



Employee Assistance Program

Tools & Solutions for Everyday Living

From simple concerns like decreasing stress to complex issues such as losing a loved one, your Employee Assistance Program (EAP) provides recommendations and information to help you with life's everyday, and not so everyday, challenges. With short-term or long-term disability coverage from Principal Life Insurance Company, you and your immediate family have access to free, confidential services offered through your EAP.

The EAP is provided by Magellan Healthcare, an independent, industry-leading company that specializes in emotional health and wellness. Through your EAP, you can access assistance 24 hours a day by phone or online.

Services for employees and families

Licensed professionals provide confidential support and guidance by phone to assist with concerns, such as:

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

Help when you need it

- Telephone consultation, available 24/7, with licensed mental health professionals
- e-Chat, online information and services
- Detailed information on local child and elder care resources
- Referrals to supportive resources
- Private Magellan touch-tone self screening and audio library services

Help is just a click or phone call away

Online: 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

Magellan
HEALTHCARESM

Your Employee Assistance
Program is provided by
Magellan Healthcare.



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 Healthcare 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®.

GP59489-02 (core) (SP1351-02 Spanish) | 09/2014 | © 2014 Principal Financial Services, Inc.

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.



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