

# How do DuPont members find access to mental health services?



Member calls into **Accolade**, who triages member to care

**Compsych:** covers 12 EAP therapy sessions per incident; covered by DuPont

- Member may or may not be covered by Dupont's Aetna Medical Plan

Member exhausts EAP sessions and request access to additional care or needs complex care support

**Lyra:** includes coverage for coaching, therapy, medication management and other complex care services

- Member is covered by DuPont's Aetna Medical Plan
- Services are covered at in-network outpatient mental health benefits
- Member cost sharing may apply, as defined by the member's health plan

Lyra



# Get to know Lyra

DuPont's Mental Health Benefits

# How Lyra can help



Parent & caregiver stress



Anxiety & depression



Work stress & burnout



Anger management



Alcohol use



Relationship challenges



# Lyra's network of 8,800+ providers

All Lyra providers have been vetted for their expertise, effectiveness and evidenced-based practices

Lyra providers practice culturally-responsive care, meaning they see, respect and celebrate the aspects that make each member unique



# How will mental health services be covered?

Coverage is available through the DuPont Health Plan

## Who

All U.S. employees and their eligible dependents, including children ages 0-18, that are enrolled in the DuPont Medical Plan, including those covered by COBRA

## What

Access to coaching, therapy and medication management support from a Lyra network provider

## Cost

In-network outpatient mental health cost sharing, as defined by the healthplan

# Lyra will match members to recommended care options

The right care for every need



**Lyra Essentials**  
*unlimited access*



**Lyra Coaching\***



**Lyra Therapy**



**Lyra Medication &  
Lyra Renew**



**Lyra Enhanced  
Evaluations**

Wellness & Preventive Care

Moderate Care

Complex

Lyra's Advanced Care Coordination

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\*Guided Self Care Coaching also available

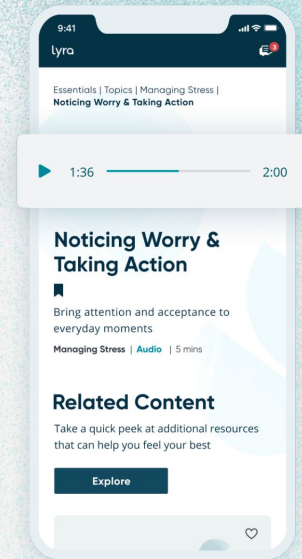
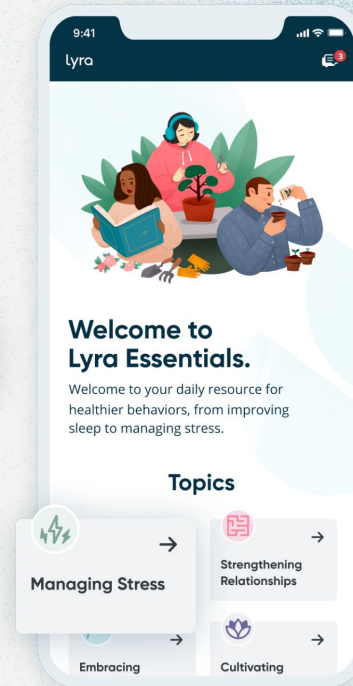
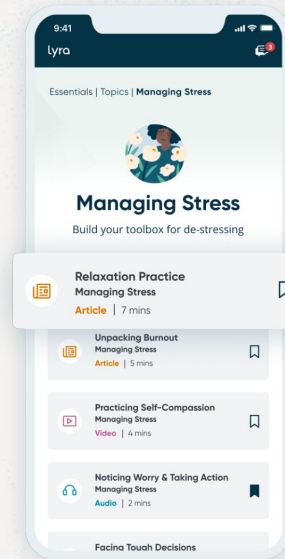


