



### What is Give it Up for Baby?

Give it Up for Baby (GIUFB) is an incentive scheme for pregnant women who would like to give up smoking.

### Who is eligible for GIUFB?

ALL pregnant women living in Tayside are eligible for GIUFB provided their carbon monoxide reading (CO) is 6 or higher.

*Evidence of smoking status and initial CO reading will be accepted as follows:*

- CO reading written by Health Care Professional on NHS Tayside headed paper
- CO reading recorded on Free Yourself Reading Chart and signed by a Smoking Cessation Specialist

### What do I do if a woman wants to register?

Please see the GIUFB flowchart for instructions

### How does the scheme work?

- The woman will visit pharmacy every week for 12 weeks (excluding the first visit to sign up).
- Every time she has a reading of **4 or under and has not smoked that week** she will receive £12.50 credit for the participating supermarket.
- Payments will be made weekly for the first 12 weeks then every 4 weeks until 3 months after expected date of delivery.
- A GIUFB payment does not affect benefits.

### A woman has previously joined the scheme and is now pregnant again. Can she join the scheme more than once?

Yes

### A woman has previously been registered on the Quit4U incentive scheme. She has returned to smoking, can she now join GIUFB?

Yes

### The woman has had a miscarriage or a stillbirth, what happens to her payments?

She can claim up until 3 months after expected date of delivery.

### Where can I order mouthpieces, straws and leaflets?

[www.tayhp.com](http://www.tayhp.com)

### I have forgotten my login details for [www.tayhp.com](http://www.tayhp.com)

Telephone the Health Promotion Library on 01382 424097

### How do I contact the GIUFB Team?

	Angus/Dundee	Perth
<b>Fax</b>	01382 424090	01738 473169
<b>Telephone</b>	01382 424127	01738 473191