

***Tips From Former Smokers Tips 2018/TV***

***Tiffany & Sharon/TV "Ways to Quit" :30***

**The spot opens on the *Tips From Former Smokers* logo and cuts to a shot of Tiffany sitting on a couch and facing the camera. Tiffany's age (39) and state (Louisiana) are displayed on screen.**

SUPER: Tiffany, 39, Louisiana

**TIFFANY: I quit smoking. But I still get those cravings, so I talked to my doctor and with counseling, exercise and using the nicotine patch and gum I quit for good.**

**My tip is: get help to find the best way for *you* to quit smoking.**

**The camera cuts wide to reveal Sharon sitting on the couch next to Tiffany. Sharon's age (58) and state (Illinois) are displayed on screen.**

SUPER: Sharon, 58, Illinois

**Sharon points to her stoma as she speaks.**

**SHARON: Before you have to replace your voice box.**

**The spot cuts to the art card, which reads "Getting help doubles your chances of successfully quitting."**

ART CARD: Getting help doubles your chances of successfully quitting.

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

ART CARD: For help getting free medication, visit [CDC.GOV/TIPS](https://www.cdc.gov/tips). CDC Logo While supplies last, if available from your state, and if medically appropriate. Brought to you by the U.S. Department of Health and Human Services #CDCTips