



The Smoke Free app

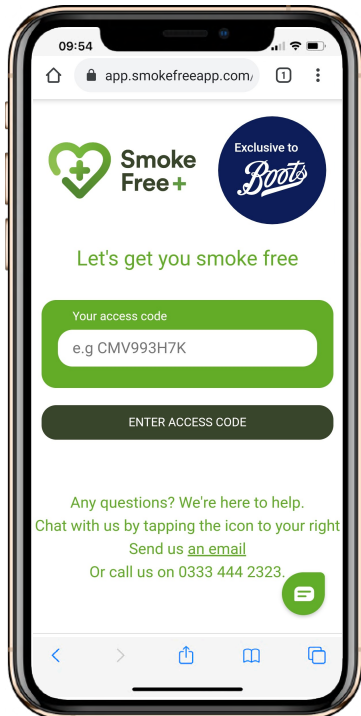


A Quick Guide

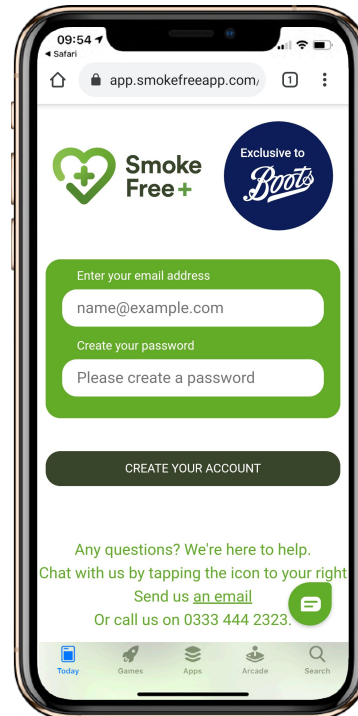
Download the app



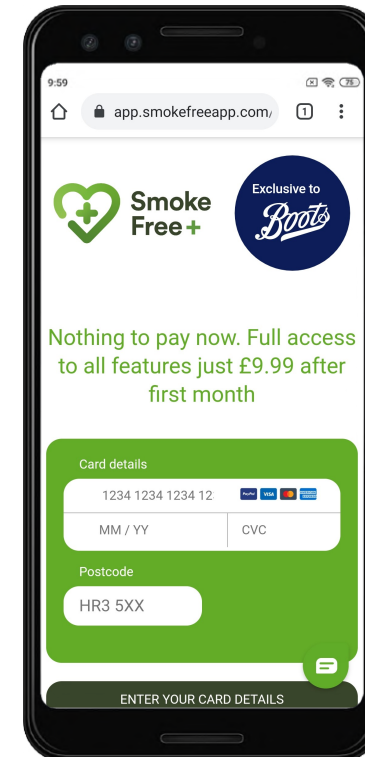
1. Go to: smokefreeapp.com/boots
Enter your access code



2. Enter an email address and
create a password

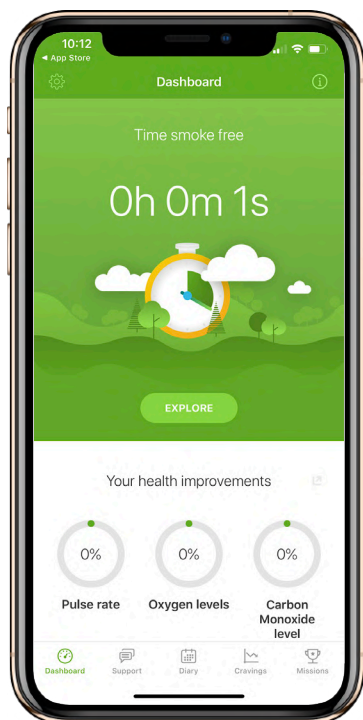


3. Enter your credit card details.



You won't be charged anything at this point and will be emailed seven days before any changes are taken giving you plenty of time to cancel.

