

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.

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

- LifeMart Discount Center—with savings on a variety of products and services
- Self-care mobile apps to help with insomnia, anxiety, depression, substance use, obsessive compulsive disorder and chronic pain
- 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, including eating disorders and relationships
- Tips on parenting and grandparenting
- 24/7 phone consultation with licensed mental health professionals and referrals to supportive resources*
- Ongoing personal coaching sessions with scheduled telephonic appointments
- * You're responsible for any fees resulting from referrals outside the EAP, including those associated with medical benefits.

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 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 Enter Principal Core for the company name

Call: 800-450-1327 International: 800-662-4504 TTY: 800-456-4006





principal.com

Principal Life Insurance Company, 711 High Street, Des Moines, IA 50392.

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