lyra snowflake

Welcome!

We'll get started in a few minutes

Download the Lyra app and create your free account:

snowflake.lyrahealth.com | (844) 927-0110

Everyone deserves access to affordable high-quality *mental health care.*



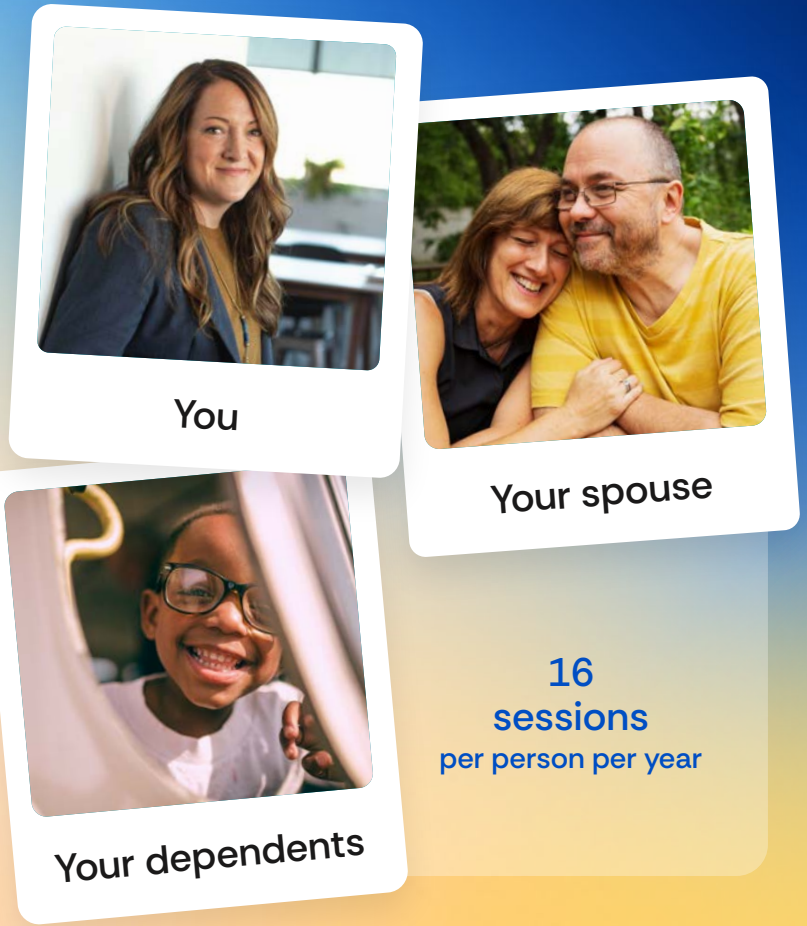
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Who can use Lyra?

With Lyra, every employee and eligible dependent* can get the mental health care they need—at no cost to you.

*All Snowflake employees, spouses, and eligible dependents get access to 16 free, confidential therapy or coaching sessions paid for by Snowflake Inc.

You *do not* need to be enrolled in a company health plan to access Lyra benefits.



16
sessions
per person per year

What if I'm enrolled in the Cigna medical plan?



You'll receive additional therapy and coaching sessions via a Lyra network provider and medication support, if needed.

Your added sessions will be billed through the health plan and subject to your health plan-specific fees.

