



There are  
many reasons  
to quit tobacco.  
What's yours?

## Don't give up.

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

HCA is committed to providing equal access to our services. If you need an accommodation, or require documents in another format, please contact your payroll or benefits office.

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Washington State  
Health Care Authority  
SCHOOL EMPLOYEES BENEFITS BOARD