

Will Lyra cover the cost of my current provider?

If you are currently seeing a provider and are interested in learning if your sessions could be covered under the Lyra benefit, you can invite your provider to apply to join Lyra at lyrahealth.com/apply-now. If your provider chooses to apply, Lyra will evaluate their approach to short-term, evidence-based therapy and see if they meet other criteria to become a Lyra provider.

To work with Lyra, your provider must:

- Practice evidence-based therapies
- Utilize short-term therapy approaches
- Have the appropriate credentials, including an active and independent clinical license in your state
 - Lyra providers typically hold either masters-level degrees (LCSW, LMFT/LPC), or doctoral degrees in clinical psychology (PhD/PsyD)
- Adhere to Lyra's policies and procedures, including the outcomes reporting

More about the Lyra provider network

Of the hundreds of therapies practiced today, only 20% of them have been proven to work through peer-reviewed studies. Lyra only works with providers who practice these proven, short-term, evidence-based therapies. As such, some providers may not be a good fit for Lyra's approach to care, or they may decide they don't want to partner with Lyra for any number of reasons. If that's the case, Lyra can recommend top-tier providers whose expertise matches your needs and who practice evidence-based therapy for your consideration. Lyra can also help you understand all options available to you.

If you are currently seeing a provider that would like to work with Lyra, please ask them to select "Existing Client has a Lyra Benefit" during the application process.