



## TOBACCO FREE PLEDGE

As part of the East Central College Wellness Program, employees have the opportunity to earn wellness points by completing the following documentation regarding tobacco use.

**I \_\_\_\_\_ pledge, I have refrained from the use of tobacco and will continue to do so for the duration of the 2019 incentive program year. I understand that 'tobacco' includes all forms of nicotine including cigarettes, e-cigarettes, cigars, pipes, snuff and chew. Furthermore, I understand it is my responsibility to immediately inform the Director of Human Resources, if I begin or resume using tobacco products. I further acknowledge I will lose any wellness points I am receiving for signing this pledge if I begin or resume using tobacco products.**

Employee Name (Print): \_\_\_\_\_

Employee Signature: \_\_\_\_\_

Date of agreement: \_\_\_\_\_