

A Smoke-Free Incentive Programme

PREGNANT WOMEN



**SOUTHERN
STOP SMOKING
SERVICE**

The Southern Stop Smoking Service is pleased to extend the Pregnant Women Stop Smoking Incentive programme, which aims to encourage and support pregnant women to become smoke free.

What can I expect?

- ✓ Initial assessment and setting your quit date.
- ✓ Weekly visits with your coach.
- ✓ Weekly Co monitored validation of progress.
- ✓ **4 weeks:** Co reading under 10, \$20 gift voucher.
- ✓ **8 weeks:** Co reading under 5, \$20 gift voucher.
- ✓ **12 weeks:** Co reading under 5 (not a single puff), \$20 voucher.
- ✓ Follow up at due date and within 4 weeks of baby's birth. Celebrate with a morning or afternoon tea.
- ✓ **FREE** patches, gum and lozenges.

How can I access the programme?

Referral from hospital, GP, health professional or self-referral.

GET IN TOUCH WITH US TODAY

Southern Stop Smoking Service
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