

BEST TIPS CONTEST (NOVEMBER/DECEMBER 2014)

Official Contest Rules

1. HOW TO ENTER

- 1.1 Visit Best Health Magazine, published by Reader's Digest Magazines Canada Limited (hereinafter RD) website located at www.besthealthmag.ca/tips and follow the instructions to register and to submit your Best Health tip. You may also go to www.facebook.com/besthealth to find out how to enter. The contest period opens on November 6, 2014 and closes on December 22, 2014 at 23:59:59 (EST). Website tracking determines date and time of entry.
- 1.2 One entry per person, per day will be accepted. One "day" is 00:00:01 to 23:59:59.
- 1.3 No purchase is necessary to enter and to win.

2. ELIGIBILITY

- 2.1 This contest is open to Canadian residents who, at the time of participation, have reached the age of majority according to the law of the province or territory in which they reside. Employees of Reader's Digest Association (Canada) ULC (RD), their respective parent companies, subsidiaries, affiliates, partners, dealers, advertising and promotion agencies and their immediate families (parents, children, siblings, spouse) or members of the same household (whether related or not) of such employees/officers/directors are not eligible to enter. Odds of winning depend on the number of entries received.
- 2.2 This contest is void outside of Canada.

3. ENTRY REQUIREMENTS

- 3.1 Log on to www.besthealthmag.ca/tips or to www.facebook.com/besthealth and follow directions provided to register and to submit your Best Health tip.
- 3.2 All entry requirements specified on our website must be followed in order to be entered for a chance to win any of the prizes offered.
- 3.3 Submissions should not include copyright-protected material unless given permission from the copyright holder. Failure to comply will result in disqualification from the contest.

4. PRIZES AND AWARDING

On January 2, 2015, at 11:00 a.m. (EST), at the Reader's Digest office in Montreal, a random electronic draw will be performed to draw three (3) qualifying winners.

Each winner will receive a Best Health Books Prize Pack valued at \$60.00

Total value of prizes to be awarded: \$180.00

These prizes are non-transferable, and must be accepted as awarded with no cash substitution. RD reserves the right to substitute these prizes for ones of equal or greater value, with the authorization of the *Régie des alcools, des courses et des jeux*. These prizes are guaranteed to be awarded. By entering the contest, entrants agree to abide by these contest rules, and the decisions of RD are final on all matters regarding this contest. In order to win a prize, participants must register and send us their Best Health tip at the www.besthealthmag.ca/tips or at www.facebook.com/besthealth registration site. The qualifying winner will be notified by mail, shortly after the contest close date. The winners must sign a claim form and will as well be required to answer correctly a skill-testing question in order to claim their prize. The winners will receive their prize approximately 30 days from the date their release form is received at RD.

5. CONDITIONS

- 5.1 RD is not responsible for lost, late, incomplete, invalid, unintelligible, or misdirected entries, which will be disqualified. Proof of submission will not be deemed to be proof of receipt. All entries become the sole property of RD and will not be acknowledged or returned. In the event an insufficient number of entries are received, RD, with the authorization of the *Régie des alcools, des courses et des jeux*, reserves the right to cancel the Contest and shall be under no obligation to award the prizes. Entries not satisfying these Official Rules will be automatically disqualified. All entrants must have a valid email address. In case of dispute as to identity of entrant, entry will be declared made by the authorized account holder of the email address submitted at time of entry. 'Authorized Account Holder' is defined as the natural person who is assigned an email address by an Internal access provider, online service provider, or other organization (e.g., business, educational, institution, etc.) responsible for assigning email addresses or the domain associated with the submitted email address.
- 5.2 By submitting your tip, you confirm you have cleared all usage rights associated with your submission and you agree to license your submission to RD for use in their magazines and web sites.
- 5.3 RD reserves the right to refuse submissions deemed inappropriate or offensive in any way.
- 5.4 Submissions may be cut, edited, reformatted, rearranged, combined with other materials and/or otherwise modified. Participation in the contest and acceptance of prize constitute the winner's permission for RD to use his/her name, photograph, biographical information, and film and/or any statements made by each winner regarding the contest without notice or additional compensation. By participating, entrants and winners agree to release and hold harmless RD, and their respective parent companies, subsidiaries, affiliates, partners, representatives, agents, employees, officers and directors, from any and all liability, for loss, harm, damage, injury, cost or expense whatsoever including without limitation, property damage, personal injury and/or death which may occur in connection with, preparation for, travel to, or participation in contest, or possession, acceptance and/or use or misuse of prize or participation in any contest-related activity and for any claims based on publicity rights, defamation, invasion of privacy, copyright infringement, trademark infringement or any other intellectual property-related cause of action. Entrants who do not comply with these Official Rules, or attempt to interfere with this contest in any way shall be disqualified.

- 5.5 Any attempted form of entry other than as set forth above is prohibited. RD is not responsible for technical, hardware, software, telephone, or other communication malfunctions, errors or failures of any kind, lost or unavailable network connections, website, Internet, or ISP availability, unauthorized human intervention, traffic congestion, incomplete or inaccurate capture of entry information (regardless of cause) or failed, incomplete, garbled, jumbled or delayed computer transmissions which may limit one's ability to enter the contest, including any injury or damage to participant's or any other person's computer relating to or resulting from participating in this contest or downloading or uploading any materials in this contest. RD, with the authorization of the *Régie des alcools, des courses et des jeux*, reserves the right to cancel, terminate, modify, extend or suspend this contest should virus, bugs, non-authorized human intervention, fraud, or other causes beyond its control corrupt or affect the administration, security, fairness or proper conduct of the contest. In such case, RD will select the winner from all eligible entries received. RD reserves the right to disqualify any individual it finds to be tampering with the entry process or the operation of the contest or web site. RD may prohibit an entrant from participating in the contest or winning a prize if it determines that said entrant is attempting to undermine the legitimate operation of the contest by cheating, hacking, deception, or other unfair playing practices (including the use of automated quick entry programs) or intending to annoy, abuse, threaten or harass any other entrants or RD employees.
- 5.6 Caution: any attempt by an entrant to deliberately damage any web site or undermine the legitimate operation of the contest may be a violation of criminal and civil laws and should such an attempt be made, the sponsor reserves the right to seek damages from any such person to the fullest extent permitted by law.

6. **LEGAL**

This contest complies with all Canadian laws. In Québec, the required duties have been paid. Quebec residents may submit any litigation respecting the conduct or organizing of a publicity contest to the *Régie des alcools, des courses et des jeux* du Québec for a ruling. Any litigation respecting the awarding of a prize may be submitted to the *Régie* only for the purpose of helping the parties reach a settlement. Information concerning this contest will be available online at www.besthealthmag.ca . Or you can write to: 'Best Health Tips Contest (November/December 2014)' at The Reader's Digest Association (Canada) ULC, c/o Prize Award Office, 1125 Stanley Street, Montréal, Québec H3B 5H5. This contest is owned, operated and administered by The Reader's Digest Association (Canada) ULC.