

Group benefits

Help handling life's ups and downs

Life can be unpredictable. And it's not always easy. So it's a big deal to know there's help available when you need it. That's what the employee assistance program (EAP), provided by Magellan Healthcare, is all about.

With an EAP, you and your family have access to **free, confidential** resources to help handle life's everyday—and not so everyday—challenges. Use of the program isn't reported to your employer.

Services for you and your family

Your EAP offers these services to help you and your family deal with the big and little things:

- LifeMart Discount Center, with savings on a variety of products and services
- Health and wellness articles, guides, webinars, and podcasts
- Online assistance with elder care, child care, and other family life resources
- Help with teen and adolescent issues
- Tips on parenting and grandparenting
- 24/7 consultation with licensed mental health professionals and referrals to supportive resources*
- Digital solutions to support emotional well-being for depression, anxiety, sleep, substance misuse, chronic pain, stress, mindfulness and meditation, and more

Help when and where you need it—day or night

Life's challenges don't always happen during regular business hours. That's why you and your family have 24/7 access to your EAP.



800-450-1327

International: 800-662-4504
TTY: 711



MagellanAscend.com

When you create an account,
use **Principal Core** for the company name.

* You're responsible for any fees resulting from referrals outside the EAP, including those associated with medical benefits.

Help is just a click or call away—24/7

Online: MagellanAscend.com

Enter **Principal Core** for the company name

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Magellan
HEALTHCARESM

Your employee assistance
program is provided by
Magellan Healthcare.



principal.com

Insurance products issued by Principal Life Insurance Company®, a member of the Principal Financial Group®, Des Moines, IA 50392.

Principal® has arranged with Magellan Healthcare to make its employee assistance program (EAP) available to employees with select group coverage insured by Principal Life Insurance Company. EAP isn't part of the insurance contract or policy and may be changed or canceled at any time. Magellan is responsible for all EAP services provided through this program. EAP services in California are provided through Magellan Health Services of California, Inc.—Employer Services. Magellan isn't a member of the Principal Financial Group®.

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GP59489-06 (core) (Spanish SP1351-06) | 11/2021 | 1928557-112021 | © 2016-2021 Principal Financial Services, Inc.

Count on help to be there when you need it.
Use the employee assistance program services
available with your Principal group insurance.

