

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:
 - a. Online at www.healthhub.sg/iquit ;
 - b. Call in to QuitLine at 1800 438 2000.
3. All participants reply **Quit Yes** to the first SMS to be enrolled in the programme and acknowledge that they are a current smoker.
4. 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.
5. 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. **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 to restart your journey on the Programme, you will not be eligible to receive the incentives.

ii. Duration of the Programme

6. 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 2, 3, 4, 5 and the 6 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.

iii. Follow-up

7. 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.
8. 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.
9. HPB reserves the right to contact participants about HPB events during and post their participation in the Programme.

iv. Incentives

10. 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 via online channels such as zoom or whatsapp video call iii) downloading the healthhub app on their phone.** Participants' smoke-free status is based on the

Cotinine test result. In situations where the Cotinine result is not definitive, HPB has the right to make the final decision with regards to the smoke-free status of each participant. Do note participants who choose to take Nicotine Replacement Therapy (NRT) will be required to stop completely for one week before the validation for more accurate results.

11. Participants are required to write into HPB_SMOKING_CONTROL@hpb.gov.sg within one month of each milestone, to request for the DIY Cotinine test to be mailed to their home. After which, they make an appointment to conduct the test via online channels such as zoom or whatsapp video call.
 - a. Participant will be required to provide ID proof during the 10 minute video call.
 - b. Each participant is only eligible for ONE test kit at each milestone.
 - c. Participants will be guided during the call on conducting the test. They should not start the test or open any of the parts before the video call. Exposing the test parts to moisture in the air may interfere with the results and affect eligibility for incentives.
 - d. Participants are required to be punctual for the scheduled call. If participant does not respond within 5 minutes of the scheduled time, they will need to write in to re-schedule the call.
 - e. Participants are required to send a clear photograph of their saliva test result via WhatsApp, in order to be eligible for incentives.
 - f. **Once the result receipt is confirmed, participants will be e-mailed a voucher code, with a password sent via SMS or WhatsApp.**
 - g. Please note that screenshots might be taken of participants on call for audit purposes. Be assured that these will not be circulated or used for any other purpose besides authenticating that the individual has completed the test themselves and is eligible for the vouchers.
12. All successful quitters must write into HPB_SMOKING_CONTROL@hpb.gov.sg 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 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.
14. 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 3 month of the quit journey and relapses at the 6 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 28 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**

15. 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 I am a current smoker 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.