**Tobacco Cessation Program**

The Tobacco User Surcharge is $75 per month per person.

Tobacco users who wish to avoid the Tobacco User Surcharge in January 2025 must complete the tobacco cessation program by the end of 2024.

**To enroll in and complete the tobacco cessation program, follow these instructions:**

1. Register online from a desktop computer or web browser by visiting [my.pelagohealth.com/att](https://my.pelagohealth.com/att?languageId=en_US).
2. Select the program you’d like to focus on.
3. Create your profile and provide contact information to help us verify your eligibility.
4. After completing registration, you will receive a text message prompting you to download the Pelago Health app, which is available in the Apple App Store or Google Play.
5. After downloading the Pelago Health app, you will log in using the same email address and password you input during registration.

**If you previously enrolled in the tobacco cessation program and want to re-engage with it after Oct. 1, 2024, when your current enrollment has expired, follow these instructions:**

1. Open the Pelago app or visit [my.pelagohealth.com/att](https://my.pelagohealth.com/att?languageId=en_US).
2. Log in using the same email address and password you used during registration. You can also reset your password if needed.
3. The app will automatically start you at the beginning of the tobacco cessation program.

For more information on the tobacco cessation program, see your [2025 AT&T Medical Program Summary Plan Description (SPD) or Summary of Material Modifications SMM)](https://leplb0760.upoint.ap.alight.com/web/att/spd_smm?linkId=L_SPD_SMM&technicalNameForLink=L_SPD_SMM&userFriendlyNameForLink=SPD\/SMM%20landing%20page&domain=YTR&baseClientIndicator=Client&isUCCELink=true&languageId=en_US).

**Who’s a “tobacco user”?**

A “tobacco user” is someone who uses tobacco products at least once a month or more, on average. This includes cigarettes, cigars, pipes, e-cigarettes, vaporizers and smokeless tobacco.