

RFC Incentive Program- Commit to Quit Contract

This document indicates that I, (name) _____, am committing to a healthier tomorrow by living a tobacco-free life.

I understand SAS is ready to assist me in becoming tobacco-free and I am enrolling in the "Commit to Quit" incentive program.

Participation in this program includes the following:

- Choosing a quit date (Record here) _____
- Completing a total of four "tobacco checks" at the following intervals: 2 weeks, 3 months, 6 months and 1 year after my quit date. Tobacco checks involve meeting with a health care provider or an approved tobacco cessation facilitator to assess my progress. I understand I must collect and submit documentation to confirm my tobacco-free status.

If I complete all program components successfully, I am eligible to receive the following rewards:

- Two weeks tobacco-free = 2 free movie tickets to one of the following national theater chains: Carmike Cinemas, Consolidated Theaters, Eastern Federal, or United Artists
- Three months tobacco-free = 1 free sweatshirt from the Recreation and Fitness Center
- Six months tobacco-free = 25 RFC Dollars to be used towards the purchase of merchandise and services available through the Recreation and Fitness Center
- One year tobacco-free = \$50 Premiere Choice Reward, an online gift certificate redeemable at over 400 national retailers
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Please return this completed Commit to Quit contract to Incentives, Building G. You will be contacted regarding the receipt of your contract and the submission of all additional documentation.

I understand enrollment in the Commit to Quit incentive program is restricted to no more than twice per year and a lifetime enrollment of no more than five entries.

NAME _____ EMPLOYEE # _____

SIGNATURE _____ DATE _____

- Please check here if you are a spouse, domestic partner, or eligible family member of a SAS employee.
- Please check here if you are a regional SAS employee.

Your signature indicates your compliance to all program rules.