

AD-ID: VCDC1426000H

SPOT TITLE: Tammy W\_Everything Right Tip\_AVO2\_30\_URL

LENGTH: :30

AS-RECORDED SCRIPT:

ART CARD: A TIP FROM A FORMER SMOKER®

We see a close up of Tammy breathing in with her eyes closed.

TAMMY: I thought I was doing everything right.

Cut to Tammy taking a cut up pineapple out of the fridge. She pours it in a bowl and walks around her home eating it.

I ate right. I went to the gym and I ran every day.

Cut to Tammy walking down the stairs to go on a run.

SUPER: Tammy W., 50, Tribal Member, Little Traverse Bay Bands of Odawa Indians

Cut to Tammy speaking to camera in her home.

TAMMY: I smoked menthol cigarettes because I thought they were healthier. Menthol cigarettes didn't seem as harsh.

Cut to images of Tammy in a hospital bed hooked up to several machines.

TAMMY: When surgeons open your chest at age 44 because of heart disease from smoking, you learn quickly...

Cut to Tammy speaking to camera in her home.

TAMMY: There is no healthy cigarette.

ART CARD: Menthol cigarettes are just as damaging as other cigarettes.

ANNCR : Menthol cigarettes are just as damaging as other cigarettes.

ANNCR: You can quit. For free help, visit [CDC.GOV/TIPS](http://CDC.GOV/TIPS)

ART CARD: You can quit. For free help, visit [CDC.GOV/TIPS](http://CDC.GOV/TIPS)

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