

# SWAP TO STOP IN PREGNANCY

## CLIENT INFORMATION SHEET

The One You Plymouth team is pleased to support you to stop smoking with the aid of an e-cigarette and telephone support. If you are happy for your address to be shared with Flavour Vapour (a Plymouth City Council preferred and accredited Trader), we will contact them to request a starter pack to be posted to you.

The starter pack will consist of:

- 1 x Vaporessa Orca Solo pen vape and 2 coils
- 1 x Vaporessa Orca Solo cell coils (5 pack)
- 1 x charger
- 6 x bottles of vape solution - 2 weeks supply  
(Tobacco, Menthol or Blueberry flavours)

### SUPPORT

You will be offered regular telephone support to help you quit. If you continue to receive telephone support you will be eligible for a further 10 weeks of vape solution (12 weeks in total with the starter pack).

You will be responsible for purchasing any further coils needed.

You will be responsible for purchasing vape solutions of alternative flavours to those offered above.

If purchasing your own vape fluid it is helpful if you inform your practitioner of the strength being used.

We look forward to supporting you in your journey to quit.