



Healthier Mind, Stronger You —With Lyra

We all need a little help from time to time. Whether you're feeling anxious or depressed, experiencing grief, navigating life changes, looking to improve your work or personal relationships, or just want to feel better emotionally—Lyra's got you and your eligible family members covered.



8 no-cost sessions

Access high-quality and confidential mental health care—including therapy or coaching sessions to support you and the whole family.



On-demand resources

Access a library of self-help resources—like meditations, videos, and courses—for support in your personal life and for work.



Support for the whole family

Receive specialized support for kids and teens, parenting, and couples, so every family member can build skills and feel their best.



Individualized care

Lyra will match you with the right care program for your needs and a provider who understands your unique background and identity.



Care options that fit your schedule

Talk to your provider virtually, in person, or via live chat—even on nights and weekends.



Additional services

Free and confidential guidance on work-life needs—like legal services, identity theft, dependent care support, and financial matters.



Medication Management

Consult with a specialized physician on mental health medications.

All full-time, benefits-eligible Grande Cheese Associates & their dependents have access to the Lyra benefit, including 8 no-cost sessions, per person per calendar year. Associates and their eligible dependents who are enrolled in Grande Cheese's UMR medical plan can access continued therapy beyond the 8 free sessions, from a Lyra network therapist and access medication management support any time. These sessions are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under your health plan.

Get started with care in just a few minutes—activate your benefit today.

Download the app



Visit: grande.lyrahealth.com

Call: Lyra's Care Navigator Team
at (877) 390-4173

