

A healthy you from head to toe. Take care of all of you with Lyra Health, your gateway to emotional and mental well-being.

Connect with top therapists and coaches quickly, easily, and at no cost to you. It's essential to take care of all the important parts of you—especially your mental and emotional well-being. Whatever you're going through, Lyra can connect you to the right support, right away. Get started at usc.lyrahealth.com, care@lyrahealth.com or 844.495.7094

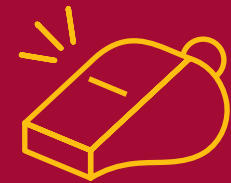


Getting Started is Easy



Easy Sign-Up

Create an account using our secure, confidential online tool.



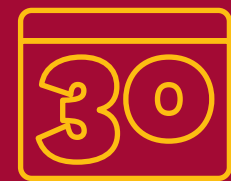
Coaching Anytime and Anywhere

Tell us about yourself and we'll offer options, personalized to you.



Convenient Options

Choose from therapy, coaching, or self-care apps.



Quick Scheduling

Schedule an appointment online or by calling the provider directly.

What's Included:

SHORT-TERM, EVIDENCE-BASED CARE

Care provided by licensed clinical therapists and mental health coaches who work with Lyra includes specific therapy methods proven effective at relieving symptoms within a short period of time.

ACCESS TO AVAILABLE PROVIDERS AND DIGITAL CARE TOOLS

In addition to vetting all Lyra providers for quality and expertise, we also check their availability. Recommended providers are available to see you in the next two weeks. For support on-the-go, you can also meet via video or tap into digital care tools for an emotional boost anytime, anywhere.

NO COST TO YOU

No co-pays, no claims to file. USC covers the cost of benefit-eligible care, up to 25 sessions, for USC PPO Plan or USC Trojan Care EPO enrolled employees and their dependents.

