

lyra

alteryx

When you're facing challenges, we can help

Get the support you need from Lyra Health, your wellness benefit. Lyra Health, ICAS (a Lyra Health company), and Lyra's global care partners are available 365 days a year, 24 hours a day, 7 days a week to help you feel better, no matter what you're experiencing.



Find balance and receive assistance with:



Relationship challenges



Changes in mood



Feeling burnt out



Conflict with colleagues



Anger and sadness



Family stress

Who can access care? How much does it cost?

Employees and dependents have access to 8 free care sessions with an expert, per person, per year.

Learn more and get started today

alteryx.lyrahealth.com

020 404 405

Age eligibility is based on each country's specific local laws, regulations and healthcare policies. Call your local in-country number for care to learn more about support for dependents.

No question, problem or concern is too big or too small

Global care options through Lyra and its partners include:



Confidential support from an expert

- Receive help from a caring professional over the phone, virtually or in person.
- Your 8 counselling sessions, per year, per person, are free.



Lyra Essentials and the Hub

- Improve your well-being with a digital library of tools and resources.
- Log in to alteryx.lyrahealth.com to access Lyra Essentials.
- Access the Hub at app.icas.health, and use the passcode: ALTERYX.



Chat support

Use the online chat function to receive support and access care.



Work-life services

Learn to manage your busy life and find balance by receiving assistance for legal, financial and dependent care services.



Start feeling better today

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