



# Ready Steady Quit Maternity Support

## A baby's health improves as soon as smoking stops!

- CHANGES HAPPEN QUICKLY! Carbon monoxide levels are significantly reduced within 5 hours of stopping smoking.
- Nicotine in the blood is significantly reduced within 2-3 hours of stopping smoking.
- CUTTING BACK is not enough! Even a low level of carbon monoxide and other toxins from smoke is enough to affect baby's health and growth.

## Ready Steady Quit

ReadySteady Quit is the face to face, Ministry of Health funded, stop smoking service for Auckland and Waitemata DHB regions. ReadySteady Quit can provide a 12 week support model for pregnant women. Meetings are face to face at a place that is convenient for women.

- The service provides behavioural change support with strategies for managing withdrawal symptoms, triggers and relapse prevention.
- NRT (patches, gum and lozenges) are supplied at the time of visits at no charge.
- Carbon monoxide (CO) monitors provide an instant visual reference for mothers to see the percentage of carbon monoxide they and their baby are receiving and the impact of changes they make.
- We can provide support for the wider family unit to create a smoke free home for baby.

## How to refer

- Complete the online form via the website: [www.readysteadyquit.org.nz](http://www.readysteadyquit.org.nz)
- Phone 0800 500 601, or
- Email [info@readysteadyquit.org.nz](mailto:info@readysteadyquit.org.nz)
- Referral form direct link: <https://readysteadyquit.indici.nz/>






\* fields are compulsory. Sample below

Sign up now!

All fields marked with \* are mandatory.

First Name: *	<input type="text" value="First Name"/>	Family Name: *	<input type="text" value="Family Name"/>
Contact Number: *	<input type="text" value="Contact Number"/>	Alternate Number:	<input type="text" value="Alternate Number"/>
Date of Birth: *	<input type="text" value="dd/mm/yyyy"/>	Gender: *	<input type="text" value="Please Select"/>
Ethnicity: *	<input type="text" value="Please Select"/>	NHI (if known):	<input type="text" value="NHI"/>
General Practice:	<input type="text" value="Please Select"/>	Referred By: *	<input type="text" value="Please Select"/>
Notes:	<input type="text"/>		
Address			
House No:	<input type="text" value="House No"/>	Floor/ Building:	<input type="text" value="Floor/Building"/>
Street:	<input type="text" value="Street"/>	Postal Code:	<input type="text" value="PostCode"/>
Suburb/ Town: *	<input type="text" value="Please Select"/>	Region: *	<input type="text" value="Please Select"/>

Prove that you are not a robot:

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