Samsung Research America (SRA)

Support Your Emotional Wellness

Make the Most of Your Behavioral Health Benefits

Find best-in-class mental health providers with Lyra Health (877) 729-9010
Search for helpful resources like self-guided programs, coaching, therapy and medication management.

Lyra Learn
Use this e-learning platform to transform your mental health and well-being.

Each medical plan provider also provides resources to you and your family. Additional resources are available through your medical carrier. Find out more at:

Cigna.

myVirtualCare

KAISER PERMANENTE®

myCigna.com

myVirtualCare.com

kp.org/selfcareapps

For members with Cigna medical plans:

Find your best provider (800.274.7603)
Behavioral health and substance use providers

Talk with someone with Alma
All ages, connects members with behavioral health providers

Connect with expert care with Monument
Ages 18+, therapy and support for those wishing to change their relationship to alcohol

Process your feelings via video with TalkSpace
Ages 13+, virtual therapy provider featuring video and text message options

Boost Your Resilience with Happify
Ages 18+, free virtual classes to support mental wellbeing

Get one-to-one coaching on the Headspace Care app
Ages 19+, text and app-based coaching and therapy platform

For members with either Cigna or myVirtualAccess Plan:

Rest easy with Sleepio
Ages 18+, six-week sleep program

Outsmart anxiety with Daylight:
Ages 18+, better understand where your anxiety comes from

For members with myVirtualCare Access Plan:

Book a Virtual Appointment with a Therapist (800) 835-2362
All ages, experienced therapists or psychiatrists

Manage your Overall Health and Well-being through Teladoc (800) 835-2362
All ages, care doctors and a care team for routine checkups

For members with Kaiser Permanente medical plans:

If you receive your benefits through Kaiser Permanente, take advantage of your Wellness Resources or call **(800) 464-4000**.

Check the benefits microsite for more information about each program.

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