



HOW MUCH DOES IT COST?

Consultation fees are not fixed. However, consultations with a doctor or a recognised tobacco specialist can be partially covered:

Refunded amount per session:

1st consultation (45 minutes min.)	30 €
2nd to 8th consultation* (30 minutes min.)	20 €
Pregnant women (8 consultations/pregnancy max.)	30 €

* over a period of 2 calendar years.



Some private health insurance companies offer additional financial help, like the purchase of nicotine substitutes. However, if you live in the Flemish region, terms and conditions differ. It is worth checking with your specialist or your insurance.



HELP FOR SMOKERS

Who to address your concerns to?

I would like to quit smoking but I don't know how.

I don't feel capable of quitting on my own.

What if I could get help?

An initiative of:

With the support of:





WHY GET IN TOUCH WITH A TOBACCO SPECIALIST?

A tobacco specialist is a specialised healthcare professional who will help you by:

- › Evaluating your smoking addiction
- › Assessing and strengthening your motivation to quit smoking or reduce your consumption
- › Sharing information about withdrawal symptoms, the benefits of quitting and available support
- › Giving you practical and personal advice according to your needs
- › Offering you medication assistance if necessary
- › Offering their support during difficult times



You are 3 times more likely to quit smoking when being assisted by a tobacco specialist. Each attempt is a step closer towards change!

SPEAK TO YOUR DOCTOR!



I PREFER AN INDIVIDUAL CONSULTATION

You can find tobacco specialists near you who offer private consultations or consultations in hospitals, health centres and Smokers' Help Centers ('Centre d'Aide aux Fumeurs' - CAF). The specialist is either a doctor, psychologist, nurse, dietitian or physiotherapist, ... Some also offer hypnosis, meditation, sophrology, acupuncture, etc.

 www.tabacologues.be



I PREFER TO ATTEND A GROUP

In a group setting, you can share your experience and listen to others to strengthen your motivation.

Haven't made your decision yet? Join a support group on

 www.aideauxfumeurs.be

Made your decision? Join a group led by a tobacco specialist on

 www.tabacologues.be



I PREFER TO CALL THE TABAC STOP HELPLINE (FREE OF CHARGE)

Info, advice and a follow-up by specialists, from Monday to Friday from 3 pm to 7 pm.

 **0800/111.00**