



APPS FOR QUITTING SMOKING

Quit Now – My Quitbuddy (Both)

Features:

- ✓ quit now or prepare to quit later or continue quitting
 - ✓ Home dashboard – visualise health benefits of each day you stay smoke free through a series of body animations
 - ✓ Set goals – and add the support you need to achieve them
 - ✓ Visual icons – view your progress, including a count of every day, hour and minute you stay smoke free and how much money you have saved
 - ✓ My personal best – compares your best “time off smoke” records and motivates you to remain smoke free
 - ✓ Daily message- for the first 30 days you’ll receive a useful tip when you open the app
 - ✓ Danger times – nominate your danger times and My Quitbuddy gets in tough to keep you on track
 - ✓ App widget – set it permanently in your phone’s dashboard to count every day, hour and minute of your progress. It will also send you a series of scheduled alerts (such as “congratulations it’s been two weeks!” to keep you on track
 - ✓ Distract Me – when craving, the app helps with a range of distraction games and activities
 - ✓ Community – read helpful messages from other people who are quitting with the app and leave your own for others to read
- And more...

Smoke Free – stop smoking now and quit for good (Both)

Features:

- ✓ How long you’ve been smoke free
- ✓ The money you’ve saved from stopping smoking
- ✓ The number of cigarettes you’ve not smoked
- ✓ How your health is improving
- ✓ Earn badges for your progress
- ✓ Share successes with friends
- ✓ Record craving in a diary
- ✓ And more...



Stop Smoking – Quit Smoking Tracker (Android)

Features:

- ✓ Provides inspiration and incentive to keep you a successful non-smoker
- ✓ Provides benefits of not smoking – health related information
- ✓ Track how long you've been smoke free
- ✓ The money you've saved from not smoking
- ✓ Number of cigarettes you've not smoked
- ✓ Share your success with friends
- ✓ Record your cravings
- ✓ And more...

Stop Smoking – Easy Quit (Android)

Features:

- ✓ Quit smoking slowly mode
- ✓ Scientific health statistics
- ✓ How much money you have saved
- ✓ Motivational badges
- ✓ Memory game (distraction) to work through a craving
- ✓ Themes to personalize your app
- ✓ App widget – on home screen to see the money saved and time passed since last cigarette
- ✓ And more...

QuitSTART (Both)

Features:

- ✓ Help you track your behaviour to become smoke and stay smoke free
- ✓ Monitor your progress and earn badges for smoke free milestones
- ✓ Get back on track if you slip and smoke
- ✓ Manage cravings and bad moods in healthy ways
- ✓ Distract yourself from cravings with games and challenges
- ✓ Store helpful tips, inspirations and challenges in your Quit Kit
- ✓ Share your progress and favourite tips through social media
- ✓ And more...