



READY TO QUIT SMOKING?

Join 800,000+ smokers who have developed the skills and confidence to live tobacco-free thanks to the EX Program

The EX Program is a *FREE and confidential* digital quit-smoking program that personalizes the quitting journey for each participant. The interactive, self-paced, guided quit plan provides the specialized support tobacco users need for the behavioral, social, and physical aspects of tobacco addiction.

The EX Program includes:

- A quit plan with interactive exercises and educational videos
- An active, supportive community of peers who have been through it all
- Tailored text messages and emails
- Expert advice and tips from Mayo Clinic
- 1:1 coaching through live chat with tobacco treatment experts
- Nicotine patches, gum, or lozenges delivered to you

Email support@wellable.co to get started!

Participation in the EX Program is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees and retirees (enrolled in active non-Medicare plans) and their spouses.

**To register and/or find out more about the program
send an email to Wellable's support team at
support@wellable.co**

Enrollment is limited to the amount budgeted for the program.