



Help handling life's ups and downs

Get resources when you need them through your employee assistance program (EAP).

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

Your EAP offers these services to help you and your family deal with the big and little things:

- **In-person or virtual counseling.** Meet with a licensed, EAP professional in person, via text message, or by live chat, video, or phone sessions. Three counseling sessions per year are included.
- **Legal, financial, and identity theft services.** Access legal services, financial wellness, and identity theft resources.
- **Work-life web services.** Access webinars, live talks, and articles on topics such as child and elder care, education, parenting, and more.

How could your EAP help you? Let's look at some examples.



Logan's mom moved in when she was no longer able to live alone. During the day, she required care while Logan was at work. With access to an EAP, Logan was able to research senior centers in the area, and found a place where mom would enjoy friends, events, and various activities. A win-win for both.



Miguel and Molly brought their families together when they got married a year ago. Their children—Miguel's son and Molly's two daughters—were having trouble adjusting to the situation. Miguel's EAP referred them to counseling services, which helped them adjust and begin to thrive as a family.



Zack and a former roommate were involved in a dispute over a small home business they'd run together. While they'd sold the business, they were still arguing about how to split the profits. With legal consultation provided through Zack's EAP, they've made progress on coming to a fair agreement.



Looking for help with life's everyday—and not so everyday—challenges?

Visit [Member.MagellanHealthcare.com](https://www.member.magellanhealthcare.com) for valuable information and resources. Your EAP is available to you and your family 24/7.



Help is just a click or call away

Online: [Member.MagellanHealthcare.com](https://www.member.magellanhealthcare.com)

Enter **Principal Core** as the program name

Call: 800-450-1327

International: 800-662-4504 | **TTY:** 711



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

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