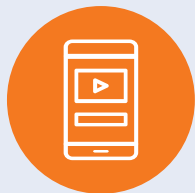


EX PROGRAM



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 with questions.