

# You pick your goal. We'll help you get there.

Pelago is a confidential, virtual program that helps people change their substance use habits or substance dependence.



Reduce or quit for good with a modern tobacco and vaping cessation program personalized for you.



Cut back on your alcohol consumption or quit entirely – we build a personalized, science-based plan to meet your goals.



Break free from the reigns of opioids by combining clinically verified Medication Assisted Treatment and digital therapy.

*Pelago (formerly Quit Genius) is free for all employees, spouses and dependents age 18+ who are enrolled in either a BCBS or UPMC medical plan.*

SCAN ME!



LEARN MORE

[pelago.health/philips-more](https://pelago.health/philips-more)

1. Open your smartphone camera app
2. Point your phone to the QR code
3. Click on the notification

