



## GoSmokeFree Smoking Cessation Programme

Tobacco use is one of the biggest public health threats the world has ever faced, and kills up to half of all users. There are over one billion smokers worldwide and eight million in South Africa.

Stopping smoking is the single most important decision one can make for one's health. The benefits of stopping smoking are almost immediate, but quitting is not easy because nicotine is highly addictive, and smoking is associated with social activities such as drinking or eating and psychological factors such as work pressure, anxiety and body weight concerns.

### The statistics

Research shows that over 70% of smokers would like to give up smoking, and a further 30% go on to attempt to stop each year, however less than 3% successfully quit cold turkey.

Evidence from the Cochrane\* database of systemic reviews indicates that the most effective smoking cessation intervention is a combination of behaviour change techniques, medication and support.

### The GoSmokeFree service available to all Fedhealth members

Fedhealth is encouraging members who smoke on all options to sign up for the GoSmokeFree service that's available at 200 pharmacies countrywide, including Dis-Chem, Clicks and independent pharmacies. All smokers have access once per beneficiary per year to have the GoSmokeFree consultation paid from Risk.

The service comprises a pre-quit assessment and five support sessions, and features an individual plan to help the member to quit smoking.

### Pre-quit assessment

- Nicotine dependency test
- Carbon monoxide level check
- Motivation to quit
- Behaviour modification
- Medication discussion
- Set quit date
- GoSmokeFree diary

### Support sessions (five)

- Confirm quit date
- Quit date preparation
- Four post-quit follow-up sessions
- Carbon monoxide level check
- Behaviour change support
- GoSmokeFree quit certification

Where members may need nicotine-replacement therapies as part of their plan, the Scheme allows them to claim certain products from their MSA/Fedhealth Savings.

The GoSmokeFree Smoking Cessation Programme is available at various pharmacies throughout South Africa using a trained Nursing Sister or Pharmacist – see [gosmokefree.co.za](http://gosmokefree.co.za) to find out more and locate the nearest participating pharmacy.

\* L. T. Stead LF, "Cochrane Review: Combined pharmacotherapy and behavioural interventions," 4 September 2012. [Online]. Available: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD008286.pub2/epdf/abstract>.



## CONTACT DETAILS

For more information, please visit [fedhealth.co.za](http://fedhealth.co.za), or use the Fedhealth Family Room, WhatsApp service or Fedhealth Member App. You can also call the Fedhealth Customer Contact Centre on **0860 002 153**.

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