



31 MAY IS

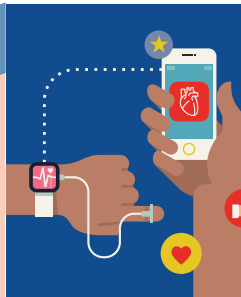
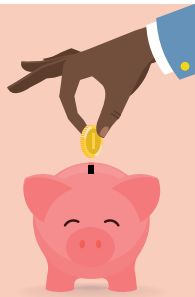
## WORLD NO TOBACCO DAY

### Put your health first and kick the habit

Giving up smoking is the single most important decision you can make for your health, but quitting is not easy. That's why MBMed offers you and your registered dependants a chance to kick the habit with the *GoSmokeFree* programme.

Start enjoying these benefits when you quit:

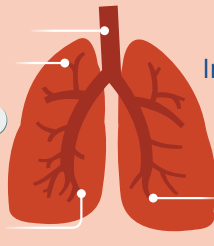
Save up to  
**R1000**  
a month when  
you quit your  
20-a-day habit.



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

No more  
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 your lungs start  
to clear mucous and  
smoking debris.

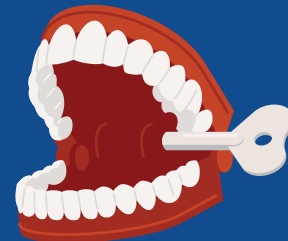


After  
**2-3 days**  
your sense of  
smell and taste  
is enhanced.

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



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**  
your 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  
your heart disease risk is  
the same as someone who  
has never smoked.



*GoSmokeFree's* proven combination  
of motivational interviewing,  
change behaviour techniques,  
medicines and support will  
help you to be **SMOKE FREE.**

Take the first step  
to a healthier you!

The tobacco epidemic is one of the biggest public health threats



Tobacco kills up to half  
of its users who don't quit



Tobacco kills more than  
8 million people  
each year

Source: WHO



CAN  
YOU QUIT?

Click here to test your  
nicotine dependence



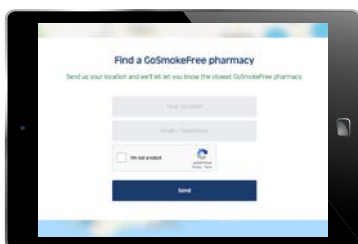
Join *GoSmokeFree*  
and take back control of your health!

### How MBMed covers this benefit

The Scheme will pay up to a maximum of R3 310 per beneficiary for services, including medicine. The *GoSmokeFree* programme is provided by trained clinical nurses at Dis-chem, Clicks, Pick & Pay and Independent Pharmacies.

### Find a participating pharmacy today!

Visit [gosmokefree.co.za](http://gosmokefree.co.za) to find your nearest participating pharmacy and find out more about this life-changing programme.



### Client success stories

*"GoSmokeFree has made quitting so much easier this time around. The clinic sister at the pharmacy has become like a friend. The check-ups and products are a great help. I highly recommend this programme."* – Jes

*"Having someone believing in my ability to finally be free of nicotine, was key to my success! I can't thank you enough!"*  
– Vanessa

go  
**smoke**  
FREE

CONTACT DETAILS: ☎ 0860 002 109 | @mbmed@medscheme.co.za