

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



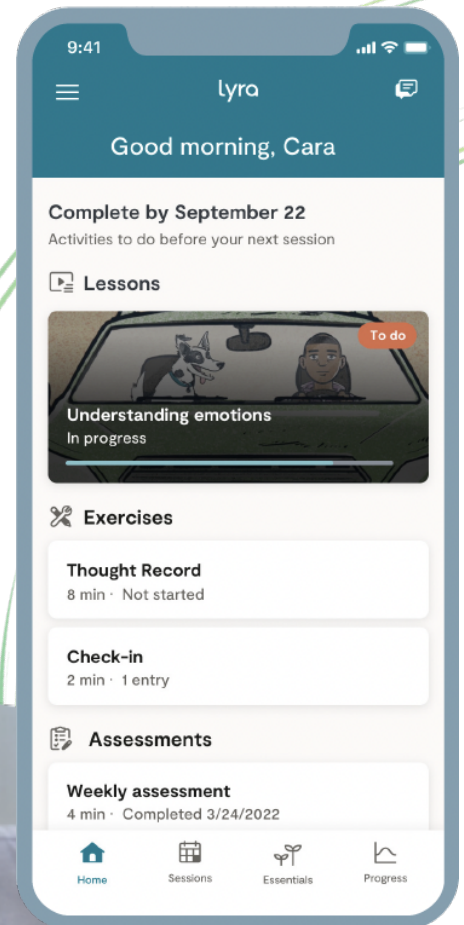
Meet with a therapist for diagnosis and treatment of mental health conditions like depression, anxiety, substance use, and more.

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!

