



Scan to Register!



### YOU GET ACCESS TO:



Online videos, exercises, and self-guided tools on any device.



Live-chat coaching from experts and personalized texts and emails.



Active online community to lean on for advice, tips, and motivation.



Nicotine patches, gum, or lozenges delivered right to your home.

YOU + TOBACCO-FREE LIFE:

# BETTER TOGETHER

FREE EMPLOYEE BENEFIT + CUSTOM QUIT PLAN + EXPERT 1:1 SUPPORT =  
YOUR TOBACCO-FREE LIFE

EX is a personalized and convenient digital quit-tobacco program built in collaboration with Mayo Clinic that helps you beat your addiction and live tobacco-free whether you smoke, vape, dip or chew.



**It's FREE from Jim Ellis. Plus, you could avoid a \$25/month surcharge!**

We're here for you.

We'll give you the skills and confidence you need, when you're ready, on your own terms. No need to pick a quit date. You don't even need to be ready to quit to join.

Get started today at [Go.TheEXProgram.com/JimEllis](https://Go.TheEXProgram.com/JimEllis)

