



## Employee Assistance Program

# Solutions for Everyday Living

Everyone needs help coping with life's everyday, and not so everyday, challenges from time to time. With short-term or long-term disability coverage from Principal Life Insurance Company, you and your immediate family have access to free, confidential services provided by your Employee Assistance Program (EAP).

The EAP is provided by Magellan Health Services, an independent, industry-leading company that specializes in health care management. Through the EAP, you can access 24/7 assistance by phone or online.

Licensed professionals provide confidential support and guidance related to:

- Family, relationship and parenting issues
- Basic child and elder care needs
- Emotional and stress-related issues
- Conflicts at work or home
- Alcohol and drug dependencies
- Personal development and general wellness issues

In addition to phone-based help, a lot of information can be found online, such as self-assessment tools, interactive databases, health and wellness calculators, webinars and podcasts.

### HELP IS JUST A CLICK OR PHONE CALL AWAY

Online: [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member)

Toll-free: 1-800-450-1327

TTY for hearing impaired: 1-800-456-4006

International access only: 1-800-662-4504



WE'LL GIVE YOU AN EDGE®

Principal Life Insurance Company, Des Moines, Iowa 50392-0001, [www.principal.com](http://www.principal.com)

Principal Life Insurance Company has arranged with Magellan Health Services to make its Employee Assistance Program available to employees with disability coverage insured by or with administrative services provided by Principal Life. The EAP is not part of the contract or policy and may be changed or cancelled 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 is not a member of the Principal Financial Group®.