

**ONE YOU**  
**SURREY**



**OUR PARTNER**

**GO SMOKE  
FREE WITH**

**gloji**

**Join our 12-week stop smoking programme and get personal support from a qualified mentor plus free quit aids and more.**

**SCAN TO  
GET STARTED**



# HOW CAN gloji SMOKE FREE SUPPORT ME?



**6 IN 10**

quit smoking with  
gloji smoke free



**3X**

more likely to quit with  
gloji smoke free

Quitting smoking is one of the best things you can do for your health, but many smokers who want to quit aren't sure about the best way to go about it. Relying on willpower alone is the least effective way to stop.

Getting expert help boosts your chance of quitting successfully by up to three times. Our trained advisors will provide you with all the information you require to make informed choices about the stop smoking aids available to support your quit attempt and help you stay smokefree for good!



## IS THIS FOR ME?

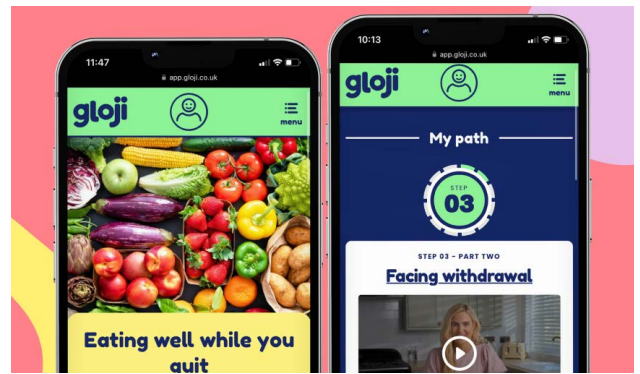
To find out if we're a perfect match, we've made it simple. Start by answering a few quick questions.

I've found it to be very helpful and reliable. The benefits have been having support every week when I've needed it and someone understanding to talk to. The aids have been really helpful with regards to managing withdrawal symptoms

**LISA, 42**



# HOW DOES IT WORK FOR YOU?



## PERSONAL SUPPORT

- 1-to-1 sessions with a trained stop smoking mentor, either in person or by phone.
- E-cigarettes and other stop smoking aids to suit, delivered to your door.
- Regular appointments to stay motivated, at a time to suit you.
- Sympathetic conversations with understanding mentors who know what it's like to quit.

## DIGITAL SUPPORT

Get free access to a fully flexible digital stop smoking programme.

- 12 weeks of interactive videos.
- Online articles, tips and guides.
- Access to our online gym.
- Bonus digital goodies like recipes and more.



x gloji

## BECOME A HEALTHIER YOU FOR FREE

Great news! Your journey to a healthier you is paid for by Surrey County Council. There are limited spaces on our wellness programmes, so we have some eligibility criteria in place, like being a Surrey resident.



# ADDED BENEFITS OF gloji SMOKE FREE

When you join gloji Smoke Free, you get access to additional free benefits to help you get smoke free, faster:



## GET FIT WHILE YOU QUIT

Get access to the Gloji Gym, helping you on your journey to being smoke-free and towards a healthier you. Use your free online gym pass to start moving more while you quit and make the most of being able to breathe more easily. Work out from the comfort of home in our online gym, Gloji Gym.

## USE 2 QUIT AIDS TO UP YOUR CHANCES OF SUCCESS BY 25%

You also get a winning combination of support with our digital programme plus free nicotine replacement therapy, including nicotine patches, e-cigarettes, gum, lozenges, inhalers, tablets, sprays, and more.



**SCAN TO  
SIGN UP**

