

There are many reasons to quit tobacco.

What's yours?

Don't give up.

It can take several attempts to quit. Every try counts.

Learn about the programs that support you living tobacco free at hca.wa.gov/tobacco-free-sebb.

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

HCA 66-0021 (11/19)



There are many reasons to quit tobacco.

What's yours?

Don't give up.

It can take several attempts to quit. Every try counts.

Learn about the programs that support you living tobacco free at hca.wa.gov/tobacco-free-sebb.

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

HCA 66-0021 (11/19)



There are many reasons to quit tobacco.

What's yours?

Don't give up.

It can take several attempts to quit. Every try counts.

Learn about the programs that support you living tobacco free at hca.wa.gov/tobacco-free-sebb.

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

HCA 66-0021 (11/19)



There are many reasons to quit tobacco.

What's yours?

Don't give up.

It can take several attempts to quit. Every try counts.

Learn about the programs that support you living tobacco free at hca.wa.gov/tobacco-free-sebb.

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

HCA 66-0021 (11/19)

