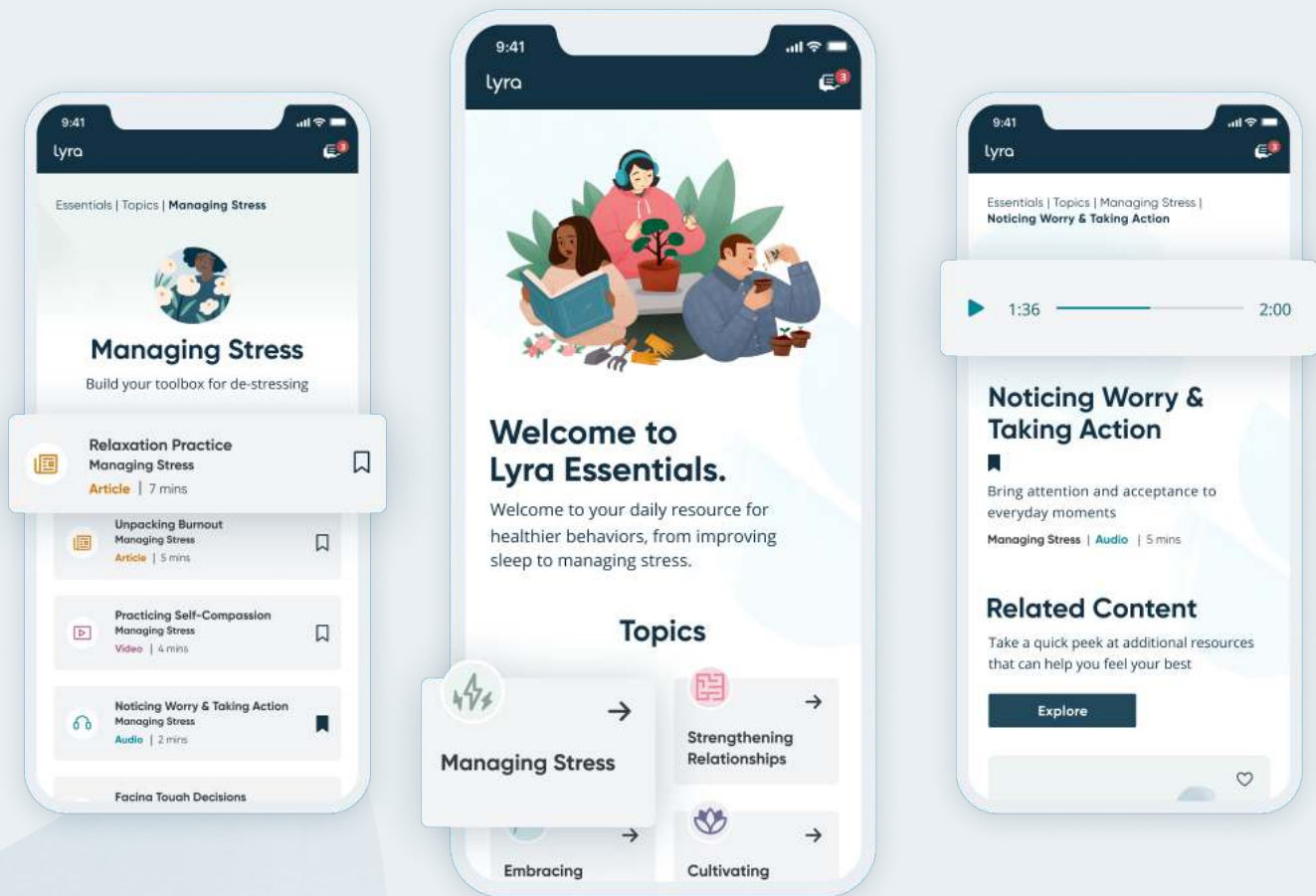


AVAILABLE ANYTIME, ANYWHERE

Lyra Essentials

A free library of well-being and self-care resources to help you stress less, sleep better and strengthen your relationships.



Designed to bring more joy into your life



Just a few minutes a day builds healthy habits



Developed by Lyra clinicians and based on science



Easily accessible via Lyra's web platform or in the Lyra Health app



A variety of content types including video, audio, written articles, and character diaries

Get started with Lyra Essentials

- ✓ Register for Lyra or log back into your Lyra account
- ✓ Find Essentials in the member homebase or within the navigation bar

The screenshot displays the Lyra member homebase interface. At the top, the Lyra logo is visible in the browser's address bar. The main heading reads "Welcome, Abigail". Below this, a card titled "Finding a provider is easy" includes a sub-heading "After learning more about you, we'll guide you to the right recommendation" and two buttons: "Get started" and "Find my child care (0-17)". To the right of this card is an illustration of a network of people. Below the card, the text "Access wellness resources anywhere, any time" is displayed. Underneath, there are two tabs: "LYRA TOOLS" (which is selected) and "OTHER RESOURCES". On the right side, a section titled "YOUR LYRA CARE TEAM IS HERE FOR YOU" lists contact information: "Chat Live" with a chat icon, "care@lyrahealth.com" with an email icon, and "(877) 505-7147" with a phone icon. A pop-up window for "Lyra Essentials" is overlaid on the bottom left, featuring a description: "A go-to self-care tool to improve your emotional well-being with skill-building videos, activities, meditation, and more." and an "Explore" button. The pop-up also lists categories: "ANXIETY", "THRIVING AT WORK", "IDENTITY & MENTAL HEALTH", "RESILIENCE", and "STRESS", accompanied by a small illustration of a plant growing from a book.