

# 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 household members have access to free, confidential resources to help handle life's everyday — and not so everyday — challenges.

## 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
- 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

## 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: 800-456-4006



**MagellanAscend.com**

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

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

**Online:** MagellanAscend.com

Enter **Principal Core** for the company name

**Call:** 800-450-1327 | **TTY:** 800-456-4006

**International:** 800-662-4504

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

**Magellan**  
HEALTHCARE<sup>SM</sup>

Your Employee Assistance Program is provided by Magellan Healthcare.



[principal.com](https://principal.com)

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

Principal® has arranged with Magellan Healthcare to make its Employee Assistance Program (EAP) available to employees with group disability 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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GP59489-05 (core) (Spanish SP1351-05) | 05/2019 | © 2019 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 disability insurance.

