

Be 
Healthy
Bucks

Ready

to stop smoking,

but not sure how?



Be Healthy Bucks is a **free health and wellbeing service** to help you look after your health.

Find out more about our support in just 5 minutes:

maximus

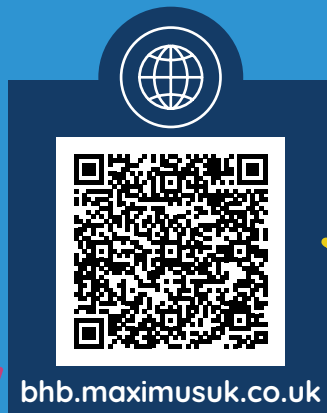


Our health and wellbeing experts have already helped thousands of people like you make positive changes and healthy habits for life.

Get 8 weeks of remote or face-to-face help so you can cut down to quit smoking.

We can also help you with alcohol, weight management, and an NHS Health Check.

Find out more about our free health and wellbeing support in just 5 minutes:



bhb.maximusuk.co.uk



01296 322738

or call us