Stopping smoking is the single most important decision one can make for one’s health. The benefits of stopping smoking are almost immediate, but quitting is not easy because nicotine is highly addictive, and smoking is associated with social activities such as drinking or eating and psychological factors such as work pressure, anxiety and body weight concerns.

The numbers
Research shows that over 70% of smokers would like to give up smoking, and a further 30% go on to attempt to stop each year, however less than 3% successfully quit cold turkey.

Evidence from the Cochrane* database of systemic reviews indicates that the most effective smoking cessation intervention is a combination of behaviour change techniques, medication and support.

The GoSmokeFree service available to all Fedhealth members
Fedhealth is encouraging members who smoke on all options to sign up for the GoSmokeFree service that’s available at 200 pharmacies countrywide, including Dis-Chem, Clicks, Pick n Pay and independent pharmacies. All smokers have access once per beneficiary per year to have the GoSmokeFree consultation paid from Risk.

The service comprises a pre-quit assessment and five support sessions, and features an individual plan to help the member to quit smoking.

Support sessions (five)
✓ Confirm quit date
✓ Quit date preparation
✓ Four post-quit follow-up sessions
✓ Carbon monoxide level check
✓ Behaviour change support
✓ GoSmokeFree quit certification

Where members may need nicotine-replacement therapies as part of their plan, the Scheme will allow them to claim certain products from their MSA. The GoSmokeFree service forms part of the Foundation benefit.

The GoSmokeFree Smoking Cessation Programme is available at various pharmacies throughout South Africa using a trained Nursing Sister or Pharmacist – see www.gosmokefree.co.za to find out more and locate the nearest participating pharmacy.

Pre-quit assessment
✓ Nicotine dependency test
✓ Carbon monoxide level check
✓ Motivation to quit
✓ Behaviour modification
✓ Medication discussion
✓ Set quit date
✓ GoSmokeFree diary


DISCLAIMER: This document is a summary for information purposes only and does not supersede the rules of the Scheme. In the event of any discrepancy between this summary and the Rules, the Rules will prevail. A copy of the Rules is available on request.