Care anytime, anywhere.
Lyra meets you *where you are.*


Text


Phone


Virtual


In-person

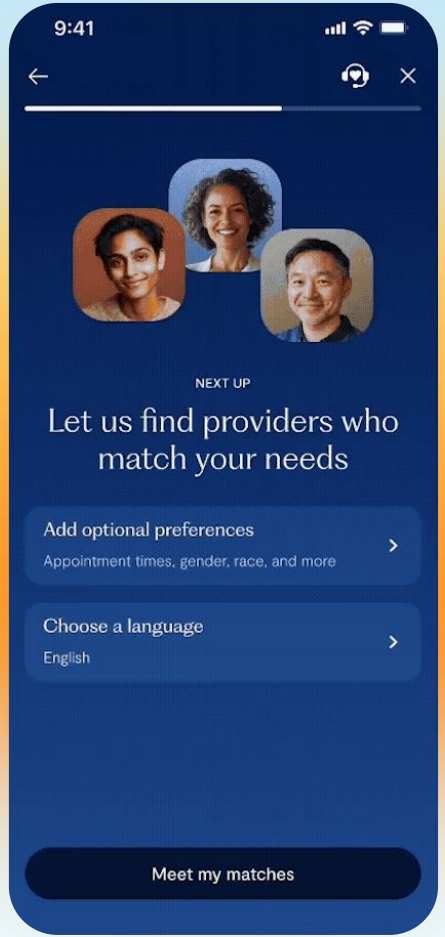

On-site

And your care is confidential.

Snowflake will never know you're using Lyra, or why.

Find a provider who truly *understands you*

- Gender
- LGBTQIA+
- Race/Ethnicity
- Religion
- Veteran
- Meeting Setting



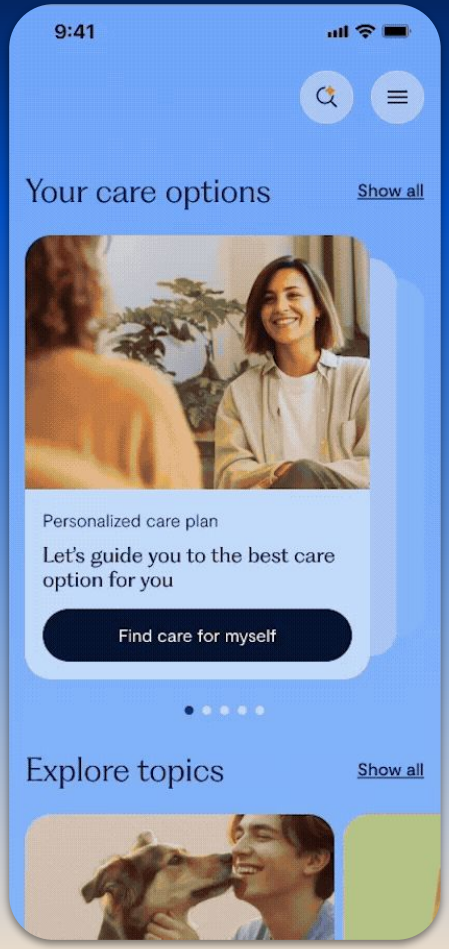
Getting started with Lyra



Finding care *for yourself*

1. Go to snowflake.lyrahealth.com to create and sign in to your account.
2. Click ‘Get Started’
3. Answer a few questions about your mental health, and your reasons for coming to Lyra
4. Enter your location, and any provider preferences you might have
5. Select a provider, and book your appointment

Your data with Lyra is private and HIPAA compliant, never shared with your employer



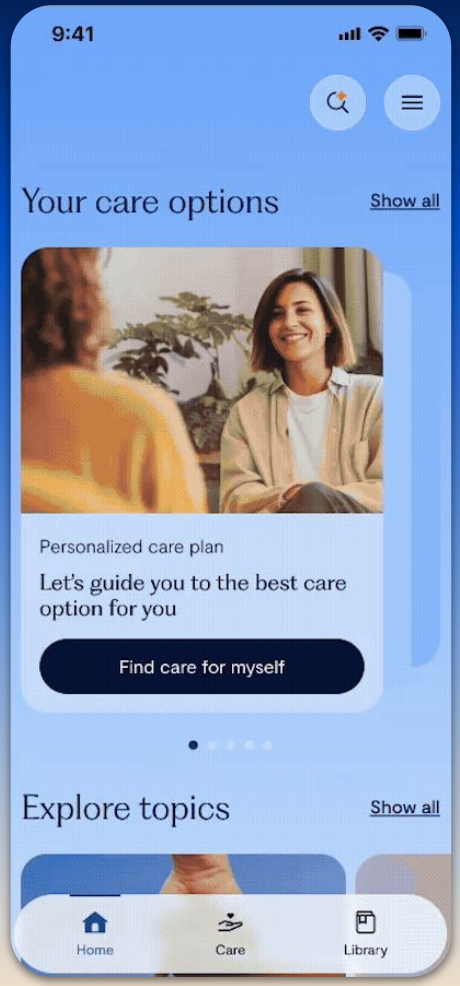
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Finding care *for your child*

