
Contents

- 1 What is smokestop?
 - 2 Who is smokestop for?
 - 3 Overview of smokestop
 - 4 How to use smokestop
 - 5 How to subscribe to smokestop
 - 6 Instructions for health professionals
 - 7 Instructions for hospitals, agencies, companies & quit groups
 - 8 Master distributors
 - 9 How to contact us
-

1 What is smokestop?

smokestop is a 3 month programme for smokers who wish to stop smoking. It is an online workbook consisting of a series of sessions, each lasting 10-15 minutes, which you complete to become permanently smokefree. By simply following through the sessions, step by step, you will be fully prepared for quit day, and have effective strategies to stay smokefree.

smokestop provides essential support throughout your journey to become smokefree. It has been designed by smoking cessation experts, ex-smokers and health professionals who understand how it feels to be a smoker trying to give up. smokestop can be used by yourself or with the assistance of your doctor, nurse or health professional. Your chances of quitting and staying quit will be greatly enhanced by good preparation prior to quit day, and close follow-up after that. As relapse is common, smokestop provides support for this if it happens and optional long-term support at 6, 12, 18 and 24 months should you require it. smokestop is based on international guidelines, is simple to use, requiring no special training and can be completed from any computer with an internet connection

2 Who is smokestop for?

SMOKERS who want to be free of smoking. It will enable you to become permanently smokefree.

[Do you want to be free of smoking? Imagine yourself completely free of nicotine!](#)

[Think of the benefits of being a non-smoker: benefits to your health, your life, your relationships and your finances.](#)

smokestop

- will enable you to become permanently smokefree
- will maximise your chances of successfully becoming a non-smoker
- can be completed by yourself, or with the assistance of your health professional

HEALTH PROFESSIONALS who wish to offer their patients a simple, effective smoking cessation programme

[Do you have patients who wish to become smokefree?](#)

[Do you wish to be able to offer your patient's a simple effective programme to enable them to become permanently smokefree?](#)

smokestop

- will enable your patient to become permanently smokefree
- addresses why a patient smokes and allows for positive lifestyle changes
- can be completed with your assistance, or by a patient themselves

- can be used with minimal cessation training, yet provides comprehensive cessation strategies
- supports your business by advising your patient to see you for support and medication
- encourages the involvement of your team and builds loyalty
- could provide an additional revenue stream for your clinic, depending on your health system funding

HOSPITALS, AGENCIES, COMPANIES & QUIT GROUPS Would reducing smoking-related admissions place less demands on your resources?

Would you like the number of smoking related admissions reduced?

Would this place less demand on your scarce resources?

Does your quit group, or company have a need for a simple quit programme?

Do you have clinicians dealing with patients who would like to stop smoking, if only they knew how?

Would it be helpful for your doctors and nurses to be able to offer their patients a simple, effective programme to enable them to become permanently smokefree?

If you have answered YES to any of these questions then take a look at smokestop, a simple and effective interactive programme for smokers to use to become permanently smokefree.

3 Overview of smokestop

Session 1 Introduction

Benefits of quitting to your health, relationships and finances. Rewards for becoming smokefree.

Session 2 Setting your quit day

Strategies for success: support people, dealing with smoking triggers, use of medication.

Session 3 Last pre-quit session

Further strategies: inner tools, new responses to triggers, preparing for quit day.

Session 4 Quit day

Reviewing your progress, previous quit attempts, facing challenging situations

Learning to be a non-smoker Part 1: stress management, health, relationships, money.

Session 5 1 week later

Check progress, how you are facing challenges. Learning to be a non-smoker part 2: nutrition, physical activity, relaxation, use of time, concerns about weight gain.

Session 6 3 weeks later

Review progress. Learning to be a non-smoker part 3: self talk, mental rehearsal, goal setting, maintaining motivation.

Session 7 6 weeks later

Review progress. Your benefits and rewards, your strategies for success.

Session 8 3 months later

Review progress and strategies. Certificate for completion of smokestop.

Prevent Relapse Help for when you feel like a smoke.

I've relapsed Help for when you have started smoking again.

Follow-up Optional extra support at 6, 12, 18, 24 months

4 How to use smokestop?

Use of smokestop requires you to subscribe to an online software licence. You can do this from any computer with an internet connection. Go to the actionpact website www.actionpact.net. Here you will need to register as a new user and log on. To purchase a licence see "how to subscribe to smokestop." Alternatively you can see your health professional who can provide you with your licence.

Once you are logged in, you will come to the "your smokestop" page where you will see your licence which is ready. Click on <start> and you will reach the beginning of smokestop. Click <start> again and you will reach the smokestop menu screen. From here click on the <start> button for session 1. On screen instructions will guide you from there.

In each smokestop session screen you will be asked to complete a series of questions by selecting from some existing options or enter a few words yourself. It is easy as there are no right or wrong answers. smokestop is entirely for the benefit of your health, your relationships and your finances.

When you have finished each screen, click on <next> at the bottom right hand corner and your responses will be saved. Simply continue this from screen to screen to the end of the session. After completing a session, you will be returned to the smokestop menu screen. From here you can either <exit> or <start> your next session. The previous session will be available to review and modify if you wish. Once you have passed your quit day, sessions 1, 2 and 3 will be completed and available for review, but cannot be modified. You will be provided with a summary of the key points of that session and some motivational work to do before your next session, on a date that suits you. It is entirely up to you how quickly you progress through the module. You can view the summary on screen, print it out, or have it emailed to you. By reviewing your summaries and doing your preparation between sessions you will maximise your chances of staying smokefree.

