

MORE BENEFITS. MORE HELP.

ICAS

A Lyra Health company






MORE SUPPORT IN ONE HUB.

**Everything's in one place,
it's a one stop shop for:**

- ✔ Expert counselling and support (live chat & call function)
- ✔ Massive library of wellness information
- ✔ Health & financial wellness assessments
- ✔ FAQs about ICAS and every available service

USE THE ICAS HUB TO PROACTIVELY
MANAGE, IMPROVE YOUR HEALTH
AND HAPPINESS.

This is what you need to know:

-  Help is available 24 hours, 7 days a week, 365 days a year
-  New text-based counselling function
-  Easy, immediate access. You are automatically connected – remembering passwords and phone numbers is a thing of the past
-  Safe and secure – everything is confidential between you and your clinicians, your data and privacy is safeguarded
-  Internationally developed, supported and researched

Download personalised, expert advice,
guidance and learning tools for the
wellbeing of you and your family.



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