



**There are many reasons to quit tobacco.**

What's yours?

**Don't give up.**

It can take several attempts to quit. 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-sebb](https://hca.wa.gov/tobacco-free-sebb)

If you need an accommodation, or require documents in another format, please contact Health Care Authority at 1-800-200-1004 (TRS: 711).