

A new kind of care is on its way

Coming soon as a Banner benefit, Pelago offers confidential, digital care to help you cut back, quit, or explore your habits.

Programs:  Alcohol |  Tobacco and nicotine
 Prescription pain meds |  Cannabis

Support designed to fit your life

Pelago

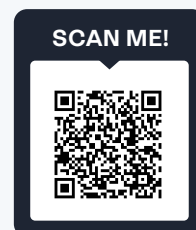
- ✓ No pressure to quit — set a goal that feels right for you
- ✓ A flexible, personalized care plan
- ✓ 24/7 access to tracking tools, mindfulness exercises, guided therapy session, and more
- ✓ Meet with a coach or counselor virtually, or use in-app chat when it works for you

Traditional support

- ✗ Often focused only on quitting completely
- ✗ One-size-fits-all approach
- ✗ Limited tools and support outside appointments
- ✗ Limited scheduling options

See who's eligible and what it costs

Pelago is available at no cost to you and your eligible dependents ages 15 & up. Pelago is a Substance Use Program offered through your Banner Health sponsored health plan. Plan members also have access to peer coaches, people with lived experience in recovery, who offer support, encouragement, and accountability.



Want to know more?

Scan the QR code or visit pelago.health/banner-health

