

Tobacco Cessation Resources (PEBB)

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**: Tobacco cessation resources: online, apps, and text messaging

Cessation help isn’t just about phone calls or doctors’ visits. Many resources are available online, via text messaging, and apps. Phone calls are not needed.

Quitting tobacco and nicotine isn’t easy, but it can lead to a lot of positives.

If you or a loved one is thinking about quitting, then you should know [there are many resources out there to help](https://washingtonbreathes.org/priorities/improve-access-to-cessation-treatment/quit-services/) and several of them are free or [covered by your health insurance](https://www.hca.wa.gov/employee-retiree-benefits/living-tobacco-free-pebb).

See below for some easy-to-access resources. Support is at your fingertips!

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| **Population served & resource type** | **App/ Texting/ Online resource** | **Access info** |
| Apps for tobacco use and vaping. | [2Morrow Health](https://doh.wa.gov/you-and-your-family/tobacco/how-quit/self-help-options/2morrow-health) | Download the app or register online. Available in Spanish. |
| Teens and young adults ages 13-26. Focus on vaping. | [Live Vape Free](https://livevapefree.com/) | Text VAPEFREE to 873373 |
| Teens and young adults ages 13-24 | [This is Quitting](https://doh.wa.gov/you-and-your-family/tobacco/how-quit/self-help-options/quitting) | Text VAPEFREEWA to 88709 |
| Created for teens and young adults. Self-guided, online program for all types of tobacco use. | [NOTforMe.org](https://notforme.org/) | Create an account [online](https://notforme.org/). Can be accessed on computer, tablet, or phone. |
| App for teens and adults. | [quitSTART](https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitstart-app/index.html) | Download the app. |
| Text based support.  Available for specific populations like veterans, teens, Spanish language speakers, 60+, etc. | [SmokefreeTXT](https://smokefree.gov/tools-tips/text-programs) | Text START to 47848 |
| Online program with text support and interactive online guides and tools. | [BecomeAnEx.org](https://www.becomeanex.org/) | Sign up [online](https://www.exprogram.com/). |

Quitting tobacco can be difficult and often requires multiple attempts, but you have several resources to help you on this journey.

**Questions?**

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

**END MESSAGE**