

Pelago



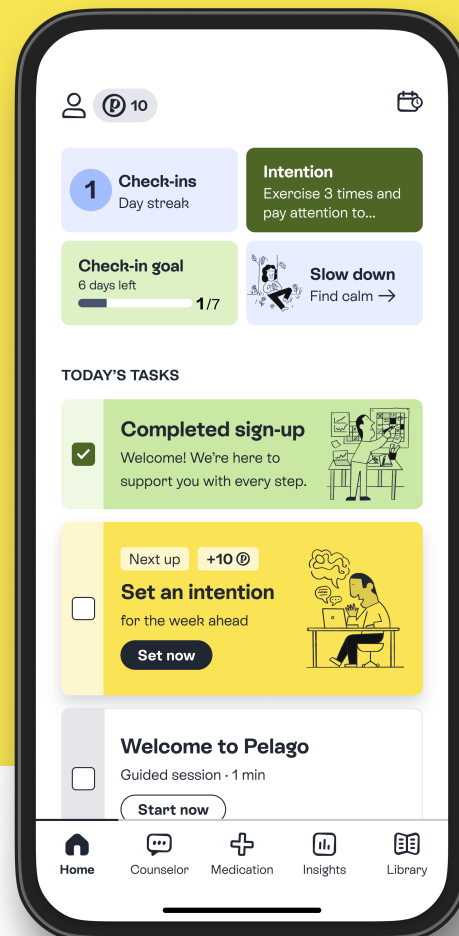
Pelago makes change easier

Confidential support to help you cut back, quit, or rethink your habits

- ✓ 24/7 digital access
- ✓ Personalized action plan
- ✓ 1:1 coaching or counseling
- ✓ Habit tracking
- ✓ Mindfulness tools
- ✓ Judgment-free care

Join thousands choosing a healthier path

Find the right program for you



Alcohol

Take a break, drink more mindfully, or stop completely – with tailored support and resources to help you along the way.



Tobacco and nicotine

Quit smoking, vaping, or using smokeless tobacco with tools that work and a coach who understands the challenges of change.



Opioid

Access private care, counseling, and medication – all in one place – to help you move forward in recovery.



Cannabis

Learn how cannabis may be affecting your health, and decide what's next with guidance from a coach or counselor.

See who's eligible and what it costs

Pelago is available at no cost to all medically enrolled team members, spouses, and dependents ages 15 and older.

Earn a \$75 gift card

Download the Pelago app and complete your welcome call to receive your reward.*



SCAN ME!



Get started in minutes

Scan the QR code or visit pelago.health/toyodagosei

1. Download the Pelago app
2. Set your goals and explore your options
3. Start feeling better

*Offer applies to new members only. For full terms and conditions, visit pelago.health/terms.