



POLMED

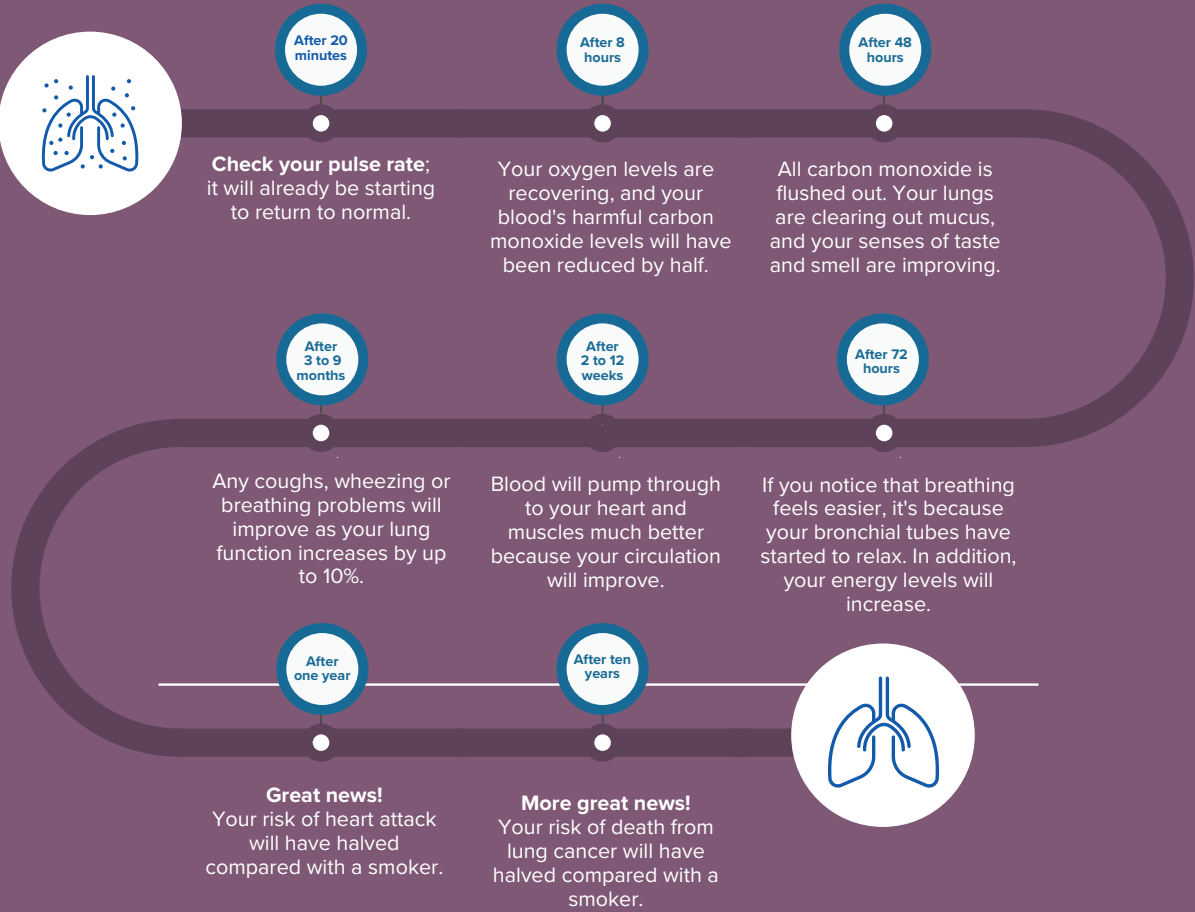
OUR INVESTMENT OUR HEALTH OUR FUTURE



BREATHE EASIER AND LIVE LONGER

Isn't it time you improved the health of your lungs?
So drop the cigarettes and join the GoSmokeFree Campaign.

The sooner you quit, the sooner you'll notice positive changes in your body and health. Look at what happens when you quit for good.



IF YOU'RE LOOKING TO QUIT SMOKING, HERE ARE SOME TIPS TO HELP:

TIPS TO QUITTING SMOKING

- List your reasons to quit.
- Tell people you're quitting.
- If you have tried to quit before, remember what worked.
- Use stop-smoking aids (GoSmokeFree provides approved aids).
- Have a plan if you are tempted to smoke.
- List your smoking triggers and how to avoid or cope with them.
- Keep cravings at bay by keeping busy.
- Exercise away the urge.
- Throw away all your cigarettes before you start. Remember, there is never "just one cigarette".
- Join a support group



START THE JOURNEY TODAY..

POLMED members can enrol in the GoSmokeFree Programme to assist them in stopping smoking. Book a pre-quit assessment with our GoSmokeFree advisor at a GoSmokeFree accredited pharmacy and begin to feel the benefits immediately. Visit their website at www.gosmokefree.co.za for more information.

Regards,
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