

# Lyra



## Lyra is for Everyone

Learn more at [hfsinclair.lyrahealth.com](https://hfsinclair.lyrahealth.com)  
(844) 623-0328 | [care@lyrahealth.com](mailto:care@lyrahealth.com)



# Lyra, an easier way to get meaningful care

Find confidential care for your emotional and mental health, how, when, and where you need it. Whether you're feeling anxious, depressed, or just not yourself, support from Lyra can get you back on your feet.

## Your go-to for mental health

All eligible HF Sinclair employees, dependents, and household members have access to 8 coaching or therapy sessions, per person per year, at no cost.



### Fast access

Get connected to a provider right away



### High-quality

Receive high-quality care from expert providers



### 24/7 availability

Feel supported by our 24/7 Care Navigator Team



### Flexible options

Get support from a coach, therapist or self-care apps