

Wealth in Wellbeing: Managing Money and Health in Times of Stress



You can break the cycle and overcome financial stress without turning to alcohol, opioids, or tobacco, and Pelago can help. We give you the tools to quit or cut back in the palm of your hand. It's completely confidential and available to you at no cost.



3 simple steps to sign up

1. Scan the QR code or visit pelago.health/southern
2. Download the Pelago app
3. Create an account (at no cost to you)

It's not easy, but we've got your back



Health goal tracking

Set your goal and join a tailored program to make real progress.



24/7 access

Check in and track your progress all from the privacy of your home via our mobile app.



1:1 personalized support (when you want it)

Your dedicated coach is with you every step of the way – cheering you on (and keeping you accountable).



Take the April Challenge!

Test your substance use knowledge and take the Pelago quiz by April 30, 2024 to earn \$25 in your HRA/HSA/FSA account.

NOTE: New enrollees with Pelago are also eligible for a \$50 gift card. Gift cards will be fulfilled within 45 days following the incentive period ending April 30, 2024.

All full-time and part-time Active employees, their spouses and dependents age 18 and over are eligible for Pelago, regardless of medical enrollment. Pre-65 retirees are also eligible, as well as their spouses and dependents age 18 and over, as long as they are enrolled in a company-sponsored medical plan.