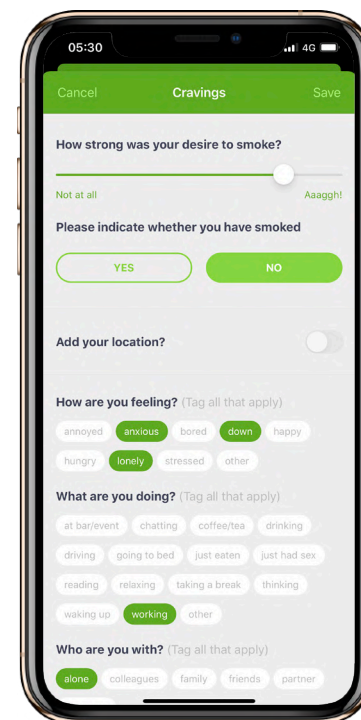
Making the most of the app



The dashboard shows how well you're doing.

How long you've been smoke free, how your health is improving, how much money you're saving. And more.

There's lots here, have a play around.

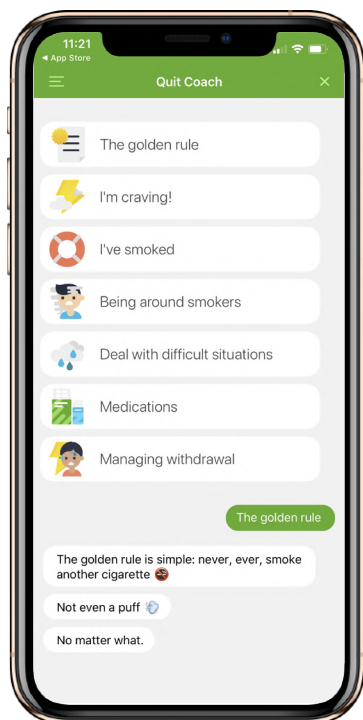


Master cravings by keeping track of what triggered them. Then you can be prepared.

Use the diary to record their number and strength. Because it helps to see they're going down.

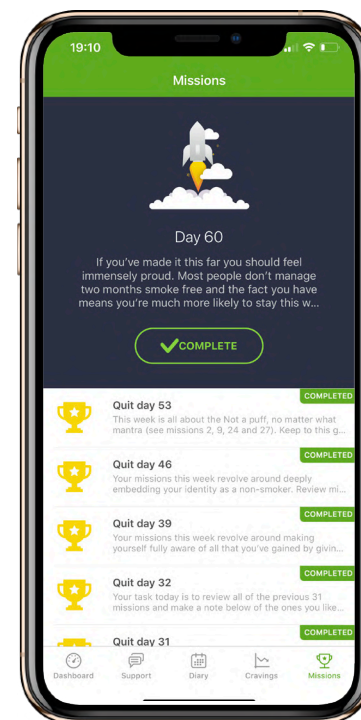
You can note how you feel too. Which is all kinds of useful.

Tried-and-tested quit smoking programme



Our quit coach helps with the key things most quitters struggle with

There's also a 100-day programme that's proven to work.



Want something simpler?
Try our missions

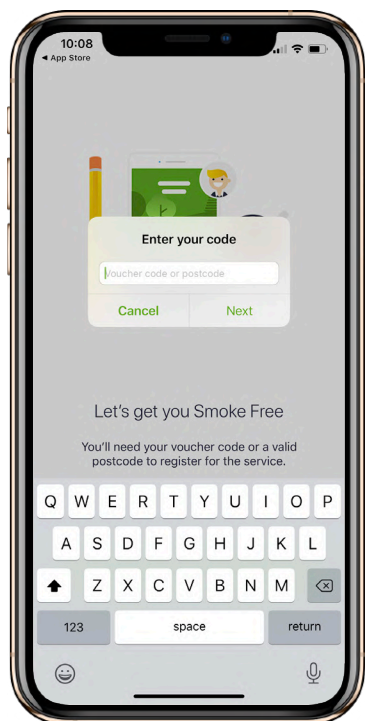
These are short daily tasks that are designed to make you feel good and are proven to work.

Need help with this
or any other tool?
Email:

help@getmesmokefree.com



Stop smoking experts on-hand 24/7



Our experts have decades of experience with all the ups and downs of stopping smoking.

Their advice is tailored to your needs and preferences. It is non-judgemental and completely supportive.

Use their advice and you are much more likely to quit.

Download now...

smokefreeapp.com/boots

And enter your access code.

Need help?

help@getmesmokefree.com