



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

It's **FREE** from your employer. Plus, by completing the program,
you can avoid the \$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.EXProgram.com/JimEllis

