**Tobacco Cessation Resources (PEBB)**

How to use

1. Share the message below with employees.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject**: Explore resources to live tobacco free

Whether you’re considering quitting, are already in the process, or are supporting a loved one through their cessation journey, we’re here to help!

**Resources to Live Tobacco Free**

You and your loved ones’ health are top priorities. We’re dedicated to providing you with tools and support.

* All PEBB subscribers and their dependents (age 18 or older) enrolled in a PEBB medical plan can access resources through their medical plan. Learn about [Living tobacco free](https://www.hca.wa.gov/employee-retiree-benefits/living-tobacco-free-pebb).
* You can also find tobacco cessation resources on [SmartHealth](http://smarthealth.hca.wa.gov) under the “Activities and Resources” area. Plus, subscribers can earn points toward their $125 wellness incentive by participating in tobacco cessation-related activities.
* Anyone can call (800) QUIT-NOW to learn about additional resources.

**Questions?**

Contact [Aubry Bright](mailto:aubry.bright@hca.wa.gov).

**END MESSAGE**