

# RIGS WITHOUT CIGS



## TOBACCO CESSATION PARTICIPATION & INCENTIVE PROGRAM

- 1 ALL OTR SEMI-TRUCK DRIVERS CAN PARTICIPATE IN THE PROGRAM.**
- 2 ALL OTR SEMI-TRUCK DRIVERS MUST HAVE AN ACTIVE CLASS A CDL.**
- 3 ALL PARTICIPANTS MUST BE A RESIDENT OF THE UNITED STATES.**



**Made Possible By:**





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## 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) GRINDS COFFEE POUCHES**
  - 5) MEDICATION REFERRAL WITH CALL ON DOC**
- 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**



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## REWARDS AND INCENTIVES

- 1 ONE (1) MONTH TOBACCO FREE**  
BCO TUMBLER
- 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



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## 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.”**

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**A PROGRAM FOR DRIVERS THAT WORKS**



**207**

**130**

**81**

**42%**

**QUIT  
SMOKING**

**CUT USAGE  
IN HALF  
OR MORE**

**JOINED FOR  
SUPPORT**

**SUCCESS  
RATE**



SAVING LIVES  
AND FAMILIES

ONE DRIVER  
AT A TIME



## **CONTACT US:**

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**SIGN UP**