

AD-ID: VCDC1427000H

SPOT TITLE: Tammy W_Stress Relief Tip_AVO2_15_URL

LENGTH: :15

AS-RECORDED SCRIPT:

ART CARD: A TIP FROM A FORMER SMOKER®

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

We see Tammy speaking to camera in her home. She is wearing a teal blouse.

TAMMY: I used to smoke, I thought it helped relieve my stress.

Cut to an image of Tammy in the hospital intubated after surgery.

TAMMY: But then I had open heart surgery.

Cut to Tammy showing her scar.

TAMMY: My tip is, find healthy ways to cope with stress,

Cut to Tammy speaking to camera in her home.

TAMMY: because open heart surgery, it's pretty stressful.

ART CARD: Smoking causes heart disease.

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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