1. Go to snowflake.lyrahealth.com or the Lyra app and sign in to your account.
2. Select ‘Find Care for my Child (0-17)’
3. Choose a form of care and a provider that works for you
4. Book your child’s appointment

*How can my **adult child** access care?*

Eligible dependents over the age of 18 should create their own account



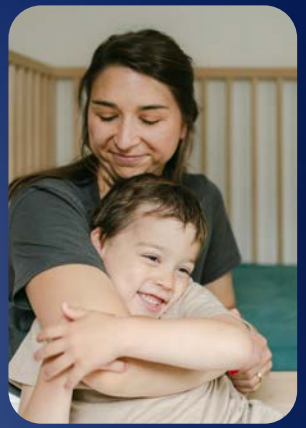
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Intro to Lyra's programs

Care for you and your loved ones







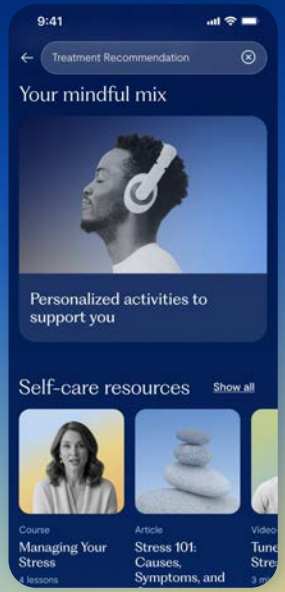


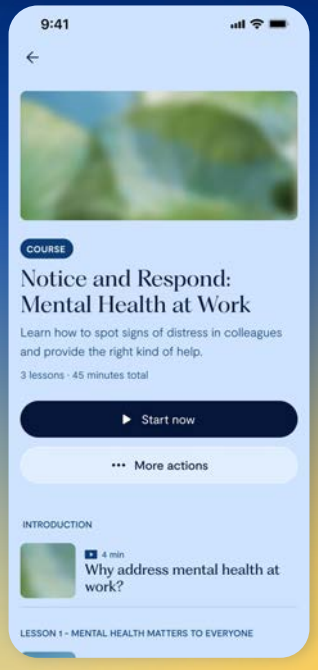
Lyra *Library*

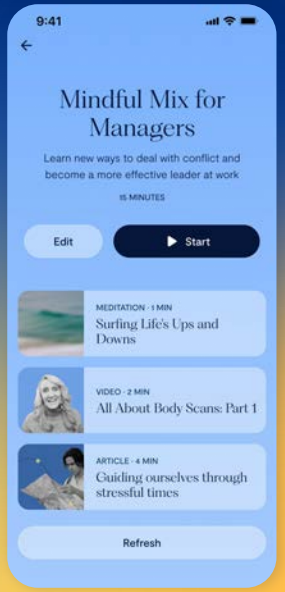
24/7 well-being support











Meditations | Articles | Soundscapes | Videos

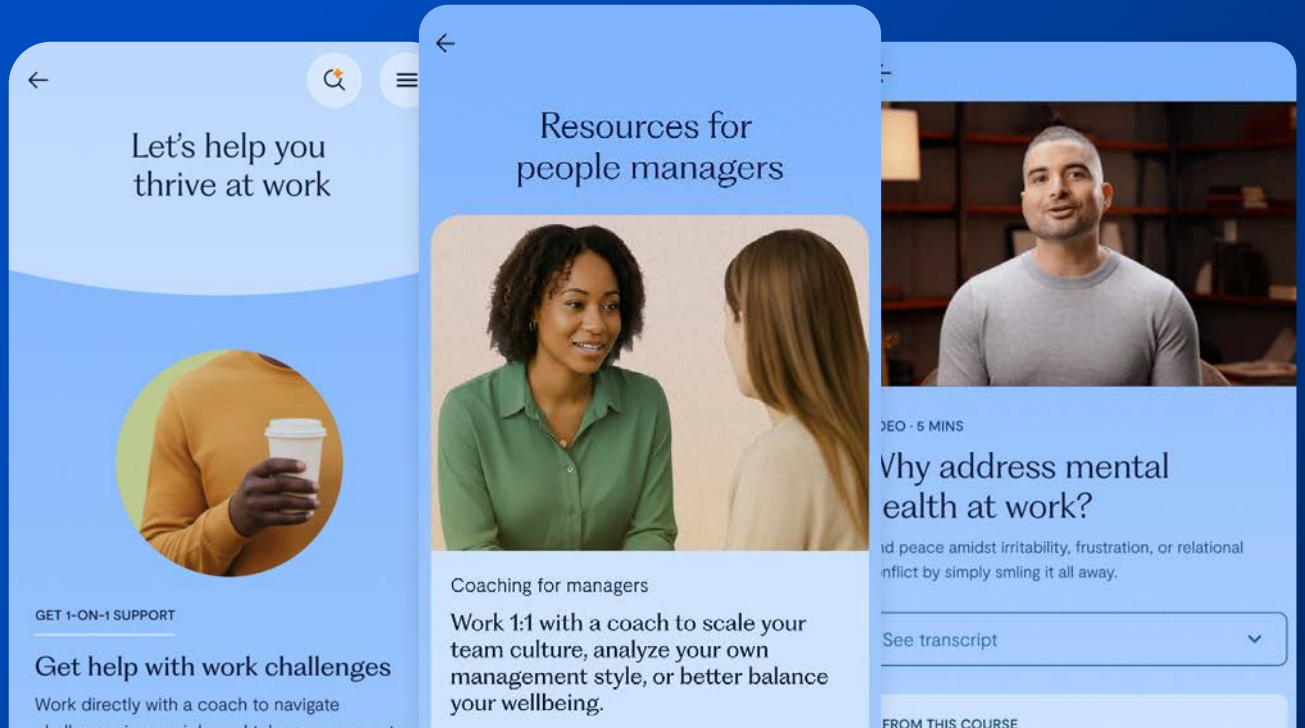
Available in 35 languages

The library also helps *build professional skills*

On-demand courses & events

Videos, articles, & more

Tailored content for managers



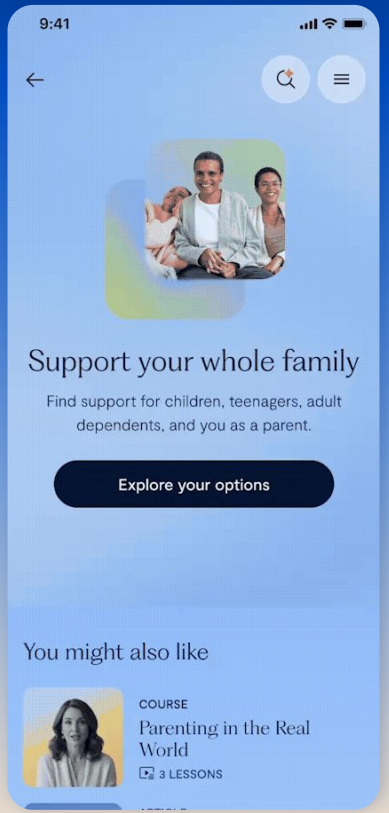
Comprehensive care for *the entire family*













