

# My QuitBuddy

My QuitBuddy helps you get, and stay, smoke free. It's with you through the hardest times with helpful tips and distractions to overcome cravings; tracking systems to chart your progress and all the facts you need to understand the impact smoking has on your health.

My QuitBuddy is easily customised. You can determine whether you're ready to quit right now or whether you're intending to do so soon. You can set your own goals, the reasons you're quitting, include photos and recordings of loved ones and even add buddies you can call upon in times of need



Peninsula  
Health

Building a **Healthy**  
**Community**, in Partnership