

# Lyra is here to support you and your teams

Confidential care is available virtually nationwide via

[maxar.lyrahealth.com](https://maxar.lyrahealth.com)

Available for all U.S. based Maxar employees, spouses, and dependents (up to age 26) that are enrolled in a self-funded UHC plan can use the Lyra website to access coaching, therapy and medication management from a Lyra network provider.

**\*EAP launching 1/1/2023 (8 sessions)**

## Self-Care Apps\*

Do-it-yourself tools for learning effective self-care strategies at your own pace

## Mental Health Coaching\*

Skill building, goal setting, and problem solving 1:1 with a coach for common life issues

## Therapy\*

Individual, couples, and family therapy for more significant issues beyond everyday stressors

## Medication Management

Tailored prescribing and follow-up from a Lyra physician to effectively treat mental health concerns