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| **Health promotion insert 8.1** | |
| Front surface  **Image shows 4 icons on the right side of card. From top to bottom images are a stick person figure raising arms, a heart, a brain and a shield with cross in the middle.  Text reads Good things happen when you stop smoking! 12 hours: Most nicotine has left your body. 24 hours: Oxygen reaches your heart more easily. After 7 weeks: Your mental health may improve. 2 months: Your immune system starts recovering. Quit before pregnancy: Your baby’s more likely to be a healthy weight.** | Back surface  Image shows Quitline logo and phone number 137848 at top of card. QR code to quitnow.gov.au at the bottom of the card.  Text reads Call today to request a callback from a Quitline Counsellor. Scan the QR code for strategies to help you stop smoking for good. |
| **Health promotion insert 8.2** |  |
| Front surface  Image shows a digital drawing, with a central image of a red heart, left image of a person playing tennis, top image of a man breathing, bottom image of a bowl of food. At the bottom left of the card is the My QuitBuddy logo and on the right Quitline logo and phone number 13 7848.  Text reads Life without smoking. When you’re free of smoking…You’ll feel fitter; You’ll breathe easier; Food will taste better; You’ll have more energy | Back surface  Quitline logo and phone number 13 7848 at top of card. My QuitBuddy logo in the middle of the card  Text reads for help quitting, call Quitline. Download the My QuitBuddy app. A free smartphone app to help you every step of the way. Or visit quitnow.gov.au |

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| **Health promotion insert 8.3** | |
| Front surface  Image shows 3 icons at bottom of the card. From left to right, a shopping cart, a house and a car.  Text reads If I stop smoking for: 1 week I’ll save….; 1 month I’ll save……; 1 year I’ll save…. Stopping smoking could mean more cash for: Shopping; Rent or mortgage; help to buy a car | Back surface  Quitline logo and phone number 13 7848 at top of card. My QuitBuddy logo in the middle of the card QR code bottom right of the car.  Text reads Quitline Counsellors can help set up a plan tailored just for you. A free smartphone app to help you every step of the way. Scan here to calculate how much your smoking is costing you. |
| **Health promotion insert 8.4** | |
| Front surface  Image shows 2 icons along the left side. Top image is of a nicotine patch and bottom image is of a Medicare card. At the bottom left of the card is the My QuitBuddy logo and on the right Quitline logo and phone number 13 7848.  Text reads When you consider quitting, consider nicotine medications…Using a nicotine patch plus gum, mouth spray, inhalator or lozenge increases your chance of quitting. If you have a health care card, some nicotine medications are a lot cheaper with a script | Back surface  **Image shows a photo of a man wearing a cap and holding tennis racket and towel  Text reads Talk to your doctor about the different options available to you. quitnow.gov.au Visit today to learn more about different nicotine medications.** |

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| **Health promotion insert 8.5** | |
| Front surface  Image shows 2 female icons (1 Caucasian and 1 darker skinned) wearing headsets with a mug between them. At the bottom of the card there is the My QuitBuddy logo and the Quitline logo and phone number 13 7848  Text reads Our professional Quitline counsellors 1 Help you get ready to quit. 2 Support you as you withdraw from nicotine. 3 Help you adjust to life without smoking | Back surface  Image shows at the top of the card Quitline logo and phone number 13 7848. At the bottom of the card is a QR code to quitnow.gov.au  Text reads You can quit. We can help. Scan the QR code to learn more about how Quitline Counsellors can support you quit for good. |
| **Health promotion insert 8.6** |  |
| Front surface  Image shows top right, photo of male pharmacist holding a box of medicine and talking to a customer within a pharmacy. At the bottom left of the card is the My QuitBuddy logo and on the right Quitline logo and phone number 13 7848.  Text reads Medication can make a difference. You can reduce cravings and feelings of withdrawal by using stop smoking medications. Talk to Quitline, or your doctor or pharmacist to learn more. Using medications with Quitline counselling works best. Quitnow.gov.au | Back surface  Image shows Quitline logo and phone number 13 7848 in middle of the card  Text reads You can quit. We can help. Talk to your doctor or pharmacist about the different options available to you. |

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| **Health promotion insert 8.7** |  |
| Front surface  Image shows 3 photos from top to bottom. First one of a man walking in a park, second one of a woman riding a bike and third one of a person swimming. At the bottom left of the card is the My QuitBuddy logo and on the right Quitline logo and phone number 13 7848  Text reads Get moving, When trying to quit, exercise might help to distract you from urges to smoke. Go for a walk; Ride a bike; Go for a swim. Quitnow.gov.au | Back surface  Image shows Quitline logo and phone number 13 7848 at top of card. My QuitBuddy logo in the middle of the card  Text reads My QuitBuddy: A free smartphone app to help you every step of the way. quitnow.gov.au |
| **Health promotion insert 8.8** |  |
| Front surface  Image shows in the top right a photo of a male quit counsellor smiling and wearing a headset in an office environment. At the bottom of the card there is the My QuitBuddy logo and the Quitline logo and phone number 13 7848  Text reads Every try counts. If you’ve tried to quit, congratulations – that alone is a big achievement. Quitting smoking is possible. It may take several tries to be successful. Every time you try, you learn what does and doesn’t work for you, helping you quit for good - Trent, Quitline counsellor. quitnow.gov.au | Back surface  Image shows in the middle of the card is the Quitline logo and phone number 13 7848. At the bottom of the card is the My QuitBuddy logo  Text reads You can quit. We can help. My QuitBuddy: A free smartphone app to help you every step of the way. |

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| **Health promotion insert 8.9** |  |
| Front surface  Image shows a photo of hands holding a black coffee in a brown mug. At the bottom left of the card is the My QuitBuddy logo and on the right the Quitline logo and phone number 13 7848  Text reads Changing your routine can help. Does your early morning coffee trigger you to have a smoke? Try having your shower before your coffee. What other changes could you make? Quitnow.gov.au | Back surface  Image shows at the top of the card is the Quitline logo and phone number 13 7848  Text reads Get help making a plan to quit. Call today quitnow.gov.au. Even small changes can help. |
| **Health promotion insert 8.10** |  |
| Front surface  **Image shows at the bottom of card a photo of 3 middle-aged women smiling and talking to each other while outside  Text reads Quit together, quit for good. Quitting is easier if you do it together. Remind each other about your goals. Support each other through ups and downs. Be stronger together!** | Back surface  Image shows at the top of the card is the My QuitBuddy logo. At the bottom is the Quitline logo and phone number 13 7848. Text reads My QuitBuddy: A free smartphone app that can connect you with others who are trying to stop smoking. Quitnow.gov.au |