

Terms and Conditions for I Quit Programme

The terms and conditions set out herein (“the Terms”) shall govern your participation in the Health Promotion Board (“HPB”)’s I Quit programme (“the Programme”). By participating in the Programme, you certify that you have read and agree to comply with and be bound by the Terms.

I. Pre-requisites

1. To qualify for participation in the Programme, you must be **20 years old and above** and either a **Singapore Citizen** or **Singapore Permanent Resident** and a **smoker**.

2. Participants may register for the Programme at the following platforms:

- Online at www.healthhub.sg/iquit;
- Head down to the nearest participating pharmacy*;
- Sign up at an I Quit roadshow; OR
- Call in to QuitLine at 1800 438 2000.

3. Each participant is entitled to a Quit pack at the partnering pharmacy or at the I Quit roadshow. For participants who sign up online or via QuitLine, they can head down to the nearest participating pharmacy to collect their Quit pack.

4. All participants reply **Quit Yes** to the first SMS to be enrolled in the programme and **must validate their smoking status* before the start of their quit date** to show that they are current smokers. For participants who have signed up via I Quit roadshows, they would need to validate their smoking status at the point of registration at the roadshow itself. For participants who signed up online or via QuitLine, are required to validate their smoking status at any participating pharmacies by making an appointment before heading down. Participants who fail to validate their smoking status or validate only after their quit date has commenced will not be eligible to collect the incentives.

*Notes:

- **Participants have to call and make an appointment** at the participating pharmacy before heading down to collect their quit pack, register or validate their smoking status. The list of participating pharmacies and contact numbers are available on www.healthhub.sg/iquit.
- HPB and its participating pharmacies shall not be responsible for any non-availability of pharmacists, quit packs, or Quit consultants should you turn up at any of the pharmacies without making any prior appointment.
- Participating pharmacists and vendors at the I Quit roadshows will record the participants’ smokerlyser result and will also administer brief counselling or provide information about the Programme.

5. Each participant must ensure that all information provided during the registration process is complete and accurate. Participants who do not provide accurate information may not be eligible to receive the incentives.

6. Each participant must be committed to stay smoke-free for six months from their indicated quit date in order to be eligible to receive incentives offered by HPB. If participants relapse at any point during their smoke-free journey, participants can restart the Programme by calling in to QuitLine at 1800 438 2000 or visiting the nearest participating pharmacy [Participants must call and make an appointment before heading down to the pharmacy]. **All participants must be on the Programme in order to be eligible to receive the incentives.** This means that if you relapse and attempt to quit smoking again on your own but did not

call QuitLine or went down to the pharmacy to restart your journey on the Programme, you will not be eligible to receive the incentives.

II. Duration of the Programme

7. Participants will be required to stay smoke-free throughout the six months of the Programme and are required to report their smoke-free status in response to the SMS according to progress milestones set, i.e. at the end of 28 days, on the 2nd, 3rd, 4th, 5th and the 6th month of the Programme. A reminder SMS will be sent on the due date of each progress milestone. Should a relapse occur during the quit journey, participants are advised to re-start the journey by calling in to QuitLine or visiting their nearest participating pharmacy [Participants must call and make an appointment before heading down to the pharmacy] should they want to remain eligible for the incentives (in accordance with Paragraph 6 of the T&Cs).

III. Follow-up

8. By signing up for the Programme, participants provide consent for HPB to send reminder and follow-up messages, and daily quit tips to their mobile numbers and email addresses provided in the registration form throughout the Programme up to six months after their indicated quit date.

9. Participants' particulars may be shared with other Quit consultants or service providers engaged by HPB for the purpose of following up on smoke-free status and programme evaluation purposes.

10. HPB reserves the right to contact participants about HPB events during and post their participation in the Programme.

IV. Incentives

11. Participants will be eligible to redeem HPB e-vouchers worth up to \$100 if they have indicated that they are smoke-free for six months and have reported their smoke-free status according to the indicated milestones through reporting mechanisms provided by HPB throughout the Programme. **These mechanisms are i) SMS and ii) validation at HPB iii) downloading the healthhub app on their phone.** Participants' smoke-free status is based on the smokerlyser test result. In situations where the smokerlyser result is not definitive, HPB has the right to make the final decision with regards to the smoke-free status of each participant.

12. All successful quitters must do their validation at HPB within **one month** of receiving their SMS notification at each month, during the 6 months. Participants who fail to do so will no longer be entitled to receive their incentives

13. The smokerlyser test and collection of rewards at **28th day, 3rd and 6th months** of the Quit Journey will be at HPB. You should call QuitLine at 1800 438 2000 to book an appointment for the test and collection of your incentives. You should undertake the validation to verify your smoke-free status as soon as you receive the SMS notification in order to meet the response timeline indicated in para 12 above and be eligible for your incentives.

14. The incentives scheme is determined solely by HPB and may be subject to changes without any prior notice to participants. HPB makes no guarantee on the availability of any incentives arising from such participation.

15. Participants will not be eligible to receive incentives if they have restarted their quit journey more than twice and have collected any incentives in both the previous two quit journeys. For example, if a participant has collected incentives at 28 days and 3rd month of the quit journey and relapses at the 6th month progress milestone, the participant may restart his/her quit journey by calling in to QuitLine and will be eligible to receive incentives during the second quit journey. During the second quit journey, if the participant collects an incentive at the 28th day progress milestone and subsequently relapses, he/she can restart the Programme and go through another quit journey but will not be eligible to receive any more incentives.

V. Withdrawal

16. Participants may withdraw from the Programme by calling QuitLine at 1800 438 2000.

VI. Declaration

- I declare that all the information provided in the Registration Form for the Programme is true and correct. I acknowledge and understand that Health Promotion Board (HPB) is under no obligation to verify or check any information I have provided in the Registration Form, and I accept that I remain fully responsible for the accuracy of the information I am now submitting.

- I confirm that I have read, understood and I agree to the Terms and Conditions of the Programme.