

# Mental Health Evaluations

Fast access to evaluations accompanied by connection to high-quality care



With Lyra's Mental Health Evaluation program, you will receive fast access to an evaluation to determine if mental health leave is a good fit for you. Whether Short Term Disability or FMLA best fits your care needs, you will have access to high-quality care during your leave with ongoing digital symptom monitoring and access to the appropriate level of ongoing care. Lyra will be by your side and will work with you to create a transition plan as you re-enter back to work.

## The Journey to Care: What to Expect

### 1 Schedule a Leave of Absence Evaluation

Schedule a 60-minute appointment with a mental health evaluator and complete digital intake and Release of Information (ROI) forms.

### 2 Speak with a mental health evaluator

Start with a video evaluation with a trained evaluator to identify the best next steps for your care needs. If a leave of absence does make the most sense for you, the Lyra evaluator will share recommendations and documentation with your leave administrator.

**Please note:** an evaluation does not guarantee approved leave. For clients who have been recommended for a leave of absence, the final decision regarding leave approval rests with the leave administrator.

### 3 Focus on your recovery

If recommended for leave, the evaluator will help develop a customized care plan that will be shared with your treating provider. This plan may include therapy, medications, referrals to higher levels of care, and lifestyle suggestions, with weekly follow up sessions.

### 4 Successfully return to work

You will meet with the evaluator to carefully and collaboratively assess your readiness to return to work with a follow up appointment. They will help to create a plan for you to transition back into your role. This may include an alternate work schedule or other accommodations to continue focusing on your recovery before fully returning to work.

# What's Next?

Mark the following steps off of your to-dos and start your care journey



Use the link provided in your welcome email to schedule time with a Lyra Evaluator



Before your scheduled appointment, complete the attached Release of Information (ROI) form to authorize Lyra to share information with your employer's leave administrator



Be ready to share any relevant forms or documentation that you have on hand with your evaluator prior to your scheduled appointment

## Frequently Asked Questions

### What is an ROI form? Why do I need to sign an ROI?

A release of information is a legal document that allows you to decide what material(s) you want released from your medical records, who you want it delivered to, and how. Lyra requires a valid ROI form to release any written and verbal client information.

### What recipient should I list on my ROI form?

Please contact your HR department to learn more about your workplace policies and who processes your claim for short-term disability. The recipient on your release of information form should be you + the individuals who will use your protected health information to process your claims. Lyra can help provide requested medical records, after you complete a Release of Information Form providing the correct contact information.



**Pro-Tip:** Check out [Lyra's ROI Guide](#) for further guidance on how to complete the form!

### I completed the ROI Form, what is the status of my documents?

#### How can I get them sooner?

Contact Lyra's Care Navigator Team via email: [care@lyrahealth.com](mailto:care@lyrahealth.com) or phone: (877) 505-7147 for support. To avoid any delays, please ensure that you have completed Lyra's ROI Form correctly, listing your intended recipient's information.