

# STAY CURRENT

## on your benefits



## Welcome to This *Special Edition* Newsletter!

In this issue of *Stay Current on Your Benefits*, the Fund is excited to introduce Lyra Health, our new Member Assistance Program (MAP) provider. The Fund is dedicated to providing you with the support you need to keep you and your family members at your best. With additional benefits and enhanced features, this new approach to the MAP not only supports you and your family but also encourages you to take a fresh look at your mental and emotional health.

Lyra offers confidential mental health support by providing guided self-care, mental health coaching, tools, resources, and personalized care. This benefit is available for you and your eligible family members and offers an interactive and unique experience that allows you to craft your own care journey.

**The new MAP through Lyra Health is available beginning October 1, 2023.**

Continue reading through this special edition issue to learn more about Lyra and all they have to offer.





## When You Need Extra Help, Turn to the MAP

Each calendar year, you and your eligible family members are each eligible for eight confidential coaching or therapy sessions with a Lyra therapist or coach at no cost to you. Through Lyra, you and your family have access to an array of mental health services, including:



**Therapy** with a high-quality Lyra therapist



**Guided self-care** with assistance from a Lyra coach



**Medication management** consultation with a board-certified physician



**An on-demand library** featuring essentials for building healthy habits



To ensure that you receive all the care you need, you can continue to meet with your coach or therapist beyond the eight free sessions. However, keep in mind that if you continue beyond those sessions, your care will be covered according to the health plan in which you are currently enrolled. Therefore, additional sessions may have an out-of-pocket cost.

## Connect With a Care Navigator, Day or Night

You have access to Lyra's Care Navigator Team 24/7. They are ready around the clock to answer your questions and connect you with the care you need.

We encourage you and your family members to take advantage of your MAP benefits whenever you need to talk. Whether it's to discuss relationship troubles, legal or financial difficulties, or any other life challenges you may face, simply connect with Lyra.

**Connect with the MAP 24 hours a day, 365 days a year:**

- Visit online at [4thdistricthealthfund.lyrahealth.com](https://4thdistricthealthfund.lyrahealth.com).
- Reach the Care Navigator Team at **877-363-0489**.
- Download the Lyra Health mobile app from the [Apple App Store](#) or [Google Play](#).



# Helping You Achieve Work-Life Balance

As our MAP provider, Lyra covers much more than mental health. From work stress to what's going on at home, you can get support for every area of your life. Rely on the MAP for a variety of self-care resources, wellness tools, and work-life services:

- **Guided self-care (live video, messaging, and digital activities)**—After an initial live video consultation, a Lyra mental health coach will craft a personalized self-care plan for you. This will empower you to practice new skills at your own pace, helping you feel better, faster.
- **Lyra Health app**—Find wellness tools with self-led support on topics like meditation, stress, and sleep, while on the go. Download it from the [App Store](#) or [Google Play](#).
- **Work-life services**—Also through the Lyra Health app, access work-life services to help you and your family during challenging times, including:
  - **Legal services** that include consultation with an attorney or mediator, access to an online library, and 24-hour emergency support
  - **Financial services** with support from a financial professional or certified public accountant (CPA) on issues like retirement planning and debt management
  - **Identity theft services** to connect you with a fraud resolution specialist, and help with restoration of identity and credit score
  - **Dependent care services** to locate resources and get referrals for child, elder, and pet care, and 24-hour online and phone support

Look for more Lyra information coming your way soon.



## Learn More With Lyra

Lyra is for everyone and provides additional tools that extend beyond your own mental health journey. Whether you notice a family member struggling with depression or want to provide support for a coworker, Lyra can help. With Lyra Learn—an e-learning platform—you can explore unlimited, on-demand courses taught by Lyra professionals. Use the interactive workshops, online libraries, and videos to learn how to better manage your mental health and be supportive of those in need.

### Popular e-learning topics include:

- Demystifying mental health
- Stress management
- Self-care 101

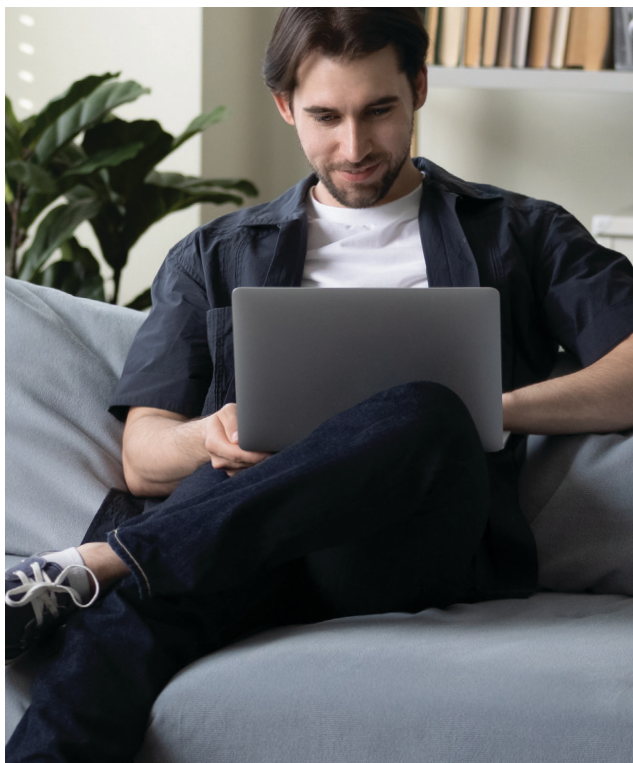


Visit the e-learning platform, and gain access to workshops and other virtual tools through [learn.lyrahealth.com](https://learn.lyrahealth.com) (enter code: #4DHealthFund558).

# 4th District IBEW Health Fund: *News Wire*

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## Get Started With Lyra

The new Member Assistance Program (MAP), featuring Lyra Health, is available beginning October 1, 2023. Visit [4thdistricthealthfund.lyrahealth.com](https://4thdistricthealthfund.lyrahealth.com) to:

- Learn more about your MAP benefits.
- Create your account.
- Take a care assessment.
- Connect with a coach or therapist.
- Get support for your unique situation.

The MAP is completely confidential. Your interactions with Lyra or use of Lyra resources will not be shared with the Fund. Start taking advantage of the care and benefits available to you.

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