Unlimited Access

# Lyra Essentials

Evidence-based self-care for every member

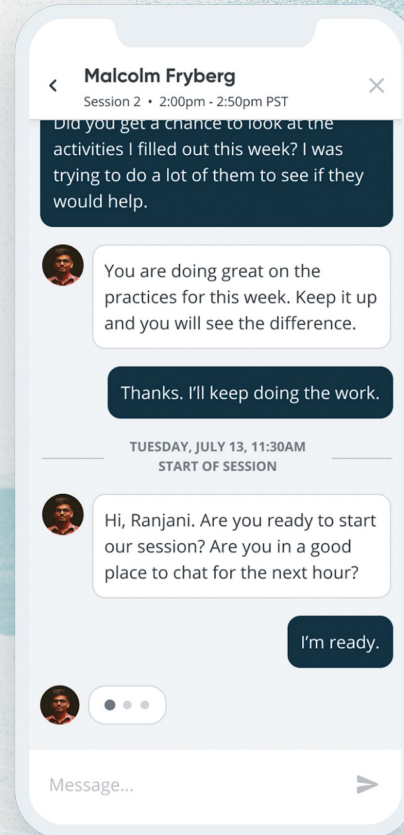
- Use Lyra Essentials, a new preventive mental health offering, to access a rich library of research-based self-care resources.
- Tap into guided meditations, how-to videos, and mindfulness tactics for everyday life in Lyra's app or on the web.



# Coaching

## Work with a Lyra Coach through regularly-scheduled sessions

- Members may choose to connect with a coach via live messaging through a mobile device or from a computer, or meet “face-to-face” over live video on a recurring basis.
- As the coach and member work together, they’ll continue to develop a toolkit of skills and strategies to support one’s mental health, and build strength for lasting change.





# Therapy

## Access elite quality therapists through Lyra's provider network

- Lyra works only with the best therapists.
- All Lyra therapists must practice evidence-based techniques proven to reduce members' symptoms.
- With Lyra's innovative Blended Care Therapy, members are able to stay connected with their therapist throughout the week.
- Members practice skills to reduce symptoms in between sessions.



9:41

Check-in

**Instructions**

Thinking over the last day, track the emotions you experienced, their intensity, and what (if any) therapy skills came to mind.

**Anger / Frustration** 3

0: none 10: extremely angry

**Anxiety / Stress** 7

0: none 10: extremely anxious

**Depression / Sadness** 3

0: none 10: extremely depressed

**Hours of sleep** 8

How often did therapy skills come to mind?

Submit



# Medication Management

Members work with a physician to fulfill a medication need

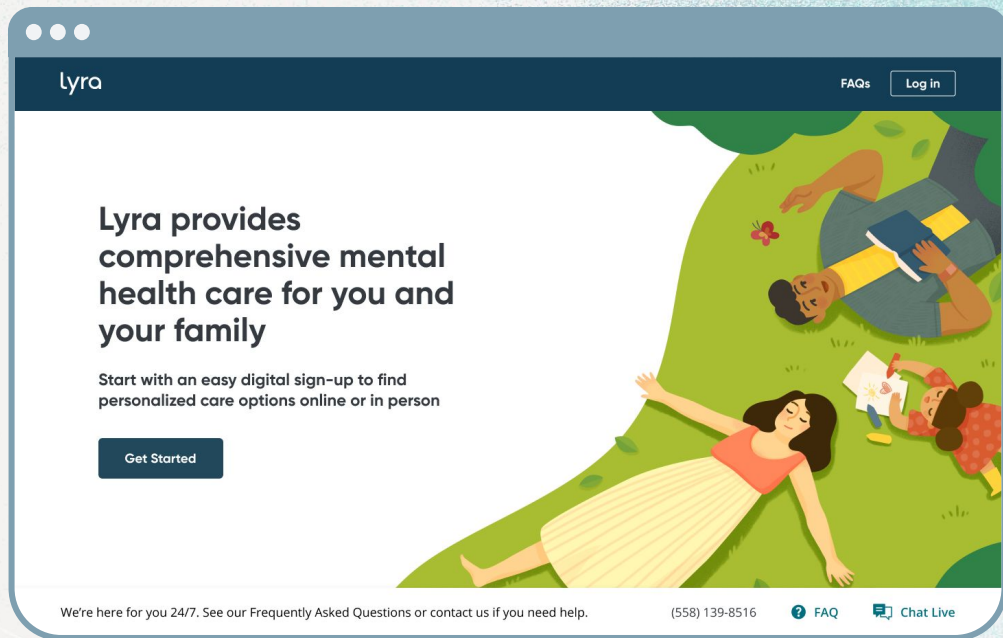
- Get matched with a mental health physician for medication consults, help tracking symptoms, and direct messaging.
- Access follow-up appointments and prescription refills with the same physician



