

## OVERVIEW

# Global Workforce Mental Health

Connect your employees and their families to an exclusive global provider network to achieve sustained improvement and recovery, and create a culture of mental wellness.



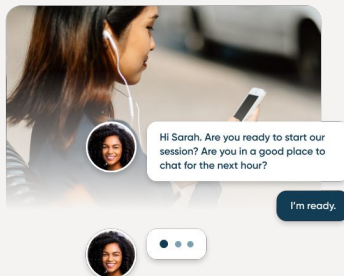
## 9 in 10 members improve on a validated clinical measure

Owusu, Jocelynn T., et al., "Real-World Evaluation of a Blended Care-CBT Program for Anxiety and Depression," *Telemedicine and e-Health*, 28:10 (2022), 1412-1420.



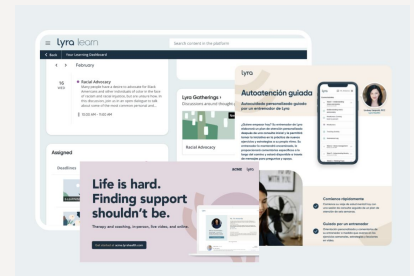
### Exclusive Global Network

- ✓ Enable access to 20,000+ high quality providers worldwide
- ✓ Over 17 million members with care available across 200+ countries and territories, including children ages 0-17, teens, couples, families, adults, and people with disabilities
- ✓ Measurable proven outcomes to achieve sustained improvement



### Concierge Member Experience

- ✓ Flexible options including in-person, live messaging, digital videos & exercises, and on-site care options
- ✓ Digital platform with appointments available in one day or less
- ✓ Destigmatize mental health, transform your culture, and turn employees into mental health champions



### Workforce Transformation

The information provided does not, and is not intended to, constitute legal or medical advice; instead, all information and content herein is provided for general informational purposes only. The decision to select a digital health solution provider is complex and the integrated Care Partner Panel digital health solution offerings are not a substitute for the advice of an attorney or other professional medical or health advisors. Nothing within the Care Partner Panel program is intended to constitute or replace medical advice from a properly licensed healthcare provider. The decision to participate in the Care Partner Panel program is not intended to create a fiduciary relationship between a Benefitfocus client and Benefitfocus, or its subcontractors, or its digital health solution partners. The services provided by a digital health solution provider may require plan participants to interact with Artificial Intelligence ("AI") generated content. AI generated content may contain errors or inaccuracies and should not be relied upon as a substitute for professional advice. As a requirement in making such services available to its employees, Benefitfocus clients shall not mandate that their employees use the services of any particular digital health solution provider.

# Choose a partner in Global Workforce Mental Health that delivers personalized experiences for every member



## Published and Proven Results

Lyra relies on a clinically proven, evidenced based approach. We have leading third party studies to prove our solutions are effective in building mentally resilient workforces.

- ✓ 16 peer reviewed studies on Lyra's evidence-based care
- ✓ Published independent study showing Lyra helps reduce overall medical and prescription claims costs in health plan by \$2300 per member, per year
- ✓ Validated, measurable clinical assessments including PHQ-9, GAD-7, PSS, and AUDIT-C



## Partnership Benefits Include:



### Holistic Health Integration

Leverages the interconnectivity between mental health and other health conditions, to offer integrated solutions that address the multifaceted nature of employee wellbeing



### Enhanced Member Experience

Lyra excels in connecting members with the most appropriate care when they need it most, ensuring timely and effective support at crucial moments.



### Administrative Ease

Streamlined benefits management, significantly easing the administrative load while maintaining high-quality mental health care delivery.