

Stop Smoking Programme Expectation Agreement

What you can expect from us

-  A qualified advisor will offer a friendly, non-judgemental evidence based programme designed to help you quit smoking with an average 70% success rate.
-  You will receive a FREE 12 week programme which offers a maximum of 8 weeks Nicotine Replacement products* (patch, inhalator, lozenges, etc). *prescription charges may apply.
-  The Provide Stop Smoking Service will follow up your progress with a telephone call at 6 and 12 months to ensure that you are still on track and offer additional support if needed.

What we expect from you

-  With the support of my advisor I will develop coping strategies that address my smoking habits, triggers, barriers to stopping smoking or prevent a relapse.
-  To commit to a regular contact schedule until you have quit for 4 weeks
-  To set a quit date, and follow the “not a puff” rule after that date
-  To understand that during the programme, with the support of my advisor, I will be required to reduce my dependence on the medication by means of a “weaning off” process.
-  Wherever possible, to give at least 24 hours’ notice prior to my appointment, if I am unable to attend.
-  To understand that if I fail to attend two consecutive appointments without providing any prior notice, or do not respond to text messages, the care will be stopped until you contact us.
-  Any advice or support given by the ELS should not be commenced by you, the client, until you are confident it does not contradict any specialist advice or guidance given to you by another health professional. It is your responsibility to seek advice from your nurse, GP and/or specialist to ensure any actions you take as a result of accessing the ELS are in your best interests and do not contradict any treatment plans you may be following.
-  I understand that the smoking cessation advisers are not all healthcare professionals with professional qualifications. If prior to commencement of the stop smoking programme I have been using other prescription medication, I will inform my GP about my quit attempt to consider any possible medication interactions.

Client Name		Date	
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Name of advisor	
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Data protection: Provide operates in accordance with data protection legislation meaning the General Data Protection Regulation ((EU) 2016/679) and any national implementing laws, regulations and secondary legislation, as amended or updated from time to time, in the UK and then (ii) any successor legislation to the GDPR or the Data Protection Act 1998. We respect your privacy. Please advise us at any time if you do not wish to receive further information or contact from the Stop Smoking Service.

This service is commissioned by:

