



The Smoke Free app



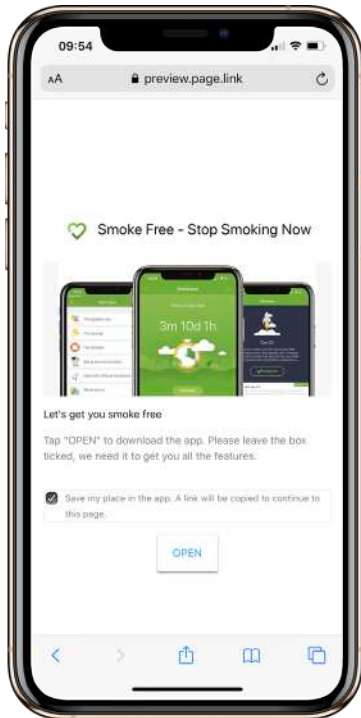
A Quick Guide

Download the app: smokefreeapp.com/gm

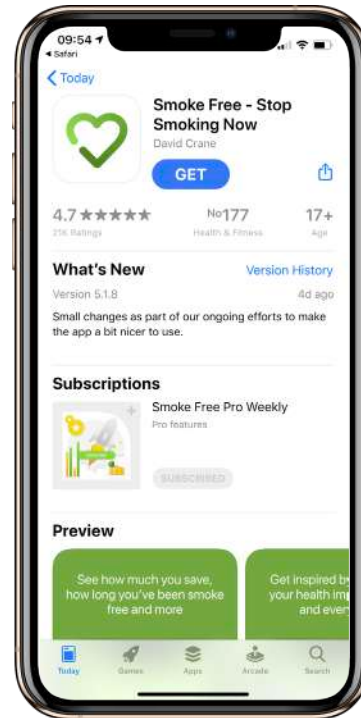


1. Tap "OPEN"

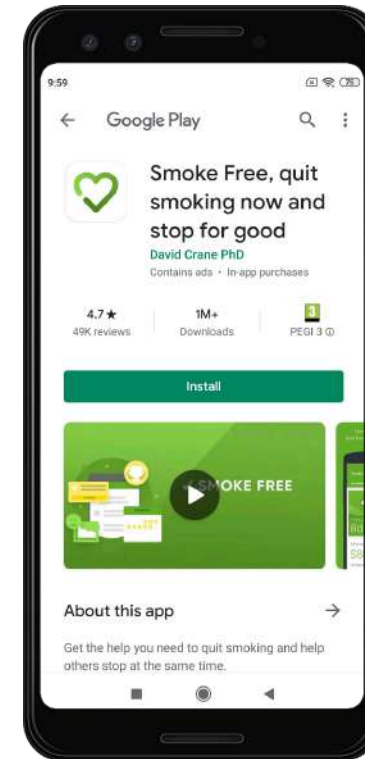
Please leave the checkbox ticked



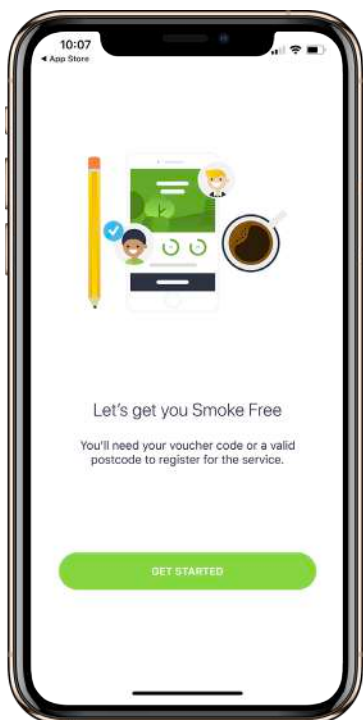
2. Tap "GET"



1. Tap "INSTALL"



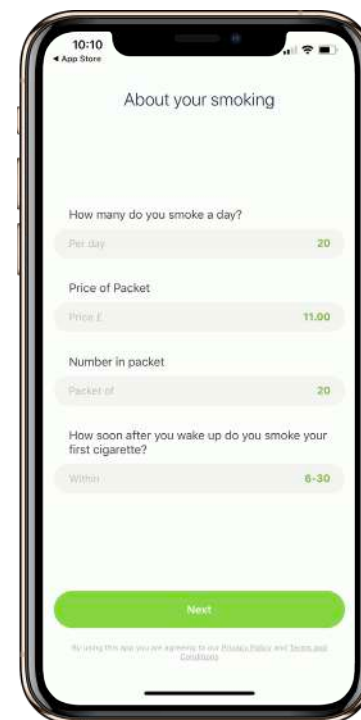
Get all the Pro features



You'll need a valid postcode or voucher code to access all the Pro features.

