

EX PROGRAM: QUIT SUPPORT FOR INDIVIDUALS AND ORGANIZATIONS

Quitting nicotine isn't easy, but it can be done with the right support. EX® Program, developed over 15 years ago by Truth Initiative in collaboration with Mayo Clinic, brings individuals, employers, health plans, and public health organizations proven, evidence-based quitting approaches and the most established online quit community.

EX Program has helped millions of people on their journeys to quit smoking, vaping, or any tobacco or nicotine product. Research has shown that using EX Program can increase odds of quitting by up to 40%.

Quit Support for Individuals

EX Program is the go-to guide on your quitting journey. Since 2008, EX Program has collaborated with the Mayo Clinic Nicotine Dependence Center. When you sign up for a free EX Program account, you'll get access to a flexible, personalized program to help you change your patterns, find support, and explore nicotine replacement therapy. EX Program's daily text messages, interactive website, and dedicated community full of experts and experienced quitters will support you every step of the way.

[Sign up for free →](#)