

2024

STOP SMOKING PROGRAMME

GoSmokeFree is a fully supported stop smoking programme available at participating pharmacies.

The programme begins with a Pre-Quit Assessment where a smoker's readiness and motivation to stop smoking is determined and a quit date is set, followed by four once a week, one-on-one sessions with a Nursing Sister who is trained as a GoSmokeFree advisor.

The follow up sessions are designed to provide support and guidance along the GoSmokeFree journey to triple your chances of success.

THE GoSmokeFree PROGRAMME CONSISTS OF:

1. Pre-Quit Assessment

Determine your readiness and ability to stop smoking and develop an individual plan to stopping smoking.

Session includes

- Pre-Quit Assessment
- Nicotine Dependency Test
- Carbon Monoxide Level Check
- Motivation to Quit
- Behaviour Modification
- Medication Discussion
- Set Quit Date
- GoSmokeFree Diary

Benefits

- Your readiness and ability to stop smoking
- Helps predict the severity of withdrawal symptoms
- Checking your health risk
- Information to help with the when and how you will quit
- To prevent backsliding into old habits
- To improve your chances of a successful quit
- When you have all the information and are ready
- Motivational tool for your quit journey

2. Quit-Day and Support

Follow-up sessions designed to support and guide you once your quit date is set.

Session includes

- Confirm quit date
- Quit Date Preparation and Quit
- Four Post Quit Follow-Up Sessions
- Carbon Monoxide Level Checks
- Behaviour Change Support
- GoSmokeFree Quit Certification

Benefits

- A commitment to 'not a puff'
- Giving you the best chance of a successful quit
- Weekly support, advice and motivation
- Highly motivating to see levels dropping
- Weekly reminders and support of new healthy habits
- Evidence of your quit success

2024

STOP SMOKING PROGRAMME

HOW TO JOIN THE PROGRAMME

1

If you haven't activated your Benefit Booster yet, do so by completing your online wellness questionnaire on the Bonitas Member App or do a wellness screening at a participating pharmacy*, biokineticist or at a Bonitas wellness day.

2

Take a free online nicotine dependency test by clicking [here](#). Knowing your dependence will help to determine the correct approach to quit smoking.

3

Keep an eye on your email for more information about the next step.

GoSmokeFree CONTACT DETAILS



Email: info@gosmokefree.co.za

Not available on BonCap

*Click [here](#) to find a network pharmacy near you.

HEALTH BENEFITS TO QUITTING SMOKING

Not only can you save up to R1 000 a month when you quit your 20-a-day habit, but you will achieve the following health benefits:

After 20 min	Your blood pressure and pulse rate slow down
8 hours	Your nicotine levels reduce by half and oxygen levels return to normal
24 hours	Carbon monoxide leaves your body and lungs start to clear mucus and smoking debris
2 – 3 days	Your sense of smell and taste is enhanced
72 hours	Breathing is much easier and your energy levels will increase
3 – 12 months	Your skin will start to look younger and your teeth whiter
5 years	Heart attack risk falls to half that of a smoker
10 years	Your risk of lung cancer falls to half that of a smoker and heart disease risk to the same as someone who has never smoked