

Your life's journey—made easier

No matter where you are on your journey, there are times when a little help can go a long way. From checking off daily tasks to working on more complex issues, your program offers a variety of resources, tools and services available to you and your household members.

Your program is here to help you along the journey of life. No situation is too big or too small. When you and your household members need assistance, reach out anytime and we will help get you on the right path to meet your needs.

Key features



- Provided at no cost
- Includes telephonic consultation
- Confidential service provided by a third party
- Available 24/7/365

Core services

- *Consultation*—Consultants can provide support for challenges such as stress, anxiety, grief, relationship concerns and more.
- *Health and wellness*—Access education, tools and resources to eat better, move more and get the most out of your daily life.
- *Online programs*—Self-guided, interactive programs help improve your emotional well-being for issues like depression and anxiety.

Here's how to get started

Getting the help you need, when you need it, can result in you leading a happier, more productive life.

-  Give us a call and we will connect you with the right resource or professional.
-  Learn more about all of the services available at MagellanAscend.com.

Work-life web services

Save time and money on life's most important needs. Access webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges for parents and seniors. Topics include: child and elder care, education, parenting and more.

Resiliency

Being resilient generally means you're able to adapt to hard times, to challenges, and to other sorts of adversity in life. Fortunately, you can develop skills to become more resilient and your program provides many resources to help you on your journey.

Workplace stress

Numerous studies show that job stress is a major source of stress for American adults. Causes of stress include workload, relationships and juggling work and personal issues. Your program offers many resources to help you better manage your stress.

Principal Core
Employee Assistance Program
1-800-450-1327

TTY Users: 1-800-456-4006

To access MagellanAscend.com, enter company name "Principal Core"