

HOW TO USE NICORETTE[®] QUICKMIST SMARTTRACK[™] MOUTHSPRAY

GETTING STARTED



- 1** Download the Nicorette[®] Stop Smoking App



- 2** Simply follow the instructions in the app to set up your personal quit plan
4 steps:
- Prepare to Quit
 - Reduce Cigarettes
 - Stay smoke-free
 - Reduce NRT*

*Nicotine Replacement Therapy



- 3** SmartTrack[™] uses the same technology as your contactless bank card: NFC (Near Field Communication) technology. Your phone needs to be NFC enabled or alternatively you can log your SmartTrack[™] usage manually within the app. See FAQs at Nicorette.co.uk for more information on phone compatibility

SPRAY



- When cravings hit, spray the mouthspray once directly into your mouth
- For best results do not swallow for a few seconds after spraying
- If two sprays are required to control cravings, future doses may be delivered as two consecutive sprays



SMARTTRACK[™] STARTS TO RELIEVE CRAVINGS IN 30 SECONDS

TAP



- Tap and hold the back of the spray to your phone (tap to the top of your iPhone and to the back of your Android)
- This will log each use of your SmartTrack[™] spray
- When you've run out of your SmartTrack[™] mouthspray, you can buy a new spray and simply continue to tap and track the same way as before



TRACK

TRACKING YOUR SMARTTRACK[™] USAGE AND ANY CIGARETTES SMOKED HELPS YOU TO:



Become more aware of your triggers & urges to smoke



Visualise your progress to motivate you to stay on track with your quit



Gradually reduce your SmartTrack[™] usage when you feel ready

SETTING GOALS HELPS YOU TO STAY MOTIVATED BY:



- 1** Bringing structure to your quit journey
- 2** Breaking the challenge of quitting into achievable parts
- 3** Giving you something tangible to work towards and encourages you to stay on track

Goals are also flexible so you can adapt & complete them at your own pace



Tips give you helpful advice along your journey to boost your motivation and remind you of your achievements and successes

WHY CHOOSE NICORETTE QUICKMIST SMARTTRACK[™]?



- 1** SmartTrack[™] is the world's 1st connected* craving relief spray

*by technology to an app



- 2** With SmartTrack[™] you're 2.5x more likely to quit*

*vs willpower alone