

# 8. Health promotion inserts – cigarettes and loose tobacco products

## Health promotion insert 8.1

Front surface

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

**Quitline**  
**13 7848**

Call today to request a callback from a Quitline Counsellor.

[quitnow.gov.au](http://quitnow.gov.au)



Scan the QR code for strategies to help you stop smoking for good.

## Health promotion insert 8.2

Front surface

**Life without smoking**

When you're free of smoking...

You'll feel fitter  You'll breathe easier 

You'll have more energy 

Food will taste better 

 [quitnow.gov.au](http://quitnow.gov.au) 

Back surface

For help quitting, call

**Quitline**  
**13 7848**

download the app

  
**My QuitBuddy**

A free smartphone app to help you every step of the way.

or visit

[quitnow.gov.au](http://quitnow.gov.au)

# 8. Health promotion inserts – cigarettes and loose tobacco products

## Health promotion insert 8.3

Front surface

**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. 13 7848**

Quitline Counsellors can help set up a plan tailored just for you.



**My QuitBuddy**

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

**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



[quitnow.gov.au](http://quitnow.gov.au)



Back surface



Talk to your doctor about the different options available for you.

**[quitnow.gov.au](http://quitnow.gov.au)**

Visit today to learn more about different nicotine medications.

# 8. Health promotion inserts – cigarettes and loose tobacco products

## Health promotion insert 8.5

Front surface

**Quitline 137848**

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**

**Quit Now: My QuitBody** quitnow.gov.au **Quitline 137848**

Back surface

**You can quit. We can help.**

**Quitline 137848**

Scan the QR code to learn more about how Quitline Counsellors can support you to quit for good.

## Health promotion insert 8.6

Front surface

**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.

**Quit Now: My QuitBody** quitnow.gov.au **Quitline 137848**

Back surface

**You can quit. We can help.**

**Quitline 137848**

Talk to your **doctor** or **pharmacist** about the different options available to you.

# 8. Health promotion inserts – cigarettes and loose tobacco products

## Health promotion insert 8.7

Front surface

**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**

Quit Now: My QuitBuddy quitnow.gov.au Quitline 137848

Back surface

**Quitline 137848**

**My QuitBuddy**  
A free smartphone app to help you every step of the way.

quitnow.gov.au

## Health promotion insert 8.8

Front surface

**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 to quit for good.  
- Trent, Quitline Counsellor **”**

Quit Now: My QuitBuddy quitnow.gov.au Quitline 137848

Back surface

**You can quit. We can help.**

**Quitline 137848**

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A free smartphone app to help you every step of the way.



# 8. Health promotion inserts – cigarettes and loose tobacco products

## Health promotion insert 8.9

Front surface

**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](http://quitnow.gov.au) 

Back surface



Get help making a plan to quit. Call today.

[quitnow.gov.au](http://quitnow.gov.au)

Even small changes can help.

## Health promotion insert 8.10

Front surface

**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

  
**My QuitBuddy**

A free smartphone app that can connect you with others who are trying to stop smoking.

[quitnow.gov.au](http://quitnow.gov.au)

