



Principal *HealthyConnections*

Employee Discounts and Services

At Principal Life Insurance Company, we have relationships with some of the most trusted names in health and wellness programs. Through your group insurance with Principal Life, your employees are eligible for discounts and services that help maintain and improve their health and well-being.

Smoking cessation service

Employees can quit tobacco and lower their risk of heart attack, lung cancer and emphysema with access to American Cancer Society's telephone-based tobacco cessation counseling program, *Quitline*®. Studies have shown this service nearly doubles a smoker's chances of quitting successfully. For more information call 1-877-ACS-0110 and mention the Principal Life pass code "EDGE." Available to employees covered under Principal Life's group disability, life, dental or vision insurance contracts.

Oral health products

Epic Xylitol toothpaste, oral rinse, mints and gum fight decay in a new way. Xylitol is a natural sweetener that bacteria cannot use as a food source, and without food, bacteria cannot produce enamel-dissolving acid. Epic offers a discount on their line of Xylitol products, including 50% off the first order and 25% off any reorders. Call 866-920-4200 or visit www.epicdental.com and use this promotional code: PR25FT. Available to employees covered under Principal Life's group disability, life, dental or vision insurance contracts.

Weight loss programs

Weight Watchers, America's trusted name in weight loss, has been helping people lose weight for over 40 years. Visit www.principal.com for more information on discounts available for Weight Watchers online. Available to employees covered under Principal Life's group disability, life, dental or vision insurance contracts.

Vision discount program

Through the VSP Access Plan, discounts are available on vision products and services provided by a nationwide network of VSP providers. Discounts available on LASIK surgery,

eye exams, prescription glasses and lens options, and contact lens evaluations and fittings. Call 1-800-475-9163 or locate VSP providers on www.vsp.com. The vision discount program is not vision insurance. Available to employees and their dependents covered under Principal Life's group dental or vision insurance contracts.

Financial Services Hotline

Principal Life provides a Financial Services Hotline for group life insurance beneficiaries. Experienced financial professionals are available to beneficiaries who need help planning for their financial future with the proceeds from a group life insurance policy. Beneficiaries can take advantage of this service by calling 1-800-672-3343. Available to beneficiaries of Principal Life's group life insurance contracts.

Grief Support Services

Everyone grieves in a unique way and coping with that loss can be very difficult. Grief Support Services from Magellan Health Services offer access to licensed professionals providing confidential guidance and helpful strategies to beneficiaries needing emotional support. Legal services are also made available. Beneficiaries can call 1-800-274-4529 or visit www.MagellanHealth.com. Available to beneficiaries of Principal Life's group life insurance contracts.

Employee Assistance Program

Whether dealing with issues large or small, everyone can use a helping hand once in a while. An Employee Assistance Program (EAP) from Magellan Health Services is available for dealing with issues including family matters, divorce and stress management, as well as provide resources on parenting, safety and community services. For more information, visit www.MagellanHealth.com. Available to employees and their dependents covered under Principal Life's disability insurance contracts.

LEARN MORE ABOUT THE DISCOUNTS AND SERVICES AVAILABLE TO YOU

Type in www.principal.com

1. Click on Login

2. Click on Personal Login



WE'LL GIVE YOU AN EDGESM

Principal Life Insurance Company, Des Moines, Iowa 50392-0002, www.principal.com

The discounts and services listed here are available to members, and/or their dependents or beneficiaries, with group insurance products underwritten by Principal Life Insurance Company. The discounts and services are not part of any insurance contract and may be changed or discontinued at anytime.