If you get stuck here (or anywhere) email:

support@smokefreeapp.com



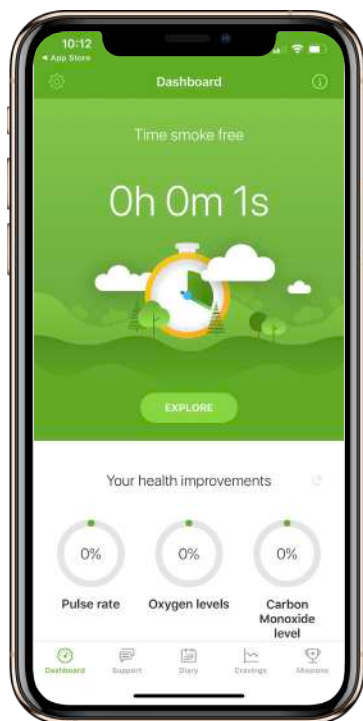
Answer the questions as best you can.

They can be easily changed later, if needs be.

Email us if you need any help:

support@smokefreeapp.com

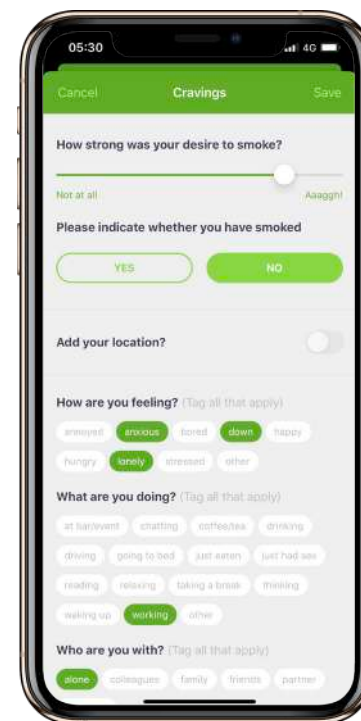
Making the most of the app



The dashboard shows how well you're doing.

How long you've been smoke free, how your health is improving, how much money you're saving. And more.

There's lots here, have a play around.

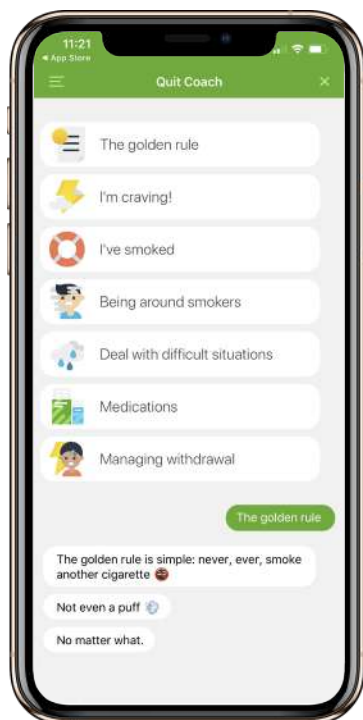


Master cravings by keeping track of what triggered them. Then you can be prepared.

Use the diary to record their number and strength. Because it helps to see they're going down.

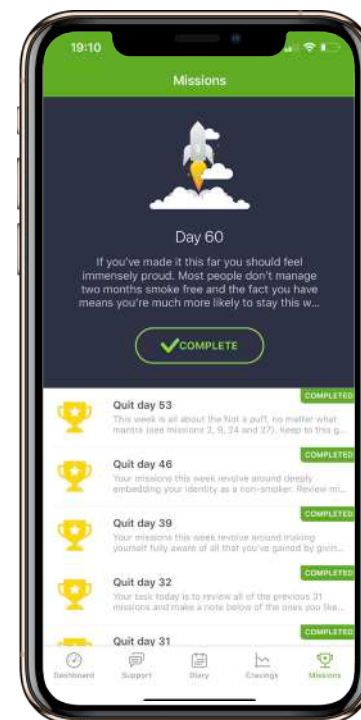
You can note how you feel too. Which is all kinds of useful.

Tried-and-tested quit smoking programme



Our quit coach helps with the key things most quitters struggle with

There's also a 100-day programme that's proven to work.



Want something simpler?
Try our missions

These are short daily tasks that are designed to make you feel good and are proven to work.

Need help with this
or any other tool?
Email:

support@smokefreeapp.com

Stop smoking experts on-hand 24/7



Our experts have decades of experience with all the ups and downs of stopping smoking.

Their advice is tailored to your needs and preferences. It is non-judgemental and completely supportive.

Use their advice and you are much more likely to quit.

Download now...

smokefreeapp.com/gm

Need help?

support@smokefreeapp.com



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