

How will I prove that I have stopped smoking?

To qualify for a voucher, your advisor will do a simple carbon monoxide breath test with you. You do this by breathing into a handheld device.

When you have stopped smoking, your carbon monoxide test score will be very low. Your stop smoking advisor will explain this test and the result to you.



Will I get free Nicotine Replacement Therapy (NRT)?

Yes, you can get free NRT when you sign up to the stop smoking programme. Your stop smoking advisor will tell you how you can get your NRT.

What happens if I start smoking again? Can I try the scheme again?

Yes, you can try again. Your advisor will speak to you about setting a new quit date. You can only receive vouchers again when you reach your last milestone.

For example, if you quit for 3 weeks and have received your week 3 voucher, you will receive your next voucher at 4 weeks. You will not be able to receive vouchers for weeks 1, 2 and 3 again.

Can I leave the scheme?

Yes, you can leave the scheme at any time.



For more information about quitting smoking:

- visit www.quit.ie
- call 1800 201 203



TFI/Pub 20 Rev 1



QUIT.ie

Stop smoking gift voucher incentive scheme



Stop smoking gift voucher incentive scheme

If you smoke, quitting is
one of the best things you
can do for your health.

Why offer vouchers?

The HSE is starting a stop smoking incentive scheme in a limited number of stop smoking clinics in 2025. The incentive will be gift vouchers that you can use in a range of shops.

Research shows that financial incentives (like shopping vouchers) are useful to help people to stop smoking. People who get an incentive are more likely to remain quit long-term than those who do not.

If you stay quit for a year, you can receive a total of €400.

Do I qualify for the scheme?

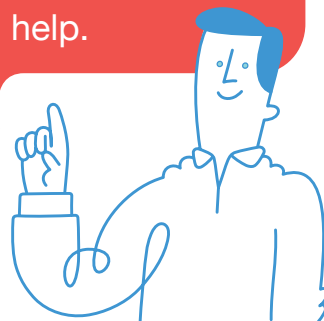
You qualify for this
scheme if you live in:

- Cabra
- Finglas
- Kilrush
- Limerick City
- Longford County

You must also:

- be over 18
- have a medical card
- want to quit smoking and be willing to attend stop smoking appointments.

7 out of 10 people
who smoke want
to quit. If you are
one of them, we
can help.



How do I get started?

1. You make an appointment to see a stop smoking advisor.
2. At the appointment, your stop smoking advisor helps you to make a plan to quit smoking.
3. You commit to setting a quit date. This is the day that you will stop smoking.

You will then have 8 more appointments that you must attend.

The appointments are scheduled at:

- | | |
|----------------|----------------------------|
| ✓ Quit date | ✓ 4 weeks quit |
| ✓ 1 week quit | ✓ 12 weeks quit |
| ✓ 2 weeks quit | ✓ 26 weeks (6 months) quit |
| ✓ 3 weeks quit | ✓ 52 weeks (one year) quit |

When you quit, and stay quit, we will give you vouchers as
shown below.

1 week quit	➔	€20 voucher
2 weeks quit	➔	€20 voucher
3 weeks quit	➔	€20 voucher
4 weeks quit	➔	€40 voucher
12 weeks quit	➔	€60 voucher
26 weeks quit	➔	€100 voucher
52 weeks quit	➔	€140 voucher



This means if you stay quit for a year,
you will receive a total of €400.