**Stop Smoking Pregnancy Incentive Scheme 2021**

**Contract**

**By stopping smoking you are doing the best thing for you, your baby and you family’s health. Stopping smoking is much easier with professional help especially when this is combined with the support of your friends and family.**

Signing up to the Pregnancy Incentive Scheme mean you will receive professional help and support to set a quit date and stay stopped. Sessions may be attended by telephone, video call or face to face (when allowed). It will also mean you receive up to £100 worth of Love to Shop vouchers if you stay smoke free throughout your pregnancy.

**Terms & Conditions:**

1. You must **set a quit date to register for the incentive scheme** and agree to be supported to stay quit every week for the first 4 weeks by the agreed contact method: i.e. telephone, video call or face to face.
2. You will receive a **£20 pound** voucher for attending sessions each weekand reporting as non-smoking for 4 weeks after your quit date.
3. **You will qualify to receive £40 worth of vouchers** if you attend sessions fortnightly and are confirmed as not smoking at all (not one puff) at **12 weeks after your quit date**
4. You will qualify for **final £40 worth vouchers** if you attend monthly sessions and are still non-smoking (not one puff) at your **36 weeks pregnant or delivery date\*.**

\*Please inform your Smokefree Practitioner and midwife whether you are smoking or not smoking at each stage, especially at delivery. If you do not attend regular sessions this will affect your entitlement to vouchers.

My Stop Smoking Practitioner is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Mobile: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I understand the above and wish to take part in the incentive scheme:

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_**