



Safety & Health Involvement for Truckers

We are participating in a driver health research study
Coming in 2012!

Interstate Distributor Co. is proud to announce that we will be participating in a driver health promotion research study! Oregon Health & Science University is running the project with funding from the National Heart Lung and Blood Institute.

WHO?

At selected terminals, any driver with an interest in managing or losing weight can volunteer.



WHAT? SHIFT provides:

- Free convenient health screening at our fuel stops!
- Fitness and blood pressure
- Blood cholesterol and sugar
- *Pay and lottery prizes for participating!*
- SHIFT volunteers, chosen by random selection, will receive a supplementary 6-month weight loss and health promotion program



VOLUNTARY & CONFIDENTIAL

Participation is voluntary and test results will be given to you. Your personal results will not be shared with your employer.

COMING IN THE NEW YEAR!

More information is coming. Watch for specific dates, times, and locations to enroll in 2012!

To Ask Questions or Volunteer Early:

E-mail: shift@ohsu.edu

Call: (503) 9-SHIFT-9

OHSU eIRB 3061

