

Live Well Newsletter



May 2023

At Alteryx, we wholeheartedly believe in the importance of a healthy mind and everyone's right to have one. And though this conviction fuels our day-to-day, this month we're inviting everyone to reflect on the value of prioritizing your mental health.

Mental health impacts everyone, regardless of age, gender, or background. We recognize the importance of creating a supportive and inclusive workplace that prioritizes mental health and well-being. We want to ensure that all employees feel comfortable and safe sharing their struggles and accessing the resources and support they need.

HERE'S WHAT'S UP!

[Mental Health Awareness](#)

[Beneficiary Update](#)

[Lyra Health](#)



How to Observe Mental Health Awareness Month

- **Take care of yourself** - Life has numerous ups and downs. Some are solvable but others are not. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering.
- **Take care of your loved ones** - Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them.
- **Talk about mental health** - One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become.

Have you updated your beneficiary?

An important step in protecting your savings, is electing and maintaining a beneficiary for your 401k account. Please take a brief moment to review your account, to ensure the persons listed are as intended. To designate or update a beneficiary, access your Alteryx 401k mobile account by scanning the QR code, or login to 401k.com and select the Profile link.



Submit Your Photos

What does wellness mean to you? Submit your photos on the [Global Wellness Hub](#) and they might be featured in the next Live Well Newsletter.





Lyra
Mental Health Matters

We're excited to announce the launch of Lyra Health: your mental health benefit. With Lyra, you can schedule therapy and mental health coaching sessions, and you'll get unlimited access to a self-care library to help you maintain your mental health. No matter what you're experiencing Lyra is here to support you.

Through Lyra, you and your dependents will receive a range of confidential support services, including 8 coaching or therapy sessions per person per year.

Visit alteryx.lyrahealth.com to create your account. You can also download the [Lyra Mobile App](#) for access to care anytime, anywhere.

For more information about mental health resources please visit the [Global Benefits Hub](#).

Lyra

Start Your Mental
Health Journey
Today

