

SUBJECT: Let's build a tobacco-free workplace together!

BODY COPY:

One of our three main focus areas in the [Working for a Healthier Tennessee](#) initiative is **tobacco cessation**. A tobacco-free workplace is a healthier workplace. So whether you're a tobacco user or you've never used it at all, now's the time to commit to making our workplace tobacco-free.

We all know it's tough to quit. **That's why we're going to do this together.**

So where do we start? If you're a tobacco user, The State Group Insurance Plan provides free [tobacco quit aids](#) to members who want to quit.

The Tennessee Tobacco QuitLine is available at 1-800-QUIT-NOW or www.tnquitline.org.

[Here4TN](#) has additional tools and resources that will help you quit for good.

Next, whether you use tobacco or not, you can offer to be a "quit buddy" for a co-worker, someone he or she can lean on at work when quitting gets tough. When the urge to use tobacco strikes, it's good to have a buddy to help you resist.

I'm here to help, too. Let me know how you're doing, and if there's anything I can do to support you along the way. We can do this.

Thank you for leading the way to a healthier Tennessee.