



## **For Immediate Release**

### **St. Christopher Truckers Relief Fund Enhances Health & Wellness Programs to Better Serve Drivers and Increase Healthy Living Across the Trucking Industry**

*“Driven to Be Healthy” initiatives now include a more flexible diabetes prevention program, free vaccinations, at-home cancer screenings, and a 12-week interactive course on building healthy habits*

**KNOXVILLE, Tenn. – August 10, 2023** – The [St. Christopher Truckers Relief Fund](#) (SCF) is pleased to announce significant enhancements to the organization’s free health and wellness programs to better serve truck drivers and increase healthy living across the trucking industry. The health and wellness programs, which have been offered by St. Christopher to Class A, over-the-road (OTR) truck drivers with a commercial driver’s license (CDL) since 2015, are free programs designed to assist drivers in getting and staying healthy while living the trucking lifestyle. All the programs, existing and new, can now be found on the “Driven to Be Healthy” section of the St. Christopher website.

“Driven to Be Healthy” includes a newly enhanced diabetes prevention program, which now offers a flexible 12-week interactive curriculum that allows drivers to join at any time. “Driven to Be Healthy” also includes a new at-home cancer screenings program currently offering free prostate cancer screenings, with colorectal and cervical cancers screenings to follow later this year. With sponsorship from [OVIDA](#), free vaccine vouchers for flu, shingles and pneumonia vaccines are available to uninsured drivers. The current Rigs without Cigs (RwC) tobacco cessation program will also still be offered under “Driven to Be Healthy”.

“We listened to the drivers and our partners to understand what would make these programs better and what new programs would help drivers get ahead of common health issues affecting the industry,” said Donna Kennedy, executive director of the St. Christopher Fund. “The enhancements and additions to our current programs will continue to support the drivers and the industry in their drive for a healthier future.”

#### **New diabetes presentation now easier to join and participate**

The St. Christopher [Diabetes Prevention Program](#) is now a 12-week interactive course that drivers can join at any time, versus the previous one-year program with a fixed start and completion date. The program focuses on building healthy habits to help reduce the risk of developing diabetes, covering topics such as nutrition, exercise, stress management, sleep, and more. Education is tailored to the unique challenges of truck drivers. Participants will receive an assortment of tools to help track progress including a scale, blood pressure cuff, and more. Drivers can join at any time throughout the course, though new courses will start quarterly.

#### **Drivers encouraged to G.P.S. (Get Preventative Screenings)**

SCF will now also provide free cancer screening kits for all qualified drivers as part of the “[Get Preventative Screenings](#)” (G.P.S.) program. SCF is working with [Call on Doc](#) to provide cancer screenings to be done in the privacy of a driver’s truck, home, or at a lab of their choosing. The current program offers prostate cancer screenings with both colon cancer and cervical cancer screenings being offered



later this year. Truck drivers can send a request of screening(s), along with a copy of their Class A CDL on our GPS form. Upon approval of the request, drivers will be sent a specific link where they choose to have the test(s) done at-home or go to a lab of their choice. Once the screening(s) is complete, Call on Doc will inform the driver of their result(s). If a positive was found, Call on Doc will assist the driver in finding follow-up care.

### **Vaccine Vouchers made possible by OOIDA**

The St. Christopher Truckers Relief Fund, with sponsorship from [OOIDA](#), is offers [free vaccine vouchers](#) for all qualified truck drivers. Drivers have the opportunity to receive free flu, shingles and pneumonia vaccines. Drivers are required to show their Class A CDL along with the voucher.

### **Rigs without Cigs continues to show success**

The SCF's [Rigs without Cigs](#) tobacco cessation program, the trucking industry's only smoking cessation program, offers four methods of quitting, along with tips and tools to aid in becoming tobacco free. RWC is a free program available to all qualified truck drivers, thanks to sponsors who support the program with either monetary or products donations. Since the RWC program launched in September 2017, 207 truck drivers have quit smoking – a 42 percent success rate – and more than 130 drivers have cut their usage in half or more.

### **Healthy Habits for the Long Haul**

[Healthy Habits for the Long Haul](#) is a 12-week interactive course that focuses on building healthy habits to manage chronic conditions such as diabetes, heart disease, high blood pressure, and more. Topics will include nutrition, exercise, stress management, sleep, and more. Education will be tailored to OTR drivers and adjusted based on the conditions represented in each group. Participants will receive an assortment of tools to help track progress including a scale, blood pressure cuff, and more. Drivers can join at any time throughout the course, though new courses will start quarterly.

The St. Christopher Truckers Relief Fund was founded in 2008 by Dr. John McElligott (“Dr. John”), radio host Dave Nemo of the Dave Nemo Show (XM Radio Channel 146) and his business partner Michael Burns. It all started when Dr. John felt compelled to take action after witnessing hundreds of truck drivers and their families struggle to survive as a result of catastrophic illness or injury. Dr. John found willing partners in Dave and Michael and together they launched the truck driver charity to come to the aid of professional drivers in need.

To date, the St. Christopher Truckers Relief Fund (SCF) has provided \$4.5+ million directly to bill holders on behalf of 3,754+ professional drivers.

About SCF: [www.truckersfund.org](http://www.truckersfund.org)

The St. Christopher Truckers Relief Fund (SCF) helps over-the-road semi-truck drivers and their families who are out of work due to a recent illness or injury. Assistance may be in the form of direct payment to providers for household living expenses such as, rent/mortgage, utilities, vehicle payments, and insurance. The SCF also provides free health and wellness programs including diabetes prevention, smoking cessation, and prostate cancer screenings. For more information, visit [TruckersFund.org](http://TruckersFund.org).

Media inquiries:



[media@truckersfund.org](mailto:media@truckersfund.org)

**Donation/Corporate Match Inquiries:**

Director of Philanthropy and Development:

Shannon Carrier

[shannon@truckersfund.org](mailto:shannon@truckersfund.org)

865.202.9428

**Media Contact:**

**St. Christopher Truckers Relief Fund**

Rob Duda

Peppercomm

Senior Vice President, Automotive & Transportation Strategist

[rduda@peppercomm.com](mailto:rduda@peppercomm.com)

908.347.124