

**Pelago**

**Mortenson**

# Kick your habit. Change your life.

Quitting or cutting back on tobacco or nicotine could be the best thing you do for yourself this year.

## Here's what you'll get

- ✓ Free access to the leading substance-care clinic
- ✓ Personal & private support without the worry
- ✓ Expert coaches to guide you
- ✓ Progress tracking with complementary devices
- ✓ An opportunity to change your life



SCAN ME!



TRY US OUT

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

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

