



Smoke-*free* from May

Stop Smoking Contest for Smokers & Helpers

Registration until April 14th, 2023 | Start on May 1st, 2023

A campaign by *DKFZ aktiv!* – the Corporate Health Management Program (BGM),
the Cancer Prevention Unit, and the Staff Medical Service

Smoke-free from May

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GERMAN
CANCER RESEARCH CENTER
IN THE HELMHOLTZ ASSOCIATION

Research for a Life without Cancer

What is it about?

Have you ever thought about quitting smoking or have you already tried it? Try it now with our support! Take part in “Smoke-free from May”, a joint campaign by *DKFZ aktiv!* – the Corporate Health Management Program (BGM), the Cancer Prevention Unit, and the Staff Medical Service.

As a participant, you commit to not smoking from May 1st, 2023, up to and including May 31st, 2023. You will be supported by the Cancer Prevention Unit with motivational e-mails. If you manage to get started on a smoke-free life, you can win attractive prizes.

What do I have to do?

Read the conditions of participation and register for the “Smoke-free from May” competition. If you are unsure if you can do it alone, you can ask someone to accompany you on your way to a smoke-free life as a helper. Helpers can also win a prize.

How do I become a helper?

Colleagues, friends, partners, children, parents, non-smokers or smokers can become helpers – anyone who motivates a smoker to take part in “Smoke-free from May” and then accompanies him:her on his:her way to quitting.

A helper can support several participants and thus be named as a helper on more than one application. If the participant succeeds in becoming smoke-free, the helper will also receive a prize.

How do I register?

If you want to quit smoking register yourself via the following link: <https://indico.dkfz.de/e/rauchfreiabmai2023>. You can use the adjacent QR code to access this page. If you are supported by a helper, your helper must also register via Indico. All further information is available there.



What are the conditions of participation?

- Participation is voluntary.
- Participants agree not to smoke from May 1st, 2023 to May 31st, 2023, World No-Tobacco Day, inclusive.
- The registration deadline is April 14th, 2023.
- Participation is open to DKFZ employees and those authorized to access the DKFZ who smoke, as well as their helpers (DKFZ employees and those authorized to access the DKFZ, as well as external persons).
- To participate, registration is required via the following website: <https://indico.dkfz.de/e/rauchfreiabmai2023>.
- One helper can support several participants and can therefore be named as a helper in case of several registrations.
- All participants who manage not to smoke from May 1st, 2023 to May 31st, 2023 and who can provide a negative cotinine test, as well as their helpers, win.

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- The winners must prove by a urine test that they have not smoked from May 1st, 2023 to May 31st, 2023. The urine test can be carried out at the Company Medical Service or at the family doctor. The test material will be provided free of charge by the DKFZ Company Medical Service.
- Participants may use medicinal tobacco cessation aids during the competition, e.g. nicotine chewing gum, patches or lozenges. This will not significantly affect the urine test.
- If desired, the winners can be published in “Intern” and on the DKFZ intranet.
- Any recourse to courts of law is excluded.

What can I win?

The winners can choose between:

- 6 issues of the magazine “Spektrum Gesundheit”,
- 3 issues of the magazine “Geo-Wissen Gesundheit” (2 issues & one additional issue as a gift),
- a voucher for SportScheck,
- a voucher for Decathlon,
- a Miramar voucher (adult day pass for adventure pool, thermal bath & sauna)
- 10 entries for the thermal bath Heidelberg, and
- a tree/flowering meadow donation via <https://www.wald.de>

Tips for quitting

- Get involved with the health and personal benefits of not smoking, as well as the benefits of not smoking for our environment and climate protection.
- You can find detailed information about quitting smoking on the Internet at <https://www.rauchfrei-info.de>.
- Work out how much money you would save if you didn't smoke for a month or a year and think about what you could do with the money you save. Visit <https://www.rauchfrei-info.de> for a savings calculator and more information on how to quit smoking.
- Throw away everything that reminds you of smoking (cigarette pack, lighters and ashtrays).
- Get support from your helper, such as making appointments to go jogging or swimming.
- Avoid places where you used to get cigarettes.
- Talk to your friends, colleagues or relatives about your decision to become a non-smoker.
- If necessary, seek advice from the DKFZ Company Medical Service, your family doctor, your pharmacist or a cessation specialist.

Organisation/Contact

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