

OFFICIAL RULES – Advocate Health Care - Personal Mantra Sweepstakes
NO PURCHASE NECESSARY

HOW TO ENTER/CONTEST DETAILS: This contest begins at 7:00 A.M. CST on Tuesday, May 30, 2017 and ends at 5:00 P.M. CST on Thursday, August 30, 2017. To enter, share your original transformational statement using the submission form on Advocate Health Care’s contest webpage, [here](#). Participants may only enter one (1) time during the contest period. Entrants must include name, email, mailing address and agree to the official rules to be entered to win. Participants can also opt-in to receive Advocate’s daily health enews newsletter and emails at the end of the submission form.

ELIGIBILITY: Open to legal residents of the 50 United States and the District of Columbia who are 18 years or older at time of entry (“Entrant(s)”). Void where prohibited by law.

PRIZES AND APPROXIMATE RETAIL VALUE: Each week one randomly selected winner will be chosen to win an Advocate prize pack (appx. value \$30) and a total of five (5) winners will be chosen (items may vary based on availability, but may include Advocate branded t-shirt, headphones, sunglasses, water bottle or other items.) GRAND PRIZE: Two (2) individual winners will be randomly selected for the grand prizes. One participant will be selected to win an Apple Watch (Appx. Value \$400). And one participant will be selected to win a Google Home (Appx. Value \$130). Items subject to change at any time. The prize is awarded without warranty, express or implied, of any kind.

WINNERS SELECTION/NOTIFICATION: The winner will be selected on Monday, July 3, 2017 at 2:00 P.M. CST (noon). The winner will be notified via the email address provided in the sweepstakes submission form. By claiming this prize you are giving Advocate the rights to use your entry in other Advocate sponsored social media such as Facebook, Twitter, Instagram and our Advocate sponsored websites. The winner that is chosen by Advocate Health Care is the final decision unless the prize is unclaimed within the 10-day allotment to claim their prize, which will also be noted in the notification email. At that time, another winner will be selected. The prize will be shipped to the address provided by the individual winner. Shipping costs will be paid for by Advocate Health Care. Winner is solely responsible for reporting winnings to IRS and paying applicable taxes. If the winner is an associate of Advocate Health Care, names of winners will be supplied to Advocate Health Care’s Accounting Department to determine if an employee of Advocate Health Care was awarded one of the prizes. If an employed associate wins, the taxes for the prize will be deducted from that associate’s paycheck. Associates can turn down the prize if they choose. Odds of winning a prize depend on the number of eligible entries received during the Promotion Period.

CONDITIONS OF PARTICIPATION: Nothing in these Official Rules shall obligate Sponsor to publish or otherwise use any entry submitted in connection with this Contest. Entrants agree to be bound by the terms of these Official Rules and by the decisions of Sponsor, which are final and binding on all matters pertaining to the Contest. In addition, by entering, Entrant grants to

Sponsor a non-exclusive, worldwide, royalty-free license to edit, publish, promote, republish at any time in the future and otherwise use Entrant's submitted photo(s), along with Entrant's name, likeness, biographical information, and any other information provided by Entrant, in any and all media for possible editorial, promotional or advertising purposes, without further permission, notice or compensation (except where prohibited by law). Each Entrant, as a condition of receiving any prize, also may be required to sign and return an Affidavit of Eligibility, a Liability Release and where legally permissible a Publicity Release and confirmation of a license as set forth above within 3 days following the date of first attempted notification, certifying, among other things, the following: (a) entry does not defame or invade the privacy of any party; (b) entry does not infringe upon the rights of any third party; and (c) the photo and other materials submitted are original and have never been published and entry has never won an award. Each winner's guest will be required to sign a release prior to accompanying the winner. By entering and/or accepting prize, Entrants and winners (i) certify that their submission does not violate any third party's intellectual property rights or include depictions of individuals who have not granted permission to be included in the submission and (ii) agree to hold Sponsor and its promotional partners, its directors, officers, employees and assigns harmless for liability, damages or claims for injury or loss to any person or property (including death) relating to, in whole or in part, directly or indirectly, participation in this Contest, the acceptance and/or subsequent use or misuse, or condition of any of the Prizes awarded, or claims based on publicity rights, defamation, or invasion of privacy. False or deceptive entries or acts will render the Entrant ineligible. Sponsor, in its sole discretion, reserves the immediate and unrestricted right to disqualify any Entrant or prize winner, if either commits or has committed any act, or has been involved or becomes involved in any situation or occurrence which the Sponsor deems likely to subject the Sponsor, Entrant or winner to ridicule, scandal or contempt or which reflects unfavorably upon the Sponsor in any way. If such information is discovered by Sponsor after a winner has received notice of his Prize and before the Prize is awarded, Sponsor may rescind the Prize in its entirety. If a portion of his/her Prize has already been awarded, Sponsor may withdraw the remainder of the Prize that has been fulfilled. Decisions of the Sponsor are final and binding in all matters related to this paragraph. Sponsor is not responsible for any typographical or other error in the printing of the offer, administration of this Contest, or in the announcement of the Prize. Odds of winning a Prize depend on the number of eligible entries received during the Promotion Period. All federal, state and local laws and regulations apply.

INTERNET: Sponsor is not responsible for lost or late entries nor for electronic transmission errors resulting in omission, interruption, deletion, defect, delay in operations or transmission, theft or destruction or unauthorized access to or alterations of entry materials, or for technical, network, telephone equipment, electronic, computer, hardware or software malfunctions or limitations of any kind, or inaccurate transmissions of or failure to receive entry information by

Sponsor on account of technical problems or traffic congestion on the Internet or at any Web site or any combination thereof. If for any reason the Internet portion of the Contest is not capable of functioning as planned, including infection by computer virus, bugs, tampering, unauthorized intervention, fraud, technical failures, or any other causes that corrupt or affect the administration, security, fairness, integrity, or proper conduct of this Contest, the Sponsor reserves the right in its sole discretion, to disqualify any individual who tampers with the entry process, and to cancel, terminate, modify or suspend the Contest. CAUTION: Any attempt by an Entrant to deliberately damage any Web site or undermine the legitimate operation of the Contest is a violation of criminal and civil laws and should such an attempt be made, Sponsor reserves the right to seek damages from any such Entrant to the fullest extent of the law.

GOVERNING LAW: This Contest is governed by the internal laws of the state of Illinois without regard to principles of conflict of laws. All cases and claims pertaining to this Sweepstakes must be brought in a court of competent jurisdiction in the County of Cook, without recourse to class action suits.

SEVERABILITY: If any provision of these Rules is found to be invalid or unenforceable by a court of competent jurisdiction or appointed arbitrator, such determination shall in no way affect the validity or enforceability of any other provision herein.