With easy access to high-quality providers, Lyra members feel better faster.

✓ 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 coaches, 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?

Employees and their dependents, including children ages 2 and older, who are enrolled in the Boston Medical Center Health System health plans will have access to coaching and/or therapy sessions and medication management support from a Lyra network provider. These sessions are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under your health plan.

Learn more at bmc.lyrahealth.com

Lyra Health, Inc. works in partnership with Lyra Clinical Associates P.C. and other contracted partners to be your Lyra Care Navigator Team and deliver clinical services. For care exclusions, please see the Lyra FAQ.

