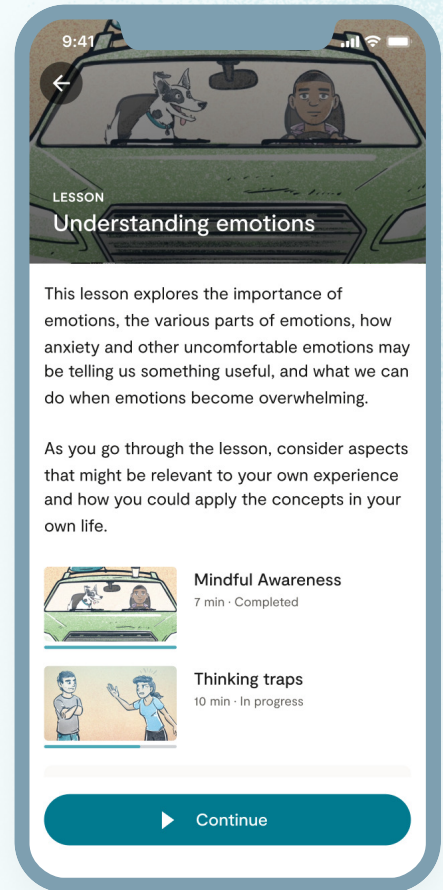


CARE OPTION

# Guided Self-Care

Meet with your personal Lyra coach for a live video consultation to discuss your needs. Your coach will get to know you one-on-one so you can plan a path forward, together. After your initial session, your Lyra coach will craft a personalized six-week digital care plan with activities that directly address your goals. Work through your care plan at your own pace and on your own schedule. Your coach will keep you on track, provide specific feedback, and be available via messaging for questions and support.



## Personalized self-care guided by a Lyra coach



### Get started quickly

Start your mental health journey today with a consultation session followed by a six-week care plan.



### Guided by a coach

Personalized guidance and feedback via 1:1 messaging from your coach as you make progress on weekly activities, strategies, and video lessons.



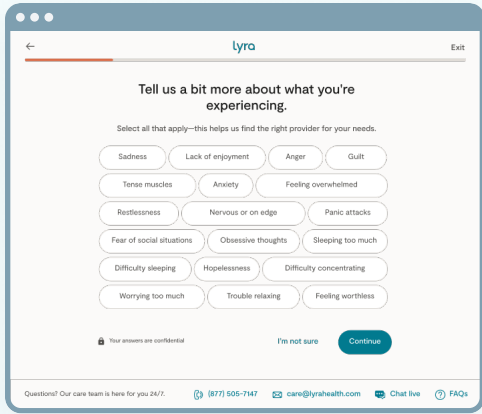
### At your pace, for your lifestyle

Flexibility to make progress in your care anytime, anywhere.



*Having this resource available has been truly lifesaving. I would not have sought help if not for my company using Lyra to support mental health.*

– Lyra client



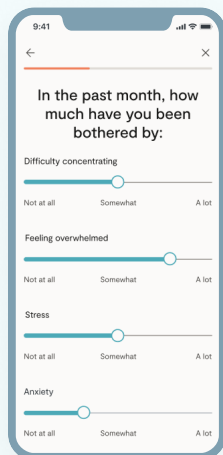
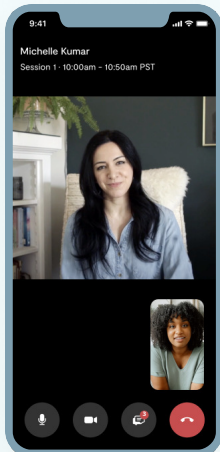
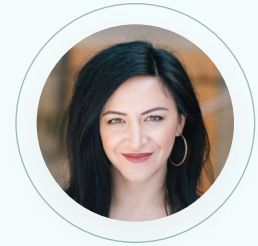
## The right care for you

No matter what you are dealing with or where you are in your journey, Lyra's here to help. In as little as 5 minutes, we'll match you to care options based on your needs and lifestyle.

## Support for a wide range of challenges

Our mental health coaches help you pin-point what you're dealing with and can support a range of challenges including:

- Anxiety
- Stress
- Racial stress
- Life transitions
- Trouble sleeping
- Imposter syndrome
- Burnout
- Relationship issues
- Loneliness
- Grief
- Perfectionism
- Parenting challenges



## Not your typical wellbeing coaches

Lyra coaches practice Cognitive Behavioral Coaching, which draws from clinically validated treatments including cognitive behavioral therapy and positive psychology.

### Highly vetted and experienced

Only a select number of coaches pass Lyra's extensive vetting process and every Lyra coach has trained at a top ICF accredited program.

### Effective treatments that work

79% of members in coaching improve their stress and wellbeing according to our validated clinical measures.

### Members love Lyra coaches

87% rate Lyra's coaching experience highly.

Learn more at [walmart.lyrahealth.com](https://walmart.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | 1-800-825-3555

Lyra provides care for your emotional and mental health, how, when, and where you need it. Whether you're feeling stressed, anxious, or depressed, short-term support from Lyra's top coaches and self-care resources can help.

