



# Lyra Mental Healthcare Services



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As a leader in the mental health space, Otsuka is committed to providing a comprehensive suite of mental healthcare offerings to support you and your family throughout your career with Otsuka.

Launched in January 2022, Lyra is a comprehensive mental healthcare offering that combines self-guided resources, coaching, and access to 16 fully subsidized therapy sessions as well as Employee Assistance Program (EAP) services.

Through the robust Lyra network, which includes access to more than 5,500 credentialed mental healthcare providers, you and your family members can seek support how, when, and where you need it, at no cost to you.

## Lyra is for Everyone!

All Lyra Health mental healthcare offerings are available to Otsuka employees and their eligible dependents (including spouses, domestic partners, children, and the children of domestic partners), regardless of whether they are enrolled in Otsuka benefits.



Every Otsuka employee and their benefit-eligible dependents have access to 16 therapy or coaching sessions for each individual per calendar year.

If the sessions are not utilized during the calendar year, they do not roll over to the next year. In addition, sessions are not transferrable among family members.



**Therapy:** Speak with a therapist via video or in person for up to 16 therapy sessions a year. Coverage extends to family members, and enrollment in an Otsuka medical plan is not required to use this benefit. For improved results, take advantage of Blended Care to stay in touch with your therapist between sessions, to practice skills, and to track your progress.



**Continuation of Care:** If you have exhausted the 16 fully subsidized therapy sessions, you may choose to continue services through Lyra using your healthcare plan, subject to the relevant in-network copay or coinsurance.



**Coaching:** Identify and resolve challenges with your Lyra Coach during regularly scheduled sessions. Connect via your mobile device or computer messaging or meet face-to-face over live video.



**Medication Management:** Take advantage of Lyra *Medication Management*, which provides access to evidence-based medication prescribing through an in-depth 90-minute consultation to diagnose your condition and discuss what medications are appropriate for you.

Available to you and your eligible dependents, both the *Continuation of Care* and the *Medication Management* support are billed through Anthem and subject to in-network outpatient mental health cost-sharing, as defined under your healthcare plan. If you have questions about the costs, please contact Anthem.



**Reset (AUD Care):** Address problematic alcohol use disorder (AUD) through virtual therapy, group sessions, and ongoing symptom assessment.



**Work-Life Services (EAP):** With Lyra's Work-Life Services, you have access to legal services, identity theft support, assistance with finding dependent care, and financial consultation. The cost of your first consultation with each service is covered, then you'll be able to pay a discounted fee if you choose to continue with any of the offerings.



# Getting Started with Lyra

*(Otsuka Employees)*

- 1 Register for Lyra by visiting **otsuka.lyrahealth.com/login** from a computer  
.....
- 2 Click “Reset Password or Sign Up”  
.....
- 3 Select “Create an Account”  
.....
- 4 Click “Sign Up with Email”  
.....
- 5 Enter your personal email address  
.....
- 6 Click the link in the Lyra verification email  
.....
- 7 Choose “Continue for United States”  
.....
- 8 Enter legal first name, legal last name, and date of birth, and create a password  
.....
- 9 Answer the question regarding your relationship to Otsuka

# Getting Started with Lyra

*(Benefit-Eligible Dependents)*

1

Any benefit-eligible dependent, age 18 or older, who wants to access Lyra's services will need to register at [otsuka.lyrahealth.com](https://otsuka.lyrahealth.com) from a computer

2

They should use their personal email address and legal name

3

When prompted, indicate that the person is a dependent of an Otsuka employee, and enter the employee's legal name as shown in Workday

# Need Additional Help?

Call **877-467-1893**  
to speak with a Lyra  
Care Team member.

## Get the Lyra App

The Lyra Health mobile app keeps you connected wherever you are. Access the Lyra Essentials library, connect with your Lyra Coach or therapist, or get messages and session reminders on the go.

**Download the app today!**



Lyra on  
 App Store



Lyra on  
 Google Play



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