



Which quit medication is most effective?

Am I using too much nicotine gum?

When I drink coffee, I want to smoke. What should I do?



Live chat with an EX Coach through the EX Program for answers to all your questions.



**EX Coaches are real people who can help you:**

- Feel more confident
- Develop strategies for beating triggers
- Create the best plan for you to quit tobacco
- Get FREE quit medication delivered to you

**It's free and easy to get started.**

**Visit [BecomeAnEX.org/signup/MIIA](http://BecomeAnEX.org/signup/MIIA) to register and chat with an EX Coach today!**

