

My Good Health Live Well & Win Contest

Would you like to Live Well & Win Prizes? We're giving you the chance to do just that.



WHEN TO ENTER:

April 15 - June 16



WHO CAN ENTER?

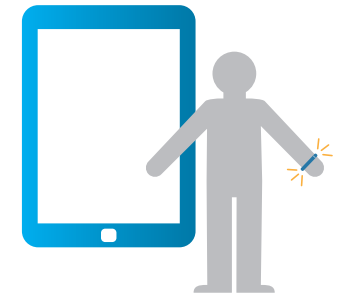
All Medavie Blue Cross cardholders who are residents of Canada. Cardholders who have already completed their health assessment can still enter by completing a new health assessment.

** Contest is not open to Medavie Blue Cross employees and family.*



HOW TO ENTER:

1. Visit medaviebc.mygoodhealth.ca and if you haven't already - sign up!
2. Build your health profile by filling out your health assessment
3. Start WINNING!



WHAT CAN YOU WIN?

WEEKLY PRIZES: Every Tuesday, starting April 29, we'll choose one contestant at random to take home a **Fitbit One®** wireless activity tracker!

GRAND PRIZE DRAW: On June 17, one Grand Prize winner will walk away with a **16GB Apple iPad®!**



My Good Health.

medavie.bluecross.ca/livewellwin

No purchase necessary. The contest is open to Medavie Blue Cross cardholders who are residents of Canada and who have reached the age of majority in their province. The entry forms must be received during the contest period starting at 12:00 a.m. (Atlantic Standard Time), April 15, 2014 and ending at 11:59 p.m. (Atlantic Standard Time), June 16, 2014. Odds of winning depend on the number of entrants. The prizes are valued at approximately \$999.95 (CAD) per Fitbit One® and \$999.00 (CAD) for the Apple iPad® Air 16GB Wi-Fi Space Grey. The contest is in no way sponsored or endorsed by FitBit, Inc. and Apple Inc. Full contest rules are available at: www.medavie.bluecross.ca/livewellwin.

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WHAT IS MY GOOD HEALTH?

My Good Health is your one-stop health and wellness site available to Medavie Blue Cross members.

WHAT CAN I FIND ON MY GOOD HEALTH?

- Nutrition & Activity Trackers
- Healthy Shopping Lists
- Symptom Checker
- Action Plans