

There are many reasons to quit tobacco.

What's yours?

Quitting is easier when you have support you can count on every step of the way. Learn about the programs that support you living tobacco free at hca.wa.gov/tobacco-free.



Don't give up.
Every try counts.



If you need an accommodation, or require documents in another format, please contact your personnel, payroll, or benefits office.

Washington State
Health Care Authority
PUBLIC EMPLOYEES BENEFITS BOARD
HCA 66-0019 (12/19)

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