

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.



It's FREE to you, from MIIA!

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 [BecomeAnEX.org/Signup/MIIA](https://www.BecomeAnEX.org/Signup/MIIA)

MIIA | Nonprofit
Locally based
Member driven
Serving Massachusetts' communities since 1982