

Find a therapist who understands your needs.



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Mental Health Support with Lyra

As an EMI Health member, you have access to Lyra Health's network of therapists, coaches, and medication management support. Care through Lyra is billed as in-network outpatient care under your mental health benefit.

Coaching

Work with a mental health coach by video for support with stress, confidence, relationships, self-doubt, and everyday challenges.

Therapy

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

Medication Management

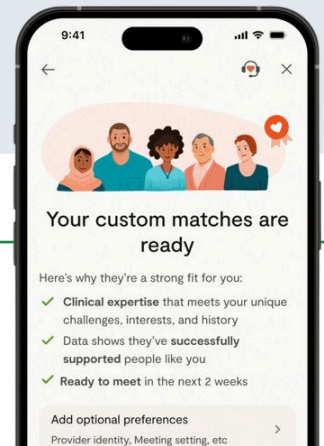
Get support with prescribed medications, including symptom monitoring, refills, and follow-up appointments when included in your care plan.

Ready to get started?

1. Login to your My EMI Health account at emihealth.com or scan the QR code below.
2. Click get started and enter your email address.
3. Click Claim your benefit and follow the prompts to register your Lyra account.

Don't have an EMI Health account?

Register your My EMI Health account by going to emihealth.com/account.



Connect with a Lyra therapist today!

Scan the QR code or go to emihealth.lyrahealth.com.

Want to learn more about your wellness benefit?

→ Please visit info.emihealth.com/bewell.