

STOP SMOKING PROGRAMME

2025



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

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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

HOW TO JOIN THE PROGRAMME

01

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.

02

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

03

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.

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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
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