

# EX PROGRAM



## 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

The **EX Program** 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.



**Participation in the EX-Program is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & their spouses.**

*\*Enrollment is limited to the annual amount budgeted for the program.*

### To Get Started:

#### Already have a Wellable Account?

Click the following link and enter your login information.

<https://app.wellable.co/EXProgram>

#### No Wellable Account yet?

Create one at <https://app.wellable.co/mmhg>

Once logged into your Wellable Account you'll find a link on the bulletin board for the EX-Program.

Contact [wellness@mmhg.org](mailto:wellness@mmhg.org) with questions.