

**Better  
Health**

**Smoke  
free**

**NHS**

Scan here:



**Download the free  
NHS Quit Smoking app.**

The app allows you to:

- Track your progress
- See how much money you're saving
- Get daily support
- Keep on top of your cravings
- Nominate a Quit Buddy

**Or search 'Better  
Health quit smoking'**

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**Get ready to quit smoking  
with a free Personal Quit Plan**

Answer a few simple questions to get a quit plan that works for you. Receive helpful tips and advice, along with the right support you need to quit smoking for good.

**Or search 'Better  
Health quit smoking'**