

Handling life's ups and downs

Get resources when you need them through your Employee Assistance Program (EAP)



Life's unpredictable—sometimes it can throw you a curveball. That's why it's important to know there's help available when you need it.

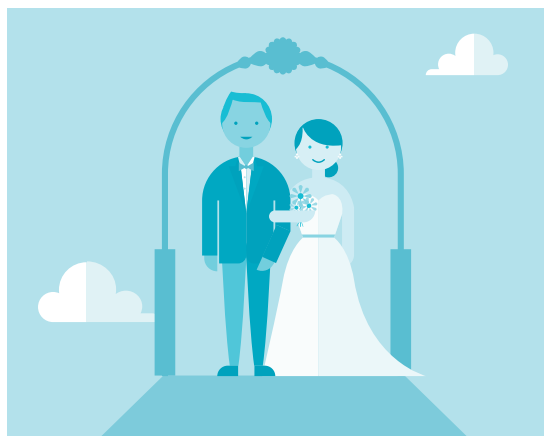
Your Employee Assistance Program (EAP), sponsored by your employer and provided by Magellan Healthcare, gives you access to resources you can turn to when the challenges of life are getting the best of you. Things like relationship issues, anxiety, addiction, aging parents to care for. They can all make balancing work and life stressful.

How could your EAP help you?

Let's look at some examples.



Jan's mom moved in with her when she wasn't able to live on her own. But she needed care during the day while Jan worked. Jan used her EAP to research senior centers in her area, and found a place where her mom could be around friends and enjoy events and activities. A win-win for Jan and her mom.



Miguel and Molly brought their families together when they got married a year ago. Their children—Miguel's son and Molly's two daughters—were having trouble adjusting to the situation. Counseling resources through Miguel's EAP helped them adjust and begin to thrive as a family.



Jack had always been an easygoing guy, letting the little things roll off his back. But lately, he'd been having trouble dealing with day-to-day issues, and it was affecting his ability to get all his projects done. After doing a self-assessment provided by his EAP, he knew it was time to get professional help. Now, Jack has a better handle on how to manage his everyday challenges.



Looking for help with life's everyday—and not so everyday—challenges? Visit [MagellanAscend.com](https://www.MagellanAscend.com) for valuable information and resources. When you create an account, use **Principal Core** for the company name. Your EAP is available to you and your family 24/7 by phone or online.

Help is just a click or call away

Online: [MagellanAscend.com](https://www.MagellanAscend.com)
Enter **Principal Core** for the company name

Call: 800-450-1327

International: 800-662-4504

TTY: 800-456-4006