

# Need help to stop smoking?

**Visit your doctor to get a script for cheaper nicotine products & medicines!**

## Nicotine products

- Patches
- Lozenges
- Gum

## Medicines

- Varenicline (Champix)
- Bupropion (Zyban)

## How much does it cost?\*

Non-concession:	\$41.00	(for a 9-12 week course)
Concession:	\$6.60	

Compared to \$2,520 - \$3,360  
for a \$40 pack of cigarettes  
per day for the same period!



# Did you know you can INCREASE your chances of stopping smoking 'for good' when you also seek support by :



visiting your doctor



chatting to your local pharmacist



ringing the Quitline 13 78 48



visiting the [www.icanquit.com.au](http://www.icanquit.com.au) website



downloading the My QuitBuddy App



**Did you know 50 -70% of smokers don't use nicotine products correctly?** Visit [www.quit.org.au](http://www.quit.org.au) and search for *Nicotine replacement therapy (NRT) products: quick tips*, scroll down to *I'd like to read more about each NRT product* and click on your chosen product to watch a short video.



**Health**  
Western Sydney  
Local Health District