



# Caregiver Assistance Program

*New and enhanced*

## Introducing Lyra

*Easier access to counseling support is here*

What is offered through Lyra?

- Care for every need – stress, anxiety, depression, sleep issues
- Support for caregivers and their families
- Counseling, care navigation and self-help tools
- Appointments available in-person, via phone or video
- Up to 25 sessions per eligible member per year
- Behavioral Health Concierge support through Lyra

Get started at [caregiver.lyrahealth.com](https://caregiver.lyrahealth.com)

(844) 311-6223 | [care@lyrahealth.com](mailto:care@lyrahealth.com)

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