

# 2026 STOP SMOKING PROGRAMME



**go  
smoke  
FREE**

is a fully supported stop smoking programme available at participating pharmacies.

The programme begins with a Pre-Quit Assessment where a smoker's readiness and motivation to stop smoking is determined and a quit date is set, followed by four once a week, one-on-one sessions with a Nursing Sister who is trained as a GoSmokeFree advisor.

The follow up sessions are designed to provide support and guidance along the **GoSmokeFree** journey to triple your chances of success.

## The GoSmokeFree PROGRAMME CONSISTS OF:

### 1. Pre-Quit Assessment

Determine your readiness and ability to stop smoking and develop an individual plan to stopping smoking.

#### Session includes

- Pre-Quit Assessment
- Nicotine Dependency Test
- Carbon Monoxide Level Check
- Motivation to Quit
- Behaviour Modification
- Medication Discussion
- Set Quit Date
- GoSmokeFree Diary

#### Benefits

- Your readiness and ability to stop smoking
- Helps predict the severity of withdrawal symptoms
- Checking your health risk
- Information to help with the when and how you will quit
- To prevent backsliding into old habits
- To improve your chances of a successful quit
- When you have all the information and are ready
- Motivational tool for your quit journey

### 2. Quit-Day and Support

Follow-up sessions designed to support and guide you once your quit date is set.

#### Session includes

- Confirm Quit Date
- Quit Date Preparation and Quit
- Four Post Quit Follow-Up Sessions
- Carbon Monoxide Level Checks
- Behaviour Change Support
- GoSmokeFree Quit Certification

#### Benefits

- A commitment to 'not a puff'
- Giving you the best chance of a successful quit
- Weekly support, advice and motivation
- Highly motivating to see levels dropping
- Weekly reminders and support of new healthy habits
- Evidence of your quit success

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## HOW TO JOIN THE PROGRAMME

1

If you haven't activated your Benefit Booster yet, do so by completing a mental health assessment and a wellness screening at a participating pharmacy\* or at a Bonitas wellness day.

2

Take a free online nicotine dependency test by clicking [here](#). Knowing your dependence will help to determine the correct approach to quit smoking.

3

Keep an eye on your email for more information about the next step.

## HEALTH BENEFITS TO QUITTING SMOKING

After  
20 min

Your blood pressure and pulse rate slow down

2 - 3 days

Your sense of smell and taste is enhanced

5 years

Heart attack risk falls to half that of a smoker

8 hours

Your nicotine levels reduce by half and oxygen levels return to normal

72 hours

Breathing is much easier and your energy levels will increase

10 years

Your risk of lung cancer falls to half that of a smoker and heart disease risk to the same as someone who has never smoked

24 hours

Carbon monoxide leaves your body and lungs start to clear mucus and smoking debris

3 - 12 months

Your skin will start to look younger



**GoSmokeFree**  
CONTACT DETAILS

Email: [info@gosmokefree.co.za](mailto:info@gosmokefree.co.za)

Not available on BonCap and Hospital Standard

\*Click [here](#) to find a network pharmacy near you.