

About Principal®

Principal helps people and companies build, protect and advance their financial well-being through insurance solutions – dental, disability, life, vision and critical illness – that fit their lives. Our employees are passionate about helping employers of all sizes achieve their goals – offering innovative ideas and tailored solutions to make progress possible. To find out more, visit us at www.principal.com.

Magellan HEALTHCARESM

More about your EAP provider

Magellan Healthcare is committed to helping people find a healthy balance and resolve work and personal issues. With more than 40 years in the industry, Magellan Healthcare specializes in providing employee assistance, life management, managed mental health and other behavioral health services, and has a nationwide network of clinical providers. To learn more about Magellan Healthcare, Inc., visit MagellanHealth.com.

Accessing the web site is easy

- Go to www.MagellanHealth.com/member
- Select “New or Unregistered User”
- Enter the toll-free phone number:
877-326-4729
- You can choose to register or continue unregistered



principal.com

Principal has arranged with Magellan Healthcare to make its Employee Assistance Program available to employees and their families with group short- or long-term disability insurance from Principal Life. The EAP is not part of the insurance contract 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®.

Disability insurance from Principal® is issued by Principal Life Insurance Company, 711 High Street, Des Moines, IA 50392.

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Long-term disability insurance

Help with handling life's ups and downs

Your Employee Assistance
Program gives you access
to resources you can use



Resources for life's challenges

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 why Principal® offers access to Employee Assistance Program (EAP) services, provided by Magellan Healthcare, to our long-term disability (LTD) claimants.

With an EAP, you have access to resources to help you handle life's everyday – and not so everyday – challenges. Relationship issues, anxiety, addiction, aging parents to care for – all can make balancing work and life stressful.

Help when you need it

The EAP offers assistance with day-to-day issues, so you can be your best self. Confidential assistance is available for emotional health and wellness issues, such as:

- Managing stress
- Handling relationship issues
- Balancing work and life transitions
- Addressing problems with alcohol or drugs
- Caring for children or aging parents
- Dealing with conflict or violence
- Working through grief and loss
- Coping with depression and anxiety

Services for you and your family:

- 24/7 phone consultation with licensed mental health professionals
- Lifestyle coaching, identification of resources and assistance with plans for goal achievement are available via multiple sessions by phone with a professional Magellan coach
- Details on local child and elder care resources
- Online information and services
- Referrals to community resources for more help
- Private self-screening and audio library services

EAP services are available at no cost to you and your family. And if you need assistance beyond the scope of EAP, a consultant 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 plan.)

Visit www.MagellanHealth.com/member for topics of interest, self-assessments, and tools and calculators. Magellan's online library is a source of information on many health and wellness topics, including:

- Legal and identity theft issues
- Financial planning
- Weight loss/smoking cessation
- Fitness/wellness planning
- Anxiety, depression and stress management
- Vocational exploration

How to access the EAP



Toll-free consultation:

877-326-4729



TTY for hearing impaired:

800-456-4006



Online:

www.MagellanHealth.com/member