

Smokefree. The best start for you and your baby.



Benefits include:

Deciding to stop smoking is one of the best things you can do for you and your baby. We want you to have a smoke-free pregnancy and a smoke-free house for your newborn baby and family. Our PepiFirst quit smoking coaches are here to help you to do this and you will be rewarded with vouchers as you reach milestones in your smoke-free journey. It's free for all pregnant women in the Nelson Marlborough region.

- vouchers to reward your progress
- intensive one-on-one support with a 'quit coach'
- home visits, workplace support and community clinics
- nicotine replacement therapy
- information about other quit smoking products & services
- a complementary approach to the Quitline service that offers 24/7 support



www.nmdhb.govt.nz/stop-smoking-services

0800 NO SMOKE
(0800 667 665)

Call the freephone number to get started or ask your GP, midwife or other health practitioner to refer you.

Email: smokefree@nmdhb.govt.nz