15,000+
child specialists



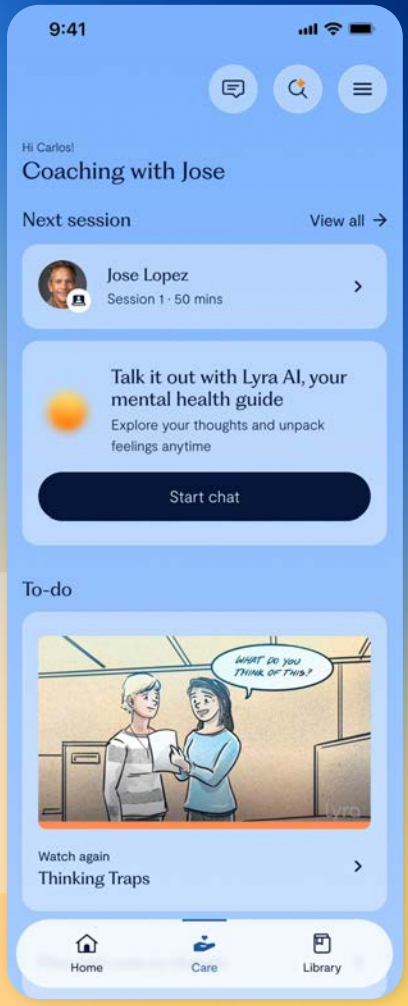


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Mental Health *Coaching*

- Mild to moderate issues
- Live messaging or virtual sessions
- Proven care
- ICF-accredited coaches

- Mild to moderate anxiety, depression, grief
- Perfectionism and self-criticism
- Low confidence or self-doubt
- Imposter syndrome
- Work/life balance
- Dating or recent breakup
- Overcoming self-limiting beliefs
- Child behavioral challenges (tantrums, tech, bullying)



Mental health coaching is covered 100% by Snowflake via your bank of 16 sessions per person per year

Enhanced coaching support for parents and caregivers

- Address mild/moderate child behavioral challenges
- Support for improving parental mental health and reducing stress
- Pair parent coaching with care for child

Tantrums | Bullying | Picky Eating

Arguments | Defiance | Electronics



Mental health coaching is covered 100% by Snowflake via your bank of 16 sessions per person per year

Specialized care *for neurodiversity*

Personalized support for neurodiverse children, adults, and workplaces

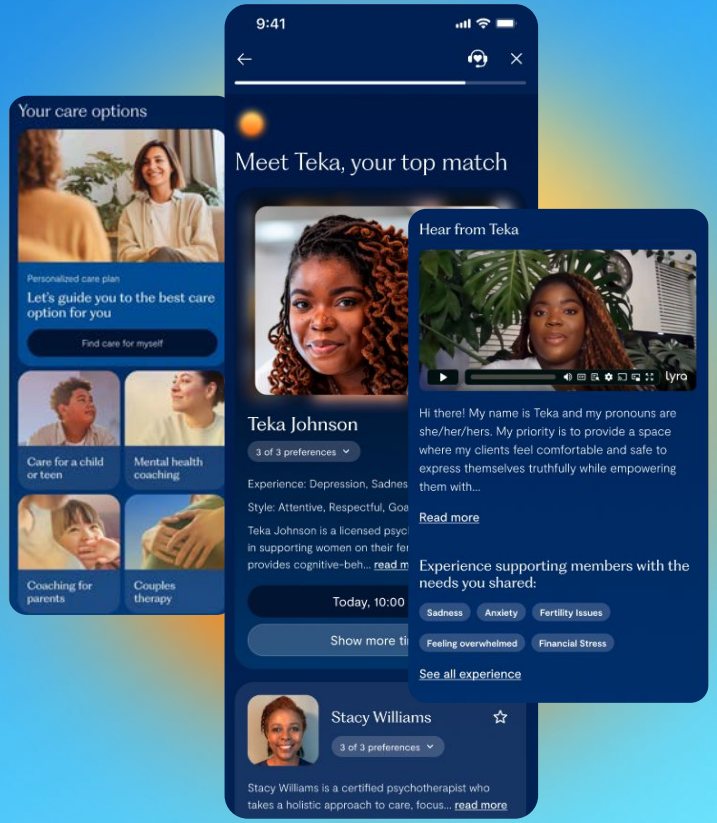
- Fast access to neuropsychological evaluations
- Specialized caregiver training
- High-touch care advocacy
- Skills coaching for adults
- Therapy and medication management