# Get started

Members can get started with Lyra  
& it only takes 5 minutes

[dupont.lyrahealth.com](https://dupont.lyrahealth.com)



The screenshot shows the Lyra website interface. At the top, there is a dark blue header with the Lyra logo on the left and 'FAQs' and a 'Log In' button on the right. The main content area features a large illustration of a family (a man, a woman, and a child) relaxing on a green lawn. The man is reading a book, the woman is lying down with her arms outstretched, and the child is sitting and reading. The text on the page reads: 'Lyra provides comprehensive mental health care for you and your family'. Below this, it says 'Start with an easy digital sign-up to find personalized care options online or in person'. A 'Get Started' button is positioned below the text. At the bottom of the page, there is a footer with the text 'We're here for you 24/7. See our Frequently Asked Questions or contact us if you need help.', the phone number '(558) 139-8516', a 'FAQ' link with a question mark icon, and a 'Chat Live' link with a chat bubble icon.

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FAQs Log In

## Lyra provides comprehensive mental health care for you and your family

Start with an easy digital sign-up to find personalized care options online or in person

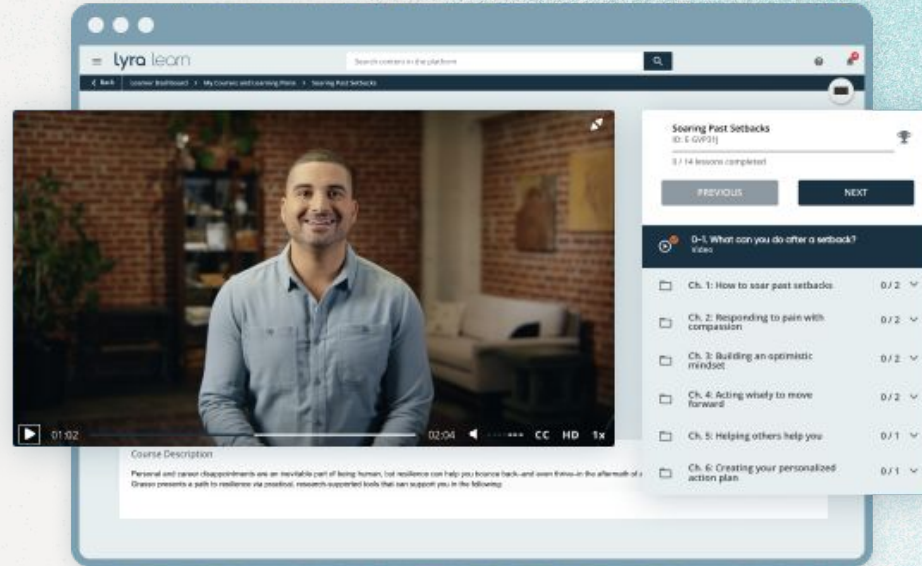
Get Started

We're here for you 24/7. See our Frequently Asked Questions or contact us if you need help. (558) 139-8516 ? FAQ Chat Live

# Lyra Learn

Mental health eLearning to help organizations foster a culture of mental well-being

- Lyra Learn is an eLearning platform that is 100% devoted to mental health and well-being.
- Explore unlimited on-demand courses and live monthly workshops taught by Lyra mental health professionals.



Learn.Lyrahealth.com  
Learn Code: @dupont788  
Access with your work email

# Lyra Learn Gatherings

Structured virtual discussion sessions led by clinical experts

- Members can attend Gatherings on topics such as race and ethnicity, gender, sexual orientation, religion and spirituality, working parenthood, veterans and more.
- Attendance is capped at 50\* attendees to ensure a small-group experience.



Learn.Lyrahealth.com  
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\*Attendees from across the entire Lyra book of business are welcome

# Q&A

Individuals seeking  
confidential care

**[dupont.lyrahealth.com](https://dupont.lyrahealth.com)**

(877) 230-4544 | **[care@lyrahealth.com](mailto:care@lyrahealth.com)**

Recommend using your personal email

Access Learn &  
Gather

**[learn.lyrahealth.com](https://learn.lyrahealth.com)**

Enter your customer code: @dupont788

Access via your work email

Looking for additional content on mental health? Search the  
Lyra Blog at <https://www.lyrahealth.com/blog/>