

Christian Brothers Services

Health & Benefits

Pelago



A Digital Solution to Quit Smoking

Christian Brothers Services Medical Trusts offers Pelago, a digital solution to smoking considered one of the most effective smoking cessation programs in the world by the World Health Organization. This program, which comes at no additional costs to participants, replaces traditional, legacy telephone coaching programs with a confidential, technology-enabled digital clinic designed to help participants access evidence-based care wherever they are.

Did you know it has been proven that quitting smoking can help prevent numerous health problems, including heart disease, stroke, multiple cancers, respiratory diseases, pre-term labor and low birth weight? Quitting tobacco isn't easy, but getting the right help can help make the difference between saying you're going to quit smoking and actually doing it for good!

The Pelago program is available at no cost to you and your enrolled dependents age 18 years and older. Whether you are thinking about quitting now or want to learn more about quitting in the future, Pelago is here for you. You can work through the program at your own pace.

Pelago is a highly effective, evidence-based tobacco cessation program that delivers measurable results. As a matter of fact, the program is so successful it produces an average quit rate of 52%, making it at least 10 times more effective than quitting "cold turkey."

What is Pelago and how does it work?

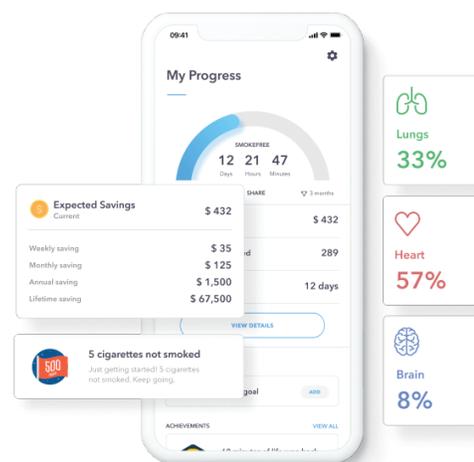
- **Engaging mobile content:** A cognitive behavioral therapy (CBT) journey that delivers bite-size audio sessions and interactive exercises to help participants learn new techniques to deal with craving triggers.

- **Dedicated care team:** Access to qualified Quit Coaches to help every step of the way, guiding participants on their recovery journey.
- **Personalized tracking:** Tools to help participants track their personal triggers, cigarettes smoked, dollars saved and health progress.
- **Nicotine Replacement Therapy:** Access to gums and patches to assist in cravings as they come.
- **Connected Devices:** Monitor carbon monoxide levels and help participants track progress.

Once registered for the program, participants will receive:

- One-on-one virtual coaching with a personal quit coach
- 24/7 access to self-guided activities and helpful content on the Pelago mobile app
- A 4-week supply of nicotine replacement therapy to help reduce cravings

To register, call 877.349.7755.



Pelago

Visit mycbs.org/health
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