

*Tips From Former Smokers Tips 2020/TV*

Tonya/TV "Tonya Plugged In Tip" :30

The spot opens on the *A Tip From A Former Smoker* logo and cuts to Tonya sitting on her bed. We see her state (North Carolina) and age (49).

TONYA: Because I smoked, I have heart failure.

The spot cuts to Tonya looking off camera. We then see her handling her heart pump.

TONYA: I had to have open heart surgery and a battery-operated heart pump installed inside of me...

The spot cuts back to Tonya sitting on her bed.

TONYA: ...to keep me alive.

The spot cuts to Tonya sitting on her bed, assembling the machine that her batteries plug into.

TONYA: At night, I have to plug myself into the wall to keep the pump working.

The spot cuts to Tonya speaking to the camera.

TONYA: My tip is, try not to be a restless sleeper, because if you're not plugged in,

The spot cuts to Tonya unplugging her batteries. We hear a beeping alarm.

TONYA: you don't have very long to live.

The spot cuts to the art card, which reads "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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