



Allen Carr's Easyway To Stop Smoking

What is the Allen Carr's Easyway To Stop Smoking benefit?

Allen Carr's Easyway To Stop Smoking programme is one of the most successful stop smoking programmes in the world. It deals with the real problem – the mental addiction. Once this is effectively overcome, withdrawal becomes easy to manage and little willpower is required. Most smokers require one five-hour session with smoke breaks throughout. Allen Carr's Easyway To Stop Smoking is endorsed by the Cancer Association of South Africa (CANSA) and have branches countrywide. With a 33-year track record and 150 clinics in over 50 countries, they are the only smoking cessation company to offer a unique money-back guarantee. Discovery Vitality members can join Allen Carr's Easyway To Stop Smoking once in a lifetime at the Vitality rate.

Who may use the Allen Carr's Easyway To Stop Smoking benefit?

Members 18 years and older on an active Vitality membership can use this benefit. Members can only qualify for this benefit from the day of their 18th birthday.

What you pay

Each person who attends the course will save up to 80% on the standard rate if they have an active Vitality membership.

How it works

Members can attend one course with Allen Carr's Easyway To Stop Smoking programme. You may only use Allen Carr's Easyway To Stop Smoking programme once during your Vitality membership.

How to join

To join Allen Carr's Easyway To Stop Smoking programme, call 0861 100 200, email easyway@allencarr.co.za or visit www.allencarr.co.za.

Sign your non-smokers declaration when doing your annual Vitality Health Check

After twelve months of being a non-smoker, you can sign your non-smoker's declaration when doing your Vitality Health Check. The Vitality Health Check is made up of five measures:

- Blood pressure
- Blood glucose
- Cholesterol
- A weight assessment
- Signing a non-smokers declaration

You can earn up to **20,000** Vitality points, depending on how many of your health check results are in range.

Random blood tests

Vitality may ask you to do a blood test to check whether you have stopped smoking. The blood test is called a serum nicotine test. By signing up for this benefit, declaring that you do not smoke and earning the Vitality points, you give permission for these random blood tests to take place in order to confirm that you don't smoke.

If you start smoking

If you start smoking, you need to contact us so that your points can be reversed.

Ending the benefit

If your Vitality membership is cancelled, you can stay on Allen Carr's Easyway To Stop Smoking programme, but you will have to pay the standard rate for the rest of the course.

Stay in touch

If you have any questions or need more information about this benefit, please visit www.discovery.co.za and click on Vitality or call 0860 99 88 77. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules – the Vitality Main Rules will apply at all times.

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