



Thank you for your continued cooperation
to prevent passive smoking

At Bosch Health Insurance Society Clinic “Outpatient Services for Quitting Smoking”, we asked the persons who succeeded in quitting smoking about their **motivations** of quitting smoking.

Here are examples:





Travel abroad using the saved money

I decided to quit smoking when I retired
I wanted to travel abroad with my family
using the money I saved.

Smoke cessation was successful in 2018 Male in his 60s



For a new family member

For my son to be born
I thought I would quit smoking.

Smoke cessation was successful in 2018 Male in his 40s



I got a finding at health checkup!

At chest X-ray examination of health checkup,
I got an instruction to receive a re-examination.

I thought I had to quit smoking.

Smoke cessation was successful in 2018 Male in his 50s

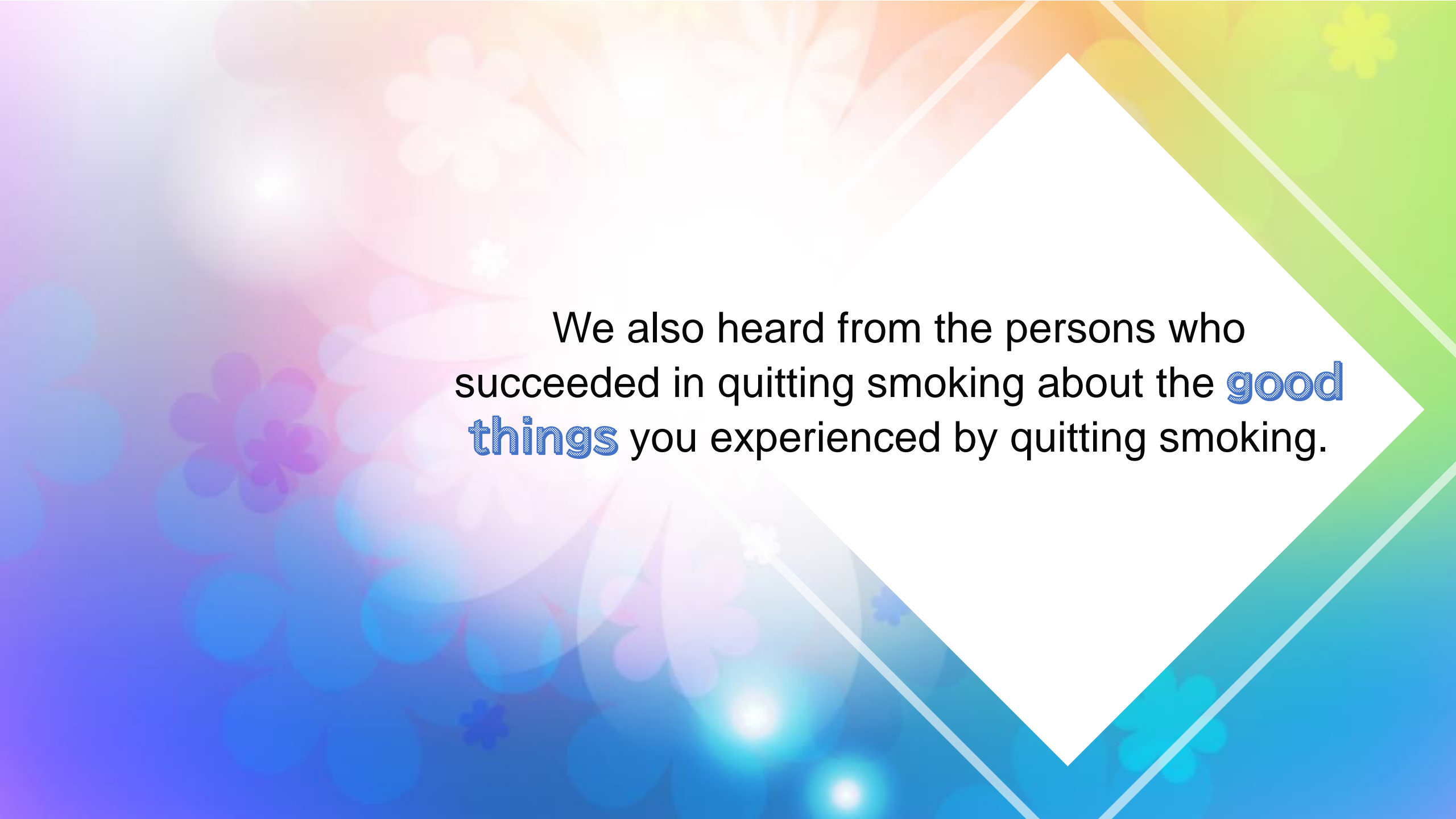
At the turning point of aged 60

I reached the age of 60 and thought that, if I don't quit smoking now, I may continue smoking.
So, I decided to quit smoking.

