

# Lyra's Care Navigator Team Is Here For You

Remember that Lyra's Care Navigator Team is available 24/7 with licensed clinicians to help with your care needs. They can answer questions about your mental health needs, help find providers and resources, and provide immediate crisis support.

Call 844-477-5174, email [care@lyrahealth.com](mailto:care@lyrahealth.com), or log into [mosaic.lyrahealth.com](https://mosaic.lyrahealth.com) and chat online with the Care Team.



## Let's get started!

Sign up online at [mosaic.lyrahealth.com](https://mosaic.lyrahealth.com) or call 844-477-5174.

Complete the brief questionnaire to receive your personalized recommendations! You can also find Work and Life Solutions from the top right menu after you have logged in to [mosaic.lyrahealth.com](https://mosaic.lyrahealth.com).

**Lyra is a free, confidential benefit.**

Scan and go!



*All U.S. benefits-eligible Mosaic employees, spouses/domestic partners, and dependents under age 26 have access to 16 sessions, at no cost to you. After 16 sessions, coverage under the Cigna health plan may be available.*

