

RIGS WITHOUT CIGS



TOBACCO CESSATION PARTICIPATION & INCENTIVE PROGRAM

- 1 ALL OTR SEMI-TRUCK DRIVERS CAN PARTICIPATE IN THE PROGRAM.**
- 2 ALL SEMI-TRUCK DRIVERS MUST HAVE AN ACTIVE CLASS A CDL.**
- 3 ALL PARTICIPANTS MUST BE A RESIDENT OF THE UNITED STATES.**
- 4 FRIENDS, FAMILY, AND OTHER PEOPLE WITHIN THE TRUCKING INDUSTRY ARE ENCOURAGED TO PARTICIPATE. HOWEVER, THEY WILL NOT BE REQUIRED TO TRACK PROGRESS AND ARE NOT ELIGIBLE FOR PRIZES.**



Made Possible By:





RIGS WITHOUT CIGS



REGISTRATION & PARTICIPATION

- 1** DRIVERS REGISTER ONLINE ON THE SCF WEBSITE
- 2** RECEIVE A WELCOME LETTER WITH PROGRAM DETAILS
- 3** DRIVERS CHOOSE:
 - 1) BOOK DOWNLOAD/HARD COPY (COLD TURKEY METHOD)
 - 2) NICOTINE REPLACEMENT THERAPY
 - 3) FREE APP SMOKE REVOKE FOR IPHONE OR SMOKEFREE-QUIT SMOKING SLOWLY FOR ANDROID (TAPERING OFF METHOD)
- 4** DRIVER RECEIVES EMAIL WITH TIPS AND TOOLS TO BE SUCCESSFUL, AND JOINS FACEBOOK GROUP
- 5** WEEKLY ENCOURAGEMENT AND ACCOUNTABILITY FROM A HEALTH COACH. DRIVER AGREES TO STAY ENGAGED
- 6** DRIVER NAMES AN ACCOUNTABILITY PARTNER WHO ALSO GIVES STATUS UPDATE WHEN DRIVER QUILTS USING TOBACCO



RIGS WITHOUT CIGS



REWARDS AND INCENTIVES

- 1 ONE (1) MONTH TOBACCO FREE**
BCO TUMBLER & REIMBURSEMENT OF PATCHES, LOZENGES, OR BOOK UP TO \$50
 - 2 THREE (3) MONTHS TOBACCO FREE**
ROADPRO 12 VOLT COOLER
 - 3 SIX (6) MONTHS TOBACCO FREE**
CHOICE OF ONE: ROADKING 950 BLUETOOTH HEADSET OR
ROADKING RK CB CLASSIC CB RADIO
 - 4 ONE (1) YEAR TOBACCO FREE**
CHOICE OF TWO: ROADPRO SNACKMASTER COOLER/WARMER,
ROADKING 950 BLUETOOTH HEADSET, WILSON T5000 TRUCKER SERIES,
OR ROADKING RK CB CLASSIC CB RADIO
- OR CHOICE OF ONE: ROADKING HANDS FREE CB RKCBBT OR POWERDRIVE
POWERDRIVE 1500 WATT POWER



RIGS WITHOUT CIGS



A PROGRAM FOR DRIVERS THAT WORKS



139

**QUIT
SMOKING**



110

**CUT USAGE
IN HALF
OR MORE**



45

**JOINED FOR
SUPPORT**



40%

**SUCCESS
RATE**

RIGS WITHOUT CIGS



HEAR FROM DRIVERS LIKE YOU

“There is no magic pill. Julie recommended a book—I listened to it and something finally clicked and I decided to smoke my last cigarette and I did it. I quit cold turkey..... You have to reach deep within yourself how long you want to live or die.. remember though if you try the gum or the patch it still contains nicotine and the urge never goes away it’s like giving a heroin addict ... My other fear was having a beer with the steak dinner and wanting the after dinner smoke. I have made it through three of those steak dinners.”

“I really do believe that the accountability the program installed is the key to my success.”

“Rigs without cigs has been awesome for me. With the constant contact it has helped me stay on track. I think the program works wonders with access to a Facebook group and the keeping in touch, you’re able to stay focused and obtain support when needed thank you very much for your help and assistance.”



SAVING LIVES
AND FAMILIES
ONE DRIVER
AT A TIME



CONTACT US:

Julie Dillon
Health & Wellness Manager
Julie@truckersfund.org
865-544-8145

SIGN UP