Each time you log-in and return to smokestop you will come to the menu screen which will show you where you are up to with your module. You need to complete each session in chronological order, in order to gain access to the next session eg you must complete session 1 before you can access session 2. Once you have passed your quit day, when you log back on, you will be asked if you are still smokefree. If you are, you will continue with the next session. If you are feeling at risk of relapse, you will be directed to complete the "Prevent relapse" session prior to continuing your next session.

If you have started smoking again don't worry, you will be asked to complete the "I've relapsed" session. As we understand how difficult it can be to stay quit, smokestop will allow you to complete the "I've relapsed" session up to 2 times. After relapsing it is necessary to finish the "I've relapsed" session before continuing with the rest of the module. In this situation you will be required to enter a new quit day, and you will carry on from session 4. However, before starting your new quit day we suggest that you review sessions 1, 2 and 3 first.

You will need to see your doctor for your smoking cessation medication, which international research has demonstrated will double your chances of quitting successfully.

The end of smokestop is session 8, which is about 3 months after your quit day. To help celebrate your success, a completion certificate is sent to you by email. If you wish, you can have optional followup for up to 2 years. This is because the chances of relapse are still quite high. It is entirely up to you. The goal is to become permanently smokefree.

Smokers who choose to have their doctor, nurse or health professional support them through the smoking cessation process may need to pay additional fees for this service which are not part of the smokestop user licence. Some smokers may have their smokestop licence allocated to them by their health professional.

For maximum support it is recommended that you have the support of a friend who is also quitting at the same time, or someone who has recently quit.

5 How to subscribe to smokestop

To register as a new user click on 'New User' in the menu to the left and complete your details including contact details, email address and password.

Register as either a smoker, health professional or hospital/agency, as follows:

1. Smoker: This is for an individual smoker who wishes to be smokefree
2. Health professional: This is for doctors or other health professionals (nurses, quit specialists, pharmacists, psychologists, counsellors, fitness consultants, physiotherapists, life coaches etc) who have patients or clients who wish to stop smoking. Special rates apply for multi licence packs.
3. Hospital or agency: This is for hospitals, quit groups, education bodies, institutions or businesses who have a requirement for a smoking cessation programme for their clinics, staff, patients, clients, students. Special rates for multiple licence packs apply.

Click on "purchase" where you can select your licence type by clicking <Buy it now>. You will then be directed to your shopping cart for checking your order, before going to checkout where you can pay for your licence by entering your credit card details including number, expiry date and name. Payment is made by means of a (128bit encrypted) secure transaction using a secure socket layer (see Trust logo), which is the highest level of encryption available, and the same as banks use. Once your payment has been confirmed, your licence will be activated and you will receive email notification of your order and a receipt. Instructions will be provided on the emailed receipt. This licence is subject to the terms and conditions of the software licence which you can view on the

webpages. To start smokestop log-in with your username and password. You can access your user details and make any changes to these at any stage. If you forget your password, go to the log-in screen and click on "lost your password?".

6 Instructions for health professionals

Multipack licences can be purchased at health professional rates, provided you are registered as a health professional (see 5). Licences may be allocated and on-sold to patients. To allocate a licence to a patient click on <allocate> and follow the on screen instructions. You may wish to provide face to face support for your patient or client as they move through the quit process.

If you have been given an ACCESS CODE enter this on the purchase screen to obtain your special rates. Health professionals can have a free smokestop licence for evaluation and demonstration purposes. If you have not already been given instructions on how to access your free evaluation licence contact support@actionpact.net with your name, practice/institution, address and email address.

The easy way to order is online, which uses secure 128 bit encryption, as banks do.

Alternative ways to order are by fax, cheque or phone. For fax orders please refer to the fax order sheet. If you have not received a fax order sheet please email support@actionpact.net with your name, practice/institution, address and email address. If you are ordering by fax, actionpact will setup your username and initial password and you will be advised by email. You can change your password later.

7 Instructions for hospitals, agencies, companies & quit groups

Multipack licences can be purchased at hospital/agency rates, provided you are registered as a hospital, agency or quit group (see 5). Licences are then allocated to patients. To allocate a licence to a patient click on <allocate> and follow the on screen instructions. You may wish to provide face to face support for your patient or client as they move through the quit process.

Alternatively there is the option to purchase bundled licences which can be allocated to clinics or other outlets for them to allocate directly to smokers.

If you have been given an ACCESS CODE enter this on the purchase screen to obtain your special rates. Hospitals, agencies, companies and quit groups can have a free smokestop licence for evaluation and demonstration purposes. If you have not already been given instructions on how to access your free evaluation licence contact support@actionpact.net with your name, institution, address and email address.

The easy way to order is online, which uses secure 128 bit encryption, as banks do.

Alternative ways to order are by fax, cheque or phone. For fax orders please refer to the fax order sheet. If you have not received a fax order sheet please email support@actionpact.net with your name, institution, address and email address. If you are ordering by fax, actionpact will setup your username and initial password and you will be advised by email. You can change your password later.

8 Master Distributors

If you are interested in becoming a distributor please contact enquiries@actionpact.net

9 Contact us

For additional support please email support@actionpact.net

For licence queries email sales@actionpact.net

For suggestions email feedback@actionpact.net

Phone +64 9 5290316 (The actionpact office is open between 0900-1700 Mon-Fri, NZ time)

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