Living Tobacco Free Message (PEBB)

# How to use

1. Use the message below to promote the living tobacco free programs your PEBB medical plan offers at no cost to you.
2. The message is ready to use as is or edit to make it work for your organization.
3. If needed, finish by adding your contact information, logo, and more.

***Tip****: Highlight the value of worksite wellness by getting leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our* [*SmartHealth Worksite Wellness Roadmap*](https://www.hca.wa.gov/about-hca/washington-wellness/build-wellness-program) *to earn our* [*annual Zo8 Award*](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success)*.*

**MESSAGE BELOW**

**Email Subject:** Every try Counts!

If you or a loved one struggles with tobacco use, don’t give up on quitting. Every try counts. Most people try several times before they are able to quit for good. Quitting is easier when you have the support you can count on every step of the way.

Living tobacco free helps you breathe easier, feel better, and have more energy to do what you enjoy.

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

Learn about the programs that support you [living tobacco free](https://www.hca.wa.gov/employee-retiree-benefits/living-tobacco-free-pebb).

**MESSAGE END**