Mental Health *Therapy*

- Moderate to more severe issues
- Virtual or in-person sessions
- Proven care
- Provider matching

- Anxiety, depression, grief
- Suicidal ideation
- Specific Phobia
- Panic Disorder
- Insomnia
- PTSD/Trauma
- Bipolar disorder
- Eating Disorders (mild-mod)
- Alcohol Use Disorder (mild-mod)
- Obsessive Compulsive Disorder



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Mental health therapy is covered 100% by Snowflake via your bank of 16 sessions per person per year

Integrated *work-life services* to meet life's everyday needs



Navigate life's complexity

Expert guidance on family law, contracts, consumer rights and more



Build financial resilience

Budgeting, debt management, tax guidance, and savings strategy



Dependable care at every stage

Childcare, adoption, special needs support, elder care, caregiver guidance



Support for everyday challenges

Identity theft support, college search, home services referrals, and other life logistics

Powered by carelon, fully integrated into the Lyra platform

Substance use care with Lyra Renew

Virtual blended care program to help members struggling with SUD ranging from alcohol use, cannabis, tobacco, opioids and stimulants get better faster



SUD screening, progress tracking



Individual therapy



Peer group sessions and unique digital lessons



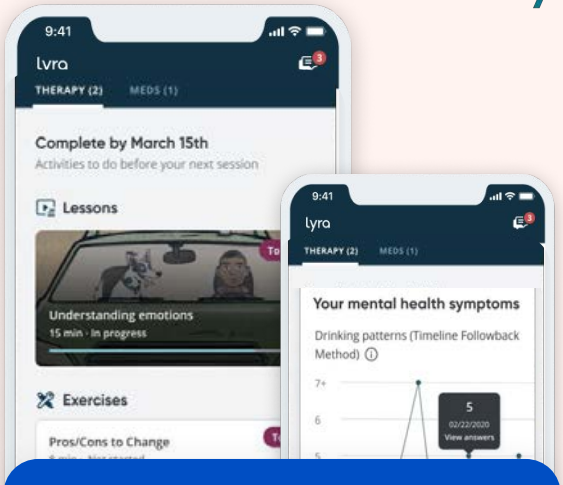
Weekly check-ins with support



Medication



Care and resources for the entire family



76%
Reduced monthly binge days

87%
Reduced anxiety & depression

77%
Reduced weekly use

Complex Care Navigation

- **Comprehensive care for more severe needs**
  Severe depression or anxiety, PTSD, substance use disorders
- **Worry-free treatment**
  Lyra finds in-network treatment so you can focus on getting support
- **Flexible access**
  Fast access to virtual and in-person programs

- High-touch support with a specialized team
- Coordinated access to facilities and programs
- Personalized treatment recommendations
- Step-down process support (inpatient to outpatient)
- Continuous monitoring of your recovery

Organizational Services

Support *for managers*

- **24/7 expert guidance** to help navigate workplace mental health concerns
- **Manager consultations** for supporting employees in distress or returning to work
- **Critical incident support** following workplace tragedies or challenging events
- **Proactive outreach to employees** to assess safety and provide care



Q&A

Get started with Lyra today

Thank you!

snowflake.lyrahealth.com

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Download the Lyra Health app

GET IT ON Google Play

Download on the App Store

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