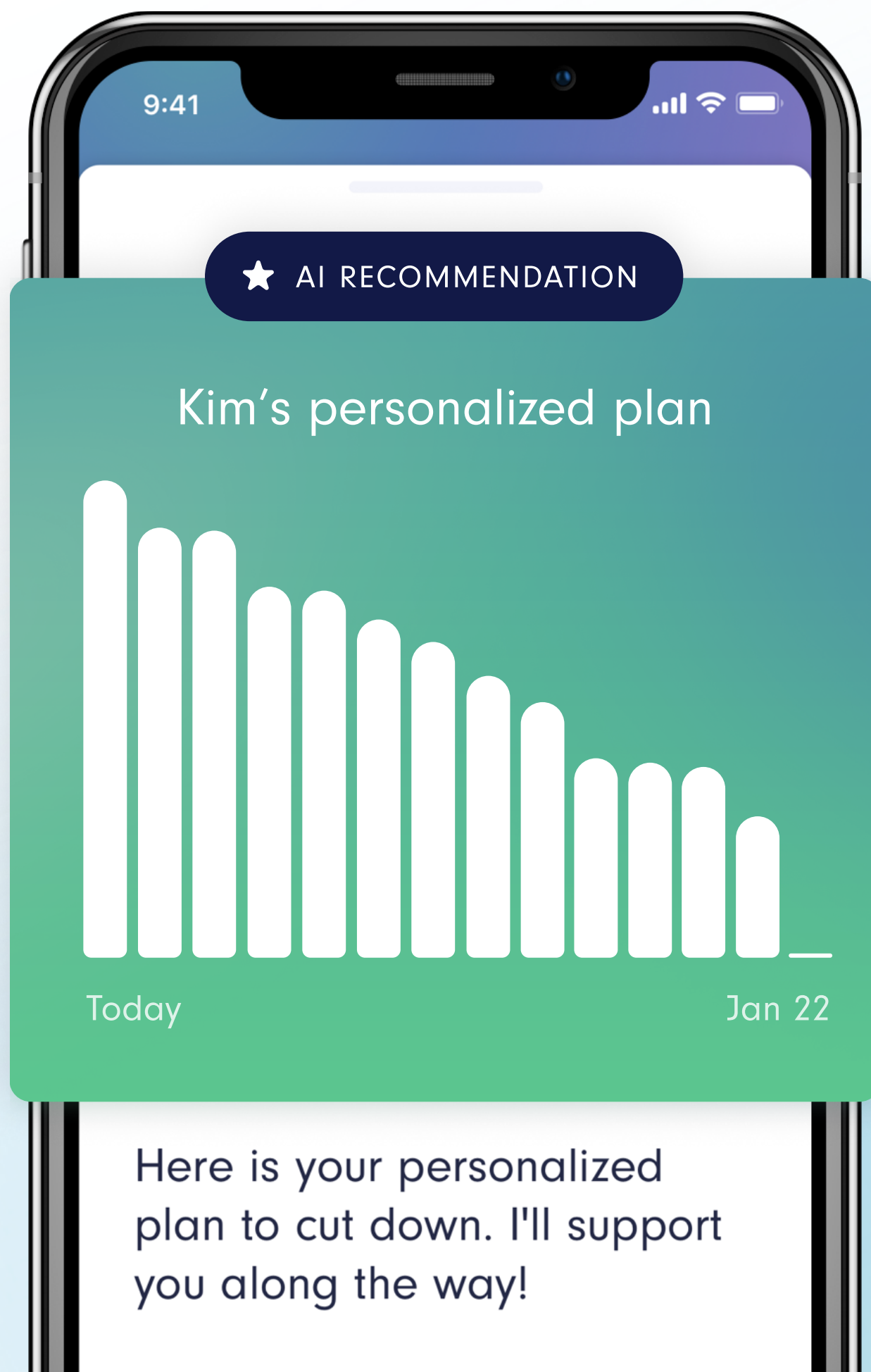
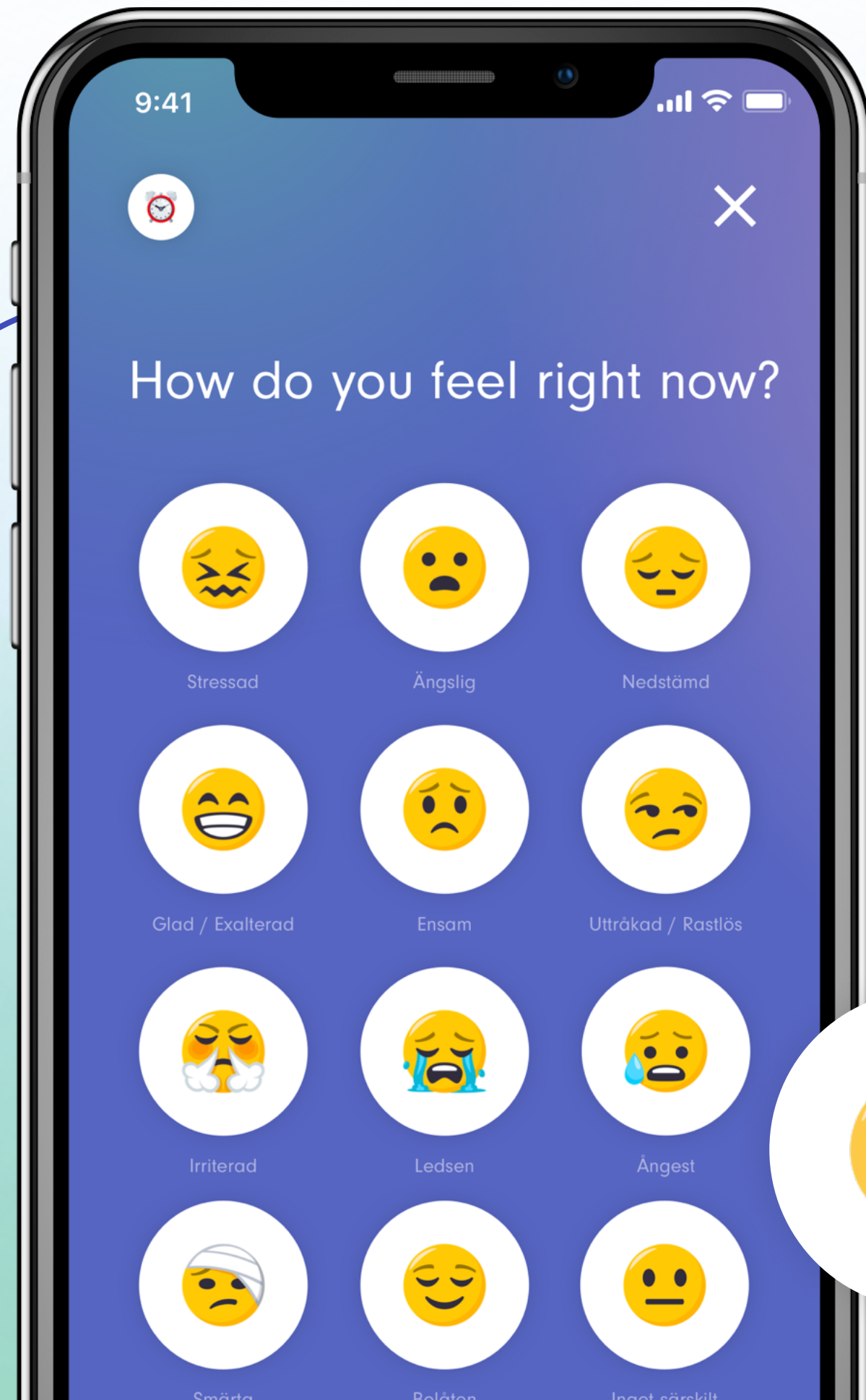


Alex AI
Smoke-free



1.

Get a personalized program to maximize chance of success.



2.

Identify triggers & learn about your behavior.





In this exercise you'll relax, focus on something else and practice to not act on your urge to smoke.

3.

Get tools and recommendations to handle cravings.





4.

**Continuous support to
keep smoke-free.**