

**JOIN
STOPTOBER.**

**READY TO
QUIT
SMOKING?
START
WITH 28
DAYS.**

You are 5 times as likely
to make it last a lifetime.

JOIN STOPTOBER.

YOU CAN DO THIS

Quitting smoking or vaping is no small feat, it's a major achievement. Stoptober, a challenge to go smoke-free for 28 days in October, is your big starting point. Why is this important? Because if you stick with it, you're five times more likely to quit for good. So, are you in? Seriously, you've got this.

WITH THE FREE APP

The free Stoptober app is here to help you stay on track, through both the easy days and the tough ones. The app offers motivation, distractions, tips, and tricks. You can even track how much money you're saving by quitting, your milestones, and more. Simply scan the QR code and set yourself up for a lifelong success with Stoptober.

YOU'RE NOT IN THIS ALONE

As someone who wants to quit smoking, you deserve all the support you can get. Your friends and family are a great starting point, but did you know that quitting assistance and coaching are covered by your basic insurance? Now's the perfect time to take full advantage of that. Reach out to your GP or assistant practitioner for more information, or visit [ikstopnu.nl](https://www.ikstopnu.nl)

For more information about Stoptober, go to [stoptober.nl](https://www.stoptober.nl)

