

How to access the EAP

- **Online:** www.MagellanHealth.com/member
- **Toll-free counselor:** 1-800-450-1327
- **TTY for hearing impaired:** 1-800-456-4006
- **International access only:** 1-800-662-4504

The Principal®



The Principal Financial Group® (The Principal®) is a diversified family of insurance and financial services companies. Our flagship company, Principal Life Insurance Company, offers a broad range of products and services for businesses, groups and individuals.

Magellan Health Services



Magellan is committed to helping people resolve work and personal issues.

With a nationwide network of clinical providers, Magellan has over 40 years of experience providing EAP, managed mental health and chemical dependency services.



WE'LL GIVE YOU AN EDGE®

Principal Life Insurance Company, Des Moines, Iowa 50392-0001
www.principal.com

Principal Life Insurance Company has arranged with Magellan Health Services to make its Employee Assistance Program available to employees with group insurance from Principal Life. The EAP is not part of the insurance contract. 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 is not a member of the Principal Financial Group®.

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Employee Assistance Program Solutions for Everyday Living

At Principal Life Insurance Company, we understand the importance of making sure personal issues don't interfere with your life. That's why we offer you access to an Employee Assistance Program (EAP) as an added service available with your Principal Life group insurance program.



WE'LL GIVE YOU AN EDGE®

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EAP services offer valuable assistance

Everyone needs help dealing with life's challenges from time to time. Through Employee Assistance Program (EAP) services provided by Magellan Health Services, you and your family can get help that's easy, convenient and confidential. Counselors are available 24 hours a day, seven days a week from anywhere in the United States.

Help when you need it

The EAP offers assistance with day-to-day issues, so you can be at your best – at work and at home. Confidential assistance is available for concerns such as:

- Managing stress
- Handling relationship issues
- Balancing work and life
- Quitting tobacco, alcohol or drug use
- Caring for children or aging parents
- Exploring career development options
- Dealing with conflict or violence
- Working through grief and loss issues
- Controlling depression and anxiety

Services available include:

- Telephone consultation, available 24/7, with licensed mental health professionals
- Referrals to local child and elder care services and resources
- Online information, webinars, podcasts and services at www.MagellanHealth.com/member
- Referrals to local community resources if you need additional assistance
- Private Magellan Self-Screening Service

Best of all, EAP services are available at no cost to you and your family. And if you need assistance beyond the scope of the EAP, the counselor will help you find an affordable solution. (You are responsible for any fees resulting from referrals outside of the EAP, including those associated with a medical benefit program.)



Need help with life's challenges?

When you or someone you love needs assistance, help is just a click or phone call away by contacting an EAP counselor.

This wallet card lists the phone number and web site for your EAP. Keep it handy and share it with family members.

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Your Employee Assistance Program
is provided by Magellan
Health Services.