

Te Hā – Waitaha offers a Pregnancy Incentive Programme to any pregnant woman in Canterbury to support you through a Smokefree journey.

The incentives programme includes:

- A **voucher** worth **\$50** for attending a session with a specialised stop smoking practitioner.
- A **voucher** for you when you are **smokefree at 4 weeks** after the quit date.
- A **voucher** for you when you are **smokefree at 12 weeks** after the quit date.
- A **final voucher** for you when you remain smokefree up until the birth of your baby.
- Free stop smoking medications.
- Face to face support tailored to suit you.

If you or someone your know would like help to quit

Phone **0800 425 700**

Register online at

www.stopsmokingcanterbury.co.nz

RURAL CANTERBURY
Primary Health Organisation
Te Roopu Hauora Matua o Waitaha Taiwhenua

HE WAKA TAPU
Māori Health Organisation
Te Roopu Hauora Māori o Waitaha

Etu
PASIFIKA
SERVICES FOR PACIFIC PEOPLES


Te Puawaitanga
Ki Ōtautahi Teet


Purapura Whetu
Whāia te tūi kahurangi

Canterbury
District Health Board
Te Pōari Hauora o Waitaha

Pregnancy Incentive Programme



**WANNA
GIVE
SMOKING
the FLICK?**
we can help!

0800 425 700

www.stopsmokingcanterbury.co.nz

 **Te Hā -
Waitaha**
STOP SMOKING CANTERBURY