



What is quit4u?

Quit4u is an incentive scheme for eligible smokers aged 16 and over who wish to give up smoking.

Who is eligible to join quit4u?

- Clients living in an eligible quit4u postcode area (proof obtained through NEC application process)
- Initial carbon monoxide (CO) reading 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

How do I register a client for quit4u?

Please see the quit4u flowchart for instructions

How does the scheme work?

- The client will visit pharmacy for 12 weeks during a 20 week period (excluding the first visit to sign up).
- For each week the client records a CO reading of **4 or lower and has not smoked** they will receive a £12.50 credit for the participating supermarket.
- £150 is the maximum amount of credit received over the 20 week period
- Quit4u credit does not affect benefits

Can more than one person per household join the scheme?

Yes, provided they meet the joining criteria

Can the client join quit4u more than once?

If they have received no credits on the previous registration they may sign up again.

Where can I order mouthpieces, straws and leaflets?

www.tayhp.com

I have forgotten my login details for www.tayhp.com?

Telephone the health promotion library on 01382 424 097

How do I contact the quit4u team?

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