

12Q program follow-up visits

Congratulations on joining Incentive to Quit (12Q). This is a great first step on your journey to quitting smokes or vapes and becoming a healthier you.

What happens next?

You would have already received your first incentive for joining the program, but there is more to come. In 3-months you can get your next incentive*, which will be between \$10 and \$50. Even if you haven't been successful in quitting yet, you will get \$10 just for checking in and continuing the journey. But if you have quit and used Quitline counselling to do it, you will get a \$50 incentive.

Your 3-month visit is due on: _____

At 6-months you will again get \$10 just for checking in, even if you have not yet been successful in your quitting journey. But if you have successfully quit, you can get a \$70 incentive.

Your 6-month visit is due on: _____

Where do I go for the 3- and 6-month visit?

The clinic for these two visits will occur at Lyell McEwin Hospital, in the CDMU consult room (pictured below). The CDMU clinic is located on Level 1 in Clinical Admin, outside of the Diabetes Centre. A site map of how to get to this clinic from the multi-deck carpark is on the back of this form.



If you have any questions or need additional information about the 12Q program, you can contact the program lead, Assoc. Professor Kristin Carson-Chahhoud on 0412 708 879 or Kristin@houdresearch.com.au

***Note:** All financial incentives are in the form of a Coles supermarket gift card, which excludes the purchase of alcohol and tobacco products. If you have successfully quit, you will need to do a test that confirms your quitting success. This will be a carbon monoxide breath test for smokers or saliva cotinine mouth swab for vapers, which will happen in person at the Lyell McEwin Hospital at your 3- and/or 6-month visits. You are only eligible to participate in the 12Q program once.

12Q

INCENTIVE TO QUIT

Lyell McEwin Hospital Site Map

Lyell McEwin Hospital is located on Haydown Road in Elizabeth Vale, Adelaide, South Australia, 5112.

