Tobacco Cessation Program

Quit smoking today!

1. **Understand your triggers**
2. **Reduce your use**
3. **Create a quit plan**
4. **Quit time**

The Tobacco Cessation Program, provided by *Hubbub*, is designed to provide an individualized approach to quitting tobacco. This evidence-based ACA compliant program consists of four steps that can be completed sequentially or repeated as many times necessary in order to successfully quit.

Get help quitting through:

- Web-based learning
- Social support through participation
- Progress tracking with earned badges

To join:

1. Visit **www.hubbubhealth.com**
2. Log into your account or click "sign up"
3. Once logged in, click the "Challenges" tab on the top of the screen
4. In the search bar, in the upper right corner, type "**Tobacco Cessation Program**"

Cascade Employee Assistance Program
800-433-2320
www.cascadecenters.com

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