

# £220

## Financial Incentives



- Are you pregnant?
- Do You Smoke?

Stopping smoking is the single best thing you can do to protect you and your baby and give your child a healthy start in life.



The Quit Your Way Pregnancy service can help and give you up to **£220** via a store gift card.

## Financial Incentives

- **£40:**
  - » Attending an appointment (face-face/ via telephone),
  - » Setting a quit date
  - » Confirming that you started your quit.
- **£60:** Smokefree 4 weeks after your quit date
- **£60:** Smokefree 12 weeks after your quit date
- **£60:** Smokefree 24 weeks after your quit date

## How to participate

Ask your community midwife to refer you to the QYW Pregnancy service.

Or contact the QYW Pregnancy service directly on:

Phone: 📞 **0141 201 2335**

Text: 📱 **07796 937 679**

Email: ✉️ **[Quityourway.pregnancy@ggc.scot.nhs.uk](mailto:Quityourway.pregnancy@ggc.scot.nhs.uk)**