

## Employee Assistance Program

# Tools & Solutions for Everyday Living

For Employees of McCoy Federal Credit Union

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, as well as referrals to supportive resources.

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 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
- Live chat, online information and services
- Web-based confidential care
- Referrals to supportive resources
- Private Magellan touch-tone self-screening and audio library services

### Face-to-face visits

Have an issue you'd like to talk about with an objective professional? You can meet face-to-face with a licensed mental health practitioner for up to 3 counseling sessions per problem per year, whether you're experiencing emotional and stress-related issues or conflicts at work or at home.

### Web-based confidential care

Trouble sleeping? Feeling anxious or depressed? Our online cognitive behavioral therapy (CBT) programs offer an option to traditional care. You have access to these confidential, clinically proven self-guided and self-paced programs any time, day or night.

Help is just a click or phone call away

**Online:** [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member)

**Toll-free:** 1-800-356-7089

**TTY for hearing impaired:** 1-800-456-4006

**International access only:** 1-800-662-4504

**Magellan**  
HEALTHCARE<sup>SM</sup>

Your Employee Assistance Program is provided by Magellan Healthcare.

## Talk with your employer about other benefits provided by your EAP

### Legal and financial services

Sometimes legal or financial issues can make it difficult for you to balance your job and family life. Through your EAP, you and your eligible family members have access to quick and confidential help from legal and financial experts.

*Legal services to help address issues such as:*

- Car accidents and related matters
- Family law, including divorce, child custody and child support
- Estate planning
- Criminal matters

*Financial services such as:*

- Budget planning
- Debt consolidation
- Financing for large purchases like homes or automobiles
- Retirement planning

### Work-life services

Life happens. That's why work-life services can be valuable to you. Work-life services allows you to consult with a work-life specialist who can provide you with referrals, guidance and time-saving solutions for life's challenges, such as pregnancy and adoption, childcare and parenting, adult care and aging, education, daily living issues and relocation services. All resources are prequalified. You can also shop on the Member Discount Center, and save up to 40% on millions of products and services, such as movie tickets, electronics, books and DVDs, child and elder care, cleaning services, and more.

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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Principal Life Insurance Company has arranged with Magellan Healthcare to make its Employee Assistance Program available to employees with disability coverage insured or administered 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. Magellan is not a member of the Principal Financial Group®.

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