Smoke cessation was successful in 2015 Male in his 60s



**The motivations exist
around you.**

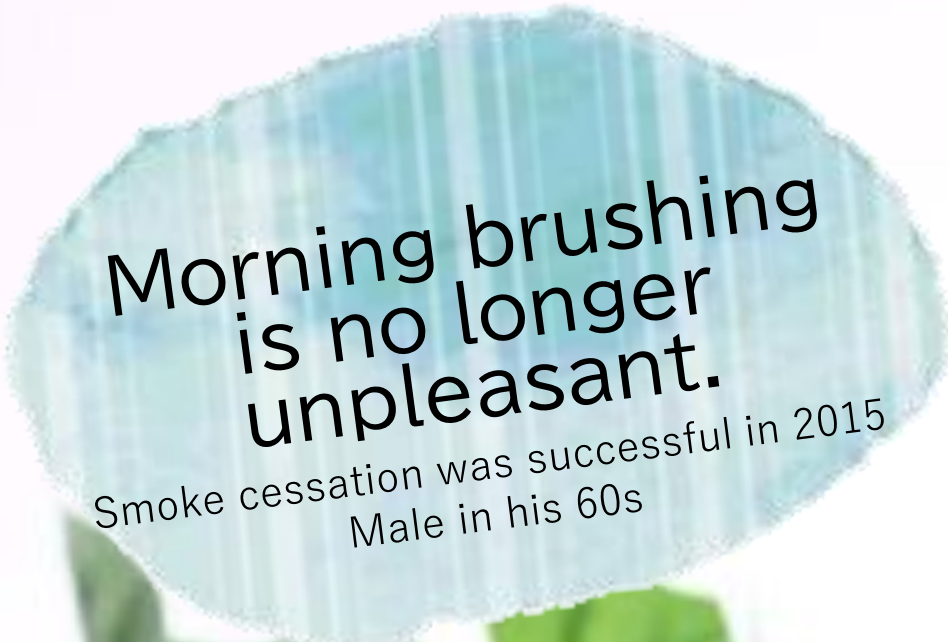


We also heard from the persons who succeeded in quitting smoking about the **good things** you experienced by quitting smoking.

I continued putting 500 yen on the calendar from the day of starting quitting smoking and **saved 180,000 yen** in a year !!



Smoke cessation was successful in 2005 Male in his 60s



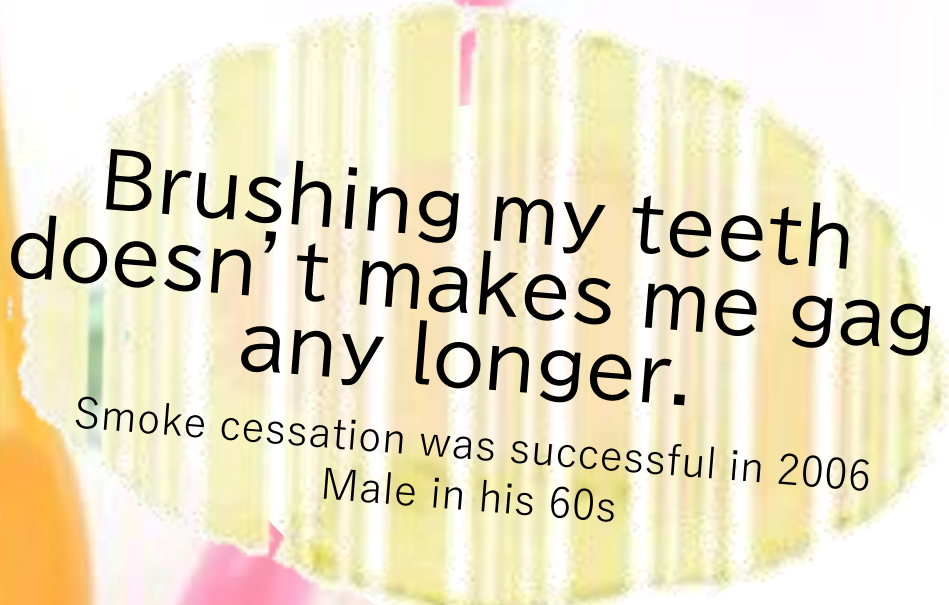
**Morning brushing
is no longer
unpleasant.**

Smoke cessation was successful in 2015
Male in his 60s



**I don't worry about
my smell any longer!**

Smoke cessation was successful in 2016
Female in her 30s



**Brushing my teeth
doesn't makes me gag
any longer.**

Smoke cessation was successful in 2006
Male in his 60s



Food is more
tasty!

