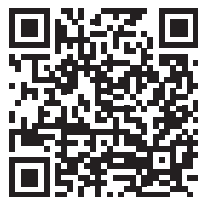




# Feel like you're living in parenting survival mode?

You can break the burn out cycle.



**Scan the QR code for confidential support available 24/7.**

Employee Assistance Program

[Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core)

1-800-450-1327 (TTY 711)