

Item 7.01 Regulation FD Disclosure

The following information is being furnished under Item 7.01 "Regulation FD Disclosure." This information shall not be deemed "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act") or otherwise subject to the liabilities of that section, nor shall it be deemed incorporated by reference in any filing under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such a filing.

On December 3, 2018, Principal Financial Group, Inc. announced its outlook for 2019 and long-term guidance. The text of the announcement is included herewith as Exhibit 99.1, and the slide presentation discussed during the outlook conference call is included herewith as Exhibit 99.2.

Item 9.01 Financial Statements and Exhibits

(d) Exhibits

Exhibit No. Description

<u>99.1</u>	<u>Press Release Concerning 2019 Outlook and Long-Term Guidance Dated December 3, 2018</u>
<u>99.2</u>	<u>Slide Presentation Discussed During Outlook Conference Call</u>

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

PRINCIPAL FINANCIAL GROUP, INC.

By: /s/ John Egan
Name: John Egan
Title: Vice President - Investor Relations

Date: December 3, 2018