

A series of five colorful triangles (blue, green, yellow, orange, and pink) arranged in a diagonal line from the bottom left to the top right.

WELLBEING TIP: Add movement to your day. Take a short walk, opt for the stairs instead of the elevator or ride a bike or jog instead of driving.

Call your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit Member.MagellanHealthcare.com (enter Principal Core) for helpful resources.