

BecomeAnEX.org



Join BecomeAnEX for Quick Access



A **customized quit plan** that learns and grows with you.



New!

Text messages for support quitting **smoking or vaping**.



Smart, **interactive guides and tools** for you to navigate your tobacco-free journey.



Expert **advice and tips** from Mayo Clinic.



An active, supportive **EX Community** of real tobacco users who have been through it all.

A free digital resource to help tobacco users quit. Evidence-based results from the Mayo Clinic. The language is focused on smokers, but the tools needed to fight nicotine addiction are very similar for cigarettes and vaping. This resource includes an active **social community, text and email messaging support,**

expert guidance and interactive quitting tools. Work on quitting at your own pace.
register to get help with supporting a family member who is quitting.

*Parents can also