BecomeAnEx.org
Instructions and Key Highlights

Through your organization, you have a new way to quit smoking! BecomeAnEX.org is an innovative cessation program available FREE to all of your organization’s employees.

To Register

1. Go to www.becomeanex.org and click the red “Register now” button in the upper righthand corner.

2. A tobacco user will need to answer some simple questions to better tailor the information provided on BecomeAnEX.org:
   a. Have you smoked 100 cigarettes in your life?
   b. How often do you smoke? (Every day, some days, not at all)
   c. What is your age group?
   d. What is your gender?
   e. What is your zip code?

3. Next, enter contact information to use the various features of EX:
   a. Email address (everyone registering will need to provide an email)
   b. Username (don’t use your real name for privacy purposes)
   c. Password
   d. Mobile phone number (if you want to receive supportive text messages designed to help you quit. Standard text messaging rates apply.)

4. Finally, to access the premium features of BecomeAnEX sponsored by your organization, enter:
   a. Employer/Sponsor (Note: you must enter your organization’s name)
   b. Health plan (Note: you can enter ANY health plan, or check the box “not referred”)
   c. Your first name, last name, and birthdate.
d. For “Relationship” – if you are employed by your organization, select “employee.” If you are married to, or a dependent of an employee, and are eligible for the program, select “Adult Dependent.”
   i. Adult dependents should also enter the first name, last name, and birthdate of you, the employee, when prompted.

5. Make sure to select either supportive emails or text messages (or both) in the green box to qualify for your incentive through your organization, if your organization offers an incentive to participate.

6. Don’t forget to click the “Terms of Use and Privacy Policy” box and the “I’m not a robot” box.

7. Click on “Create my EX Plan” and you’re done!