

A Hand Up from Humana Official Rules

*NO PURCHASE NECESSARY TO ENTER OR WIN.
A PURCHASE DOES NOT IMPROVE YOUR CHANCES OF WINNING.*

1. **NOMINATION PERIOD.** Submissions in the “A Hand Up from Humana” program (the “Program”) must be submitted between 12:01 a.m. ET on Tuesday, January 15, 2019, and 11:59 p.m. ET on Thursday, February 28, 2019.
2. **ELIGIBILITY.**
 - **Nominator:** To submit a nomination, you must be a legal resident of the United States, at least 18 years of age or older and of the age of majority in your jurisdiction of residence, and reside in one of the 50 United States or the District of Columbia.
 - **Nominee:** A nominee must be a legal resident of the United States who is (or will be by December 31, 2018) at least 50 years of age or older, who resides in one of the 50 United States or the District of Columbia, and who has qualified for the 2019 National Senior Games presented by Humana in Albuquerque, New Mexico. Employees of Sponsor and the National Senior Games Association (“NSGA”) are not eligible to be nominated, nor are the immediate family members (parent, spouse, child, sibling) of such employees nor persons living in the same households as such persons (whether related or not).
3. **HOW TO SUBMIT A NOMINATION.** To submit a nomination, visit www.nsga.com/handupfromhumana and click on the link to the nomination form. Complete the form by entering information about the nominee along with a short essay of no more than 1,000 words (Sponsor uses JotForm software to count words) explaining why you believe this athlete deserves to be chosen for a scholarship to attend the 2019 National Senior Games. Your nomination may include photographs and video (see below), but only the essay is required. You may submit more than one nomination, but only one Nominee may be entered per form.

Optional photos and videos: If you choose to include photos or videos, the following are the only acceptable formats: pdf, doc, docx, xls, xlsx, csv, txt, rtf, html, zip, mp3, wma, mpg, flv, avi, jpg, ppeg, png, gif.

By submitting your nomination, you grant Sponsor and its designees the right, but not the obligation, to use your submission for the promotion of this and future events and for any and all internal purposes, without additional review or compensation. By entering, you represent and warrant that (i) your submission is your original work, (ii) you have all the rights and consents necessary to enter the submission and to grant Sponsor the rights described in this paragraph, and (iii) the submission does not infringe the

trademarks, copyrights, right of publicity, or other intellectual property, proprietary, or other rights of any third party.

4. **ADDITIONAL CRITERIA FOR NOMINATION.** Your submission (i) must not defame any person, (ii) must not invade the privacy rights of any person, (iii) must be consistent with the brand reputation of both Sponsor and the National Senior Games Association, (iv) must not include any of the following: obscenity; crude, vulgar or offensive language; violence, explicit sexual language; phone numbers, personal addresses (physical or email or otherwise); website or web page links or links to apps; derogatory characterizations of any ethnic, racial, sexual or religious groups or content that would humiliate other people (publicly or otherwise), any assault or threatening of others, or material that advertises the goods or services of Nominator or Nominee or material that includes any paid third party advertising. Submissions containing any of the foregoing content or otherwise in violation of these Official Rules, or containing any other content, display, materials and/or images that are or could be considered objectionable or infringing, inappropriate, unsuitable or offensive, as determined by Sponsor in its sole discretion, will be disqualified.
5. **SELECTION AND NOTIFICATION OF WINNERS:** There will be a total of ten (10) Grand Prize Winners, two (2) from each NSGA Region*. Eligible submissions will be judged as follows:

Round One: All eligible submissions will be evaluated by qualified judges from the executive ranks of the NSGA. The four (4) submissions in each NSGA Region with the highest Round One scores—twenty (20) total—will be designated as Finalists to advance to the second round. Up to 100 points will be awarded to each submission in Round One, based on the following criteria:

- 40 points for financial need, which is defined as how financial barriers affect the ability of the Nominee to register for and participate in the National Senior Games
- 30 points for inspiration, which is defined as what inspires you about this athlete to nominate them for a scholarship to participate in the National Senior Games
- 30 points for life-changing circumstance, which is defined as an event that has had a substantial impact, unanticipated, and involuntary, in the emotional, physical, and/or financial condition of the Nominee

Round Two: Submissions of the twenty Finalists will be evaluated by a panel of judges from the NSGA Board of Directors, Humana, and the Albuquerque 2019 Local Organizing Committee. Two (2) Grand Prize Winners will be chosen from each NSGA Region—ten (10) total—based on the same criteria applied in Round One.

