

Great American Smokeout (SEBB)

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**: Join us for the Great American Smokeout on November 20

On Thursday, November 20, we invite you to join the Great American Smokeout, a nationwide initiative to support those who want to quit smoking and embrace a healthier, smoke-free lifestyle. If you or someone you know is thinking about quitting, this is a powerful day to take that first step.

**Why participate?**  
Quitting smoking can be challenging, but the benefits to your health, energy levels, and even finances make it incredibly worthwhile. The Great American Smokeout is an excellent opportunity to kick-start your journey toward better health with the support of millions of people across the country.

**Resources available to you:**

* **Your medical plan**: Learn about the [**tobacco cessation benefits**](https://www.hca.wa.gov/employee-retiree-benefits/living-tobacco-free-sebb) available to you and your family members.
* **National support**: The American Cancer Society provides [**resources and guidance**](https://www.cancer.org/cancer/risk-prevention/tobacco.html)to help you make a plan to quit.
* **Helpline**: The National Quitline, 1-800-QUIT-NOW (1-800-784-8669), is available for free support and coaching.
* **Quit apps**: Check out recommended quit-smoking apps like QuitGuide and QuitStart for daily reminders, goal tracking, and motivational support.

Let’s support each other in taking one small step towards a healthier future. Whether it’s your day to quit or to encourage a friend, together, we can make a big difference.

**Questions?**

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

**END MESSAGE**