

Magellan's Employee Assistance Program

Get help with life's mental, physical, social and financial challenges 24/7, 365 days a year

Whether you have questions about handling stress at work and home, parenting and childcare, managing money or health issues, you can turn to Magellan for a confidential service you can trust.

What is an Employee Assistance Program?

Your Magellan Employee Assistance Program (EAP) is a voluntary, confidential, free service that provides safe, private professional counseling and referral services to help you with personal, job or family-related problems that may be interfering with your health, well-being and job performance.

Your EAP can assist you and your family members with virtually any issue or problem that may arise improving the quality of life by resolving a variety of personal concerns.

Key features

- Provided at no cost to you and your household members
- Includes up to 3 counseling sessions per year
- Completely confidential service provided by a third party

Counseling

Access a nationwide network of licensed counselors for support with challenges such as stress, anxiety, grief, substance misuse, relationships, parenting and more. Counseling is confidential and available in-person, by text message, live chat, phone or video conference.

Digital emotional wellbeing program

A proven program for life, mind and body that can help with anxiety, resilience, grief, stress, depression, chronic pain, pregnancy, aging and more. Complete activities to earn points, see your progress and sync to other trackers.

LifeMart® discount center

Access hundreds of deals on nationally recognized brand-name products and services, all in one convenient location.

Financial wellness, Legal services and Identity theft resolution

Meet with experts that can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit; research specific topics and/or print your own state-specific legal forms.

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.

Get Started with Magellan today!

You may access the EAP by calling, toll-free, **1-800-450-1327 (TTY 711)**. You may also access the EAP online by visiting **Member.MagellanHealthcare.com**.

Group Name: Principal Core