In the event of a tie, the submission with the highest score in life-changing circumstance category will be the Winner. Should there still be a tie, the submission with the highest score in inspiration category will be the Winner. Should there still be a tie, the Round Two judges will select the submission they believe to be the better entry overall.

Winners and scholarship recipients will be notified by phone call and email on or about April 2, 2019.

6. REQUIREMENTS OF WINNERS. Except where prohibited by law, each winning Nominator and each winning Nominee will be required to complete and return the following forms:
- Nominator: The winning Nominator must complete and return an Affidavit of Eligibility and Compliance with Official Rules and a Release of Liability within fourteen (14) days of notification. *If Nominator does not complete and return the forms, the Nominee will not be eligible to claim the prize, and an alternate Winner will be chosen.*
 - Nominee: The winning Nominee must complete and return an Affidavit of Eligibility and Compliance with Official Rules, and a Release of Liability and Indemnification Agreement. The Nominee will also be asked to complete and return a Publicity Release, but this form is optional. *If Nominee does not complete and return the required forms, the Nominee will not be eligible to claim the prize, and an alternate Winner will be chosen.*
7. PRIZES. Each winning Nominee will receive a scholarship to participate in the 2019 National Senior Games in Albuquerque, New Mexico. The scholarship shall be in the amount of \$2,700 in the form of a corporate check, intended to defray the winning Nominee's costs for entry fee, travel and lodging to participate in the Games, and taxes on the prize.
- Total retail value of all prizes is \$27,000. Should the winning Nominee be unable to attend the Games, he or she will forfeit the scholarship. All federal, state, and local taxes are the sole responsibility of the winning Nominee. Sponsor will comply with necessary tax form filing obligations.
8. ODDS. Odds of winning depend on the number and quality of eligible entries. Sponsor cannot predict the number or quality of entries.
9. GENERAL CONDITIONS. No purchase necessary. Void where prohibited. Any Nominator or Nominee suspected of tampering with or disrupting any aspect of the Program will be disqualified. All decisions of Sponsor are final. By your participation in the Program, you (i) agree to be bound by these Official Rules, (ii) agree to release, indemnify, and hold Sponsor, NSGA, EcoMedia, and GMR Marketing, their affiliates, parents, subsidiaries, and divisions, and all of their officers, directors, employees, and agents harmless from any and all claims, liabilities, losses, and damages of any kind arising in whole or in part, directly or indirectly, from your participation in the Program, or from the acceptance, possession, use, or misuse of any Prize, and (iii) agree that any dispute or claim will be resolved individually and without resort to class action.
10. LIMITATION OF LIABILITY. **SPONSOR MAKES NO WARRANTIES OF ANY KIND, EXPRESS OR IMPLIED, INCLUDING WITHOUT LIMITATION IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, OR NONINFRINGEMENT WITH RESPECT TO THE PRIZES. SOME JURISDICTIONS MAY NOT PERMIT LIMITATIONS OR EXCLUSION OF LIABILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES OR EXCLUSION OF IMPLIED WARRANTIES. CHECK YOUR LOCAL LAWS TO DETERMINE IF ANY OF THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.** Sponsor is not responsible for late, lost, misdirected, or unintelligible

submissions, including submissions not received because of interrupted or unavailable network servers, failed communications networks or equipment, computer hardware or software, or other errors or malfunctions whether human, mechanical, or electronic. Should Sponsor, in its sole discretion, determine that the Program has been compromised by virus, bugs, hackers, or other causes beyond its control, Sponsor reserves the right to terminate the Program and choose the Winners in a fair and reasonable manner from among all eligible entries submitted prior to termination.

11. **PRIVACY.** Except as otherwise provided herein, no personal information collected by Sponsor in connection with the Program other than the Winning Nominator's and Winning Nominee's name, city, and state, will be shared with third parties. Information collected from Nominator at the jotform.com site will be controlled by JotForm Inc.'s privacy policy located at <https://www.jotform.com/privacy/>.
12. **WINNERS LIST.** The Winners list will be announced and may also be obtained by sending a request to contests@humana.com before July 31, 2019.
13. **SPONSOR.** The Sponsor of the Program is Humana Inc., 500 West Main Street, Louisville, Kentucky 40202.

* The NSGA divides its Member Organizations into five Regions, as follows:

- Northeast: Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Washington, D.C.
- Southeast: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Kentucky, North Carolina, South Carolina, Tennessee, Virginia, West Virginia
- Great Lakes: Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Ohio, Wisconsin
- West: Colorado, Kansas, Nebraska, New Mexico, North Dakota, Oklahoma, South Dakota, Texas, Wyoming
- Pacific: Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, Oregon, Utah, Washington