

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?

About Me

Tell us a little about yourself so we can get to work on your EX Plan to quit tobacco.

Have you smoked at least 100 cigarettes in your entire life?*

Yes No

How often do you smoke?*

Every Day Some Days Not At All

What is your age group?*

under 18 18-24 25-30 31-44 45-64 65 or over

What is your gender?*

Male Female

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.)

Okay, let's set up your login!

<p>Email address*</p> <input type="text" value="name@example.com"/>	<p>Password*</p> <input type="password" value="....."/> <p><small>Passwords are case-sensitive.</small></p>
<p>Username*</p> <input type="text" value="NoMoreTobacco4Me"/>	<p>Mobile phone number</p> <input type="text" value="Preview: (###) ###-####"/>

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.

Who Referred You To BecomeAnEX

If you were referred by your employer, health insurance provider, or another sponsor, that means they have paid for you to access premium features. Please provide the information below to access those features.

If you were not referred to BecomeAnEX, simply check the boxes below each field.

Employer or Sponsor* **Health Insurance Provider (Aetna, Blue Cross, etc)***

Not referred Not referred

Legal First Name* **Legal Last Name*** **Birthdate***

Date format: MM/DD/YYYY

Relationship*

Select ▼

Select

Employee

Insured

Sponsored Member

Adult Dependent

Receive Extra Tips from EX

- 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.

Receive Extra Tips from EX

Get expert advice and quit techniques—delivered right to you by email or text.

Yes, send me emails! I want tips and strategies straight to my inbox.

Yes, send me text messages! I want tailored texts direct to my phone.

- 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!