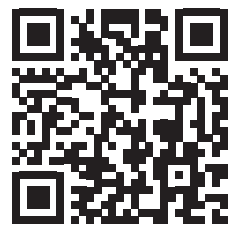




December is National Stress-Free Family Holidays Month

Unwrap something more this year

The best gift you can give is your full, present self—rested, whole and intentional. Find quiet moments, real connection and the grace to care for yourself as much as you care for others.



For more information, scan the QR code to visit Member.MagellanHealthcare.com (enter Principal Core) or call your Employee Assistance Program at 1-800-450-1327 (TTY 711).