

SMOKING CESSATION



Why Wellable?

Although smokers have been pushed out of sight by smoke-free laws, the costs of smoking remain staggering. In addition to higher healthcare costs associated with employees that smoke, lower workforce productivity—from smoking-related absences to distractions due to nicotine cravings and smoking breaks—is also negatively impacting business success.

This is why Wellable partnered with the EX Program, a digital smoking cessation program from the Truth Initiative. The EX Program has helped more than 800,000 tobacco users develop the skills and confidence to successfully quit.



Personalized Quit Plan

Interactive, self-paced, guided quit plan with specialized support



Live Chat Coaching

Experienced Mayo Clinic coaches help thousands of people quit using tobacco



Active Online Community

Award-winning community provides unrivaled level of peer support



Nicotine Replacement Therapy

Quitting medications to double the chances of success



Text Messaging Platform

Interactive and tailored messages based on how a tobacco user has—or hasn't—engaged with the program

