

AD-ID: VCDC1377000H

SPOT TITLE: Ethan B_Sticky Note Tip_AVO2_15_URL

LENGTH: :15

AS-RECORDED SCRIPT:

ART CARD: A TIP FROM A FORMER SMOKER®

SUPER: Ethan, 59, California

We see Ethan talking to camera in his home. He is wearing a denim button down.

ETHAN: I smoked and have had multiple strokes.

Cut to Ethan sitting at a table writing on a piece of paper.

ETHAN: Now, it's hard for me to remember things.

Cut to Ethan speaking to camera in his home.

Cut to Ethan adding a blue sticky note to his refrigerator that reads "Take Meds!"

ETHAN: My tip is, if you need to remember something, write it down quickly.

ART CARD: Quitting smoking lowers your risk of stroke.

ANNCR: You can quit. For free help, visit [CDC.GOV/TIPS](https://www.cdc.gov/tips)

ART CARD: You can quit. For free help, visit [CDC.GOV/TIPS](https://www.cdc.gov/tips)

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