

Lyra is for Everyone

Find the best care from top coaches and therapists
in just a few clicks.



In-person



Self-guided care



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All Cozen O'Connor attorneys, paralegals, and business professionals, and such individual's spouse/domestic partner or dependent child under the age of 26 have access to 8 coaching or therapy sessions, per person per year. Individuals employed on a contract or temporary basis (including interns) are not eligible for this program. Employees and their dependents enrolled in the Cozen O'Connor Independence Blue Cross health plan can continue care beyond the 8 sessions from a Lyra network provider and access medication management support any time. These sessions are billed through the health plan and are subject to in-network outpatient mental health cost-sharing, as defined under the health plan.