Smoke cessation was successful
Male in his 50s and others

I feel better.

Smoke cessation was successful in 2016
Male in his 40s



11	01	117
11	01	118
11	06	111
11	01	1151
11	11	1111
11	01	1101
11	01	116
11	08	118
11	11	117
11	11	119
11	11	110
11	11	1110



I saved 500 yen every day for a year "imagining that I smoked", and the money saved from un-bought packs of cigarettes reached 165,600 yen!

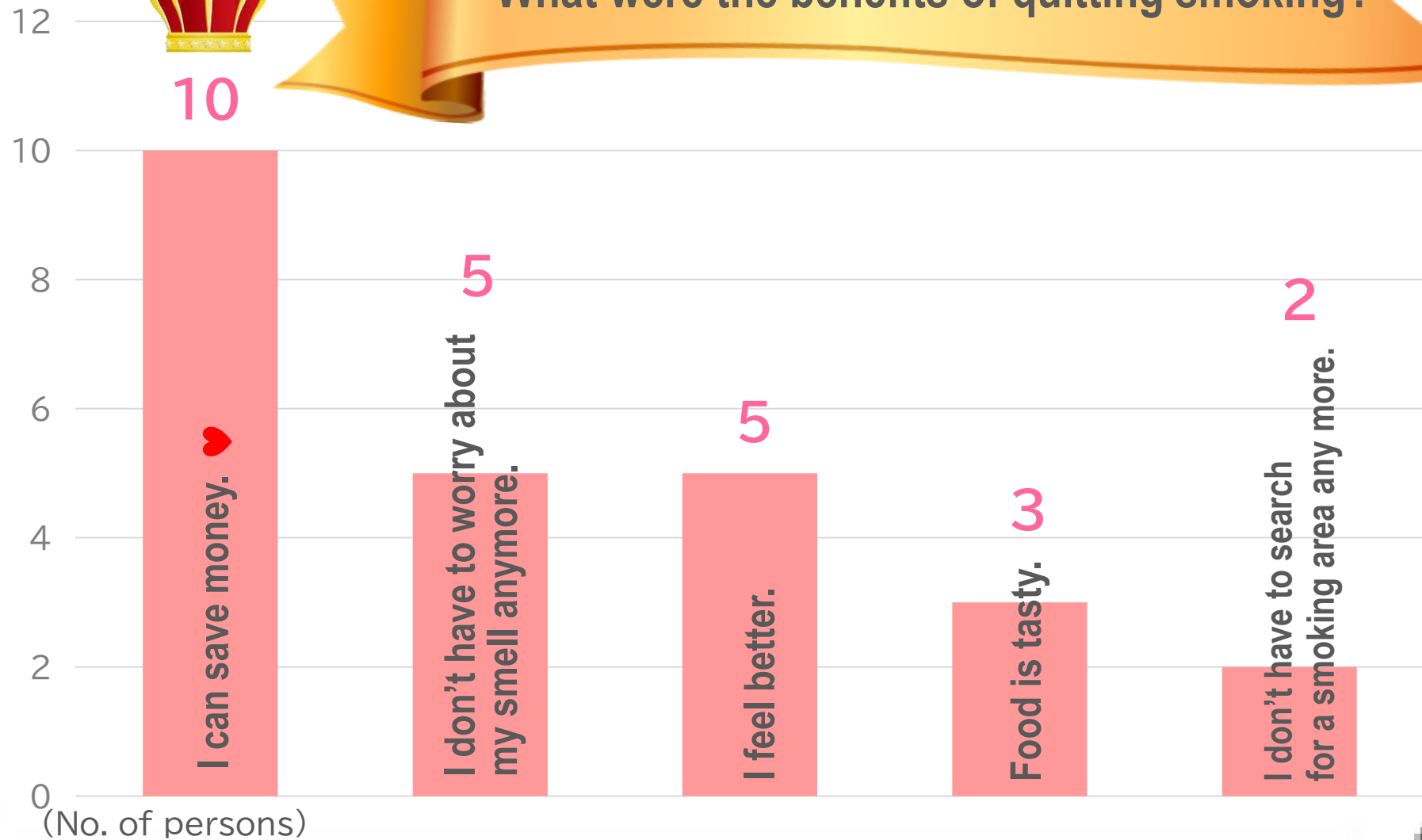
やったぜ!!
165600円



Smoke cessation was successful in 2008 Male in his 40s



What were the benefits of quitting smoking?



According to the answers from the persons who succeeded in quitting smoking at the outpatient quitting smoking services to the questionnaires conducted by Bosch Health Insurance Society Clinic from 2014 to 2019.

Well, why don't you challenge to
quitting smoking, you too?

Nationwide quitting smoking outpatient services
will help your motivation!