



## Want to kick your smoking habit? **LET MBMED HELP!**

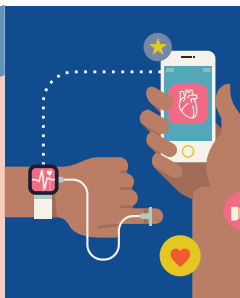
Giving up smoking is the single most important decision one can make for one's health, but quitting is not easy. That's why MBMed offers our members and their registered dependants an opportunity to kick the habit with the acclaimed *GoSmokeFree* programme, available at various pharmacies throughout South Africa.

### See what happens as soon as you stop smoking

Save up to  
**R1000**  
a month when you quit your 20-a-day habit.



After **20 minutes**  
your blood pressure and pulse slow down



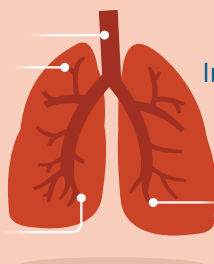
Being **Smoke Free**  
means the air around you is clear of second hand smoke



After **8 hours**  
your nicotine levels reduce by half and oxygen levels return to normal so you can breathe easier



In **24 hours**  
carbon monoxide leaves your body and lungs start to clear mucous and smoking debris



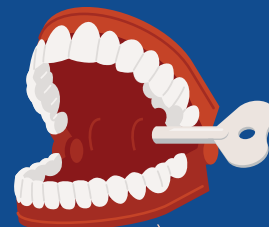
After **2-3 days**  
your sense of smell and taste is enhanced.



After **72 hours**  
breathing is much easier and your energy levels will increase.



Being Smoke Free means you and your loved ones can enjoy  
**fresher breath.**



In **3-12 months**  
your skin will start to look younger and your teeth whiter.

After **5 years**  
heart attack risk falls to half that of a smoker.



In **10 years**  
your risk of lung cancer falls to half that of a smoker and heart disease risk is the same as someone who has never smoked.



Our proven combination of motivational interviewing, change behaviour techniques, medicines and support will help you to take the first step towards your destination – being SMOKEFREE.

**Take the first step. Ask your pharmacist for more information.**



## CAN YOU QUIT?

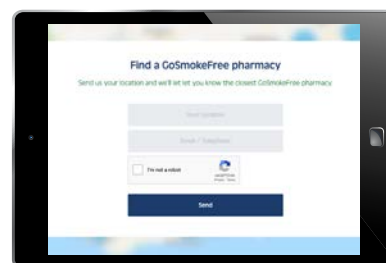
Click [here](#) to test your nicotine dependence ...

### How MBMed covers this benefit

MBMed will pay for one GoSmokeFree course per beneficiary per lifetime, up to a limit of R3 310 per beneficiary, including medicine. Once you are registered with your preferred pharmacy, the benefit will be funded from your preventative Care Benefits and will not reduce your available Day-to-Day Benefits.

### Find a participating pharmacy today!

Visit [gosmokefree.co.za](http://gosmokefree.co.za) to locate the nearest participating pharmacy to you, and to find out more about this lifechanging programme.



#### Client success stories

*"I had been smoking for 16 years since the age of 16 years old, and tried numerous times to stop smoking over the last 10 years with various methods all proving unsuccessful." – Urash*

*"As I write this, I have been smoke - free 9 and a half weeks. It is still early days, but I know that I will never smoke again." – Kim*

**go**  
**smoke**  
**FREE**