

Smoking cessation



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Smoking is the single most preventable cause of death in Australia. If you're a smoker, you're harming nearly every organ in your body. You're also increasing your risk of developing lung disease, heart disease, stroke and many kinds of cancer.

Choosing to quit is one of the most important decisions you can make and we can help. To quit smoking for good we offer a 6 week Smoke Free program that will equip you with all the tools and support that you need to quit and stay smoke free for life. This program includes:

- Weekly support from our Nurse Practitioner to educate you on how to fight off cravings, monitor your progress and make changes so you can live a longer and healthier life.
- We're making it more convenient than ever to stay on track by providing care with no appointment necessary.
- We are your support network in between visits to your primary care provider, ready and able to help you to quit smoking.

What to expect at your visit

1. Sign in at the electronic kiosk to see a nurse practitioner. No appointment necessary.
2. Your nurse practitioner will enroll you in the program, review your medical history perform a nicotine addiction assessment and discuss with you the need to include nicotine replacement or pharmacological therapy.
3. We'll discuss your results and set your program targets. Each week we'll provide you with a specific goal with the information and the resources to help you achieve it. Our nurse practitioner will provide you with personalised advice based on your current situation, check your progress and give you the added motivation to stay with it.

4. A visit summary will be sent to your primary care provider and/or specialist with your consent.

How much does the program cost and can I get a rebate?

- The Smoke Free Program is _____ for 6 weeks.
- Standard consult fee applies to ongoing post program monitoring.
- Medicare and health insurance rebates apply.

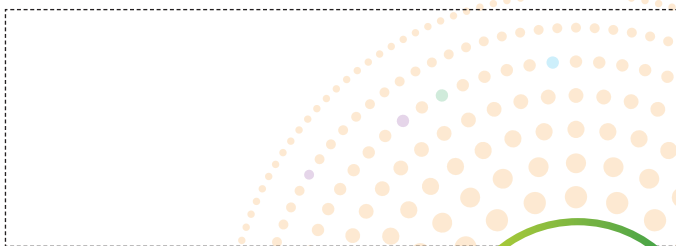
What to know before your visit

- If further tests are required your Nurse Practitioner will advise you the additional cost for any tests required that are not covered on Medicare.
- Nicotine replacement or pharmacological therapy is an additional cost.
- Users of tobacco products other than cigarettes may be referred to another care setting.

What's a Nurse Practitioner?

Nurse Practitioners are highly experienced registered nurses with advanced education and training in the diagnosis, management and prevention of common health conditions. They have the authority to prescribe medication, refer to specialists and order diagnostic tests.

Talk to our Nurse Practitioner today.



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