



# 2015 Home Depot Health Challenge

# CHALLENGE RULES

Challenge runs July 9 – August 27, 2015

*Applies to Canada Only*

## 1. WHAT IS THE HOME DEPOT HEALTH CHALLENGE?

- The 2015 Challenge features activities and valuable tools to help you improve your health, feel better and have fun. Plus you could win up to \$1,000! Associates who participate in the Challenge choose from a variety of activities in the **Move, Fuel** and **Balance** categories. It is possible to earn up to 3 points a day in the **Move, Fuel** and **Balance** categories. Two bonus points per week are also available, for a total of 166 possible points during the Challenge.



**move**  
Be physically active

- Incorporated 30 minutes or (2) 15-minute sessions of continuous physical activity into my day



**FUEL**  
Make healthier food choices

- Drank 2 litres of water,
- Chose whole grains instead of refined grains,
- Ate at least 3 servings of fruits and vegetables, and
- Avoided oversized portions



**Balance**  
Lower stress

- Took 15 minutes or more to do something that was calming or fun,
- Slept 7 hours or more, and
- Worked to reduce an unhealthy habit

*Note: It is always important to consult your doctor before starting an exercise program.*

## 2. WHY IS THE HOME DEPOT OFFERING THE HEALTH CHALLENGE?

- The Home Depot is committed to living our values and “taking care of our people” by offering valuable wellness tools to help associates improve their health year-round. The Challenge is just one of the various year-round Company-offered tools available to encourage associates to engage in their health to improve their life.

## 3. WHO IS ELIGIBLE TO PARTICIPATE IN THE HEALTH CHALLENGE?

- All Canadian associates are eligible to participate for free.

## 4. WHAT ARE THE KEY 2015 HEALTH CHALLENGE DATES?

- **Registration Dates:** June 29 – July 8
- **Health Challenge Starts:** July 9
- **Health Challenge Ends:** August 27
- **Last Day to Enter Points:** September 3
- **Health Challenge Cash Prize Winners Announced:** September 24

## 5. DO I HAVE TO PARTICIPATE IN THE HEALTH CHALLENGE?

- No, participation in the Challenge is completely voluntary.

## 6. WHAT ARE THE BENEFITS OF PARTICIPATING IN THE HEALTH CHALLENGE?

- A fun way to better health.
- Check out the great statistics from the 2014 Home Depot US Challenge.

### THE 2014 HOME DEPOT US HEALTH CHALLENGE PRODUCED AMAZING RESULTS!



**152,000**  
associates participated —  
that's almost triple  
the participation from  
the prior year's Challenge



Together, participants  
logged the equivalent  
of more than  
**416 YEARS**  
of exercise!



**653 MILLION**  
calories were avoided  
by participants choosing  
water instead of a  
sugary beverage



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## 7. HOW DO I REGISTER FOR THE HEALTH CHALLENGE?

- **ASSOCIATES:** You can register for the Challenge starting Monday, June 29. From [livetheorangelifecan.ca](http://livetheorangelifecan.ca) click **Health Challenge**, and you'll be on the **Home** page. Click **Register Now!** All you need to register is:

— Your Associate ID      — Your Date of Birth

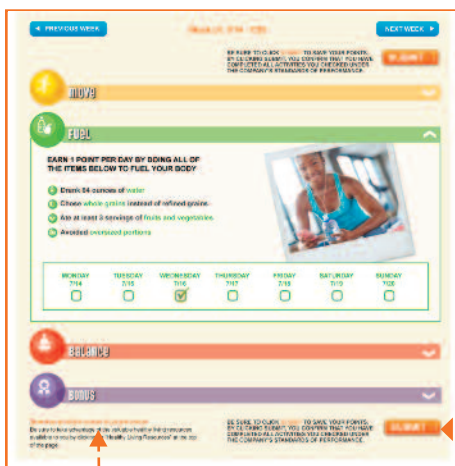
During registration, you'll create your personal username and password, which you'll use to enter and submit your points throughout the Challenge. And, check out the **Getting Ready Tips** that will help you make the most of your Challenge experience. If you have any issues with registration, call the Help Desk at **1-877-870-5063 (option 3)** between 8:00 a.m. – 8:00 p.m. ET.

## 8. DO I EARN AND TRACK POINTS?

- Once the Challenge begins on July 9, you can earn up to 3 possible points per day for completing healthy activities in the **Move, Fuel** and **Balance** categories. Plus, you can earn two bonus points per week for completing the weekly Homer Bonus activity and cooking a healthy recipe.

CATEGORY	# OF POINTS AVAILABLE PER DAY	# OF DAYS IN THE CHALLENGE	TOTAL POINTS AVAILABLE BY CATEGORY
<b>MOVE</b> Be physically active	1	X 50	= 50
<b>FUEL</b> Make healthier food choices	1	X 50	= 50
<b>BALANCE</b> Lower stress	1	X 50	= 50
<b>BONUS POINTS: Weekly Homer Bonus Activity</b>	1 point per week		8
<b>BONUS POINTS: Cooking a Healthy Recipe</b>	1 point per week		8

**TOTAL POINTS AVAILABLE IN THE CHALLENGE: 166**



Once logged onto the Challenge website, click on **Track Points**. Here, you can track your points by adding a check mark for each day of the week in which you completed all of the items in the category. For bonus points, check the weekly bonus item if you have completed it. Then click **Submit** to save your points. **Don't forget to hit Submit!**

If you want to track your points on paper, you can download and print a paper point tracking form from the **Track Points** page. Note that even if points are tracked on paper, you must then enter them into the Challenge website each week.

**Be sure to enter and submit your points from your computer or mobile device. Only points entered online and submitted will be counted.**

If you don't have access to a computer or mobile device to enter your points, you can contact the Help Desk for an alternative at **1-877-870-5063 (option 3)**.



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## 8. HOW DO I EARN AND TRACK POINTS? CONTINUED

- The Home Depot and its agents are not responsible for late or for any incorrect or inaccurate information, whether caused by any technical or human error which may occur in the processing of submissions in the contest.
- The Home Depot expects participants to comply with the Company's Standards of Performance. Any false statement/entry may result in your exclusion from the Challenge/ability to win a prize and may result in discipline under the Standards of Performance, up to and including termination of employment.

## 9. WHAT PRIZES CAN I WIN?

- Associates who reach the Bronze, Silver, Gold or Platinum point level will be entered to win an individual prize of \$100, \$250, \$500 or \$1,000, depending on the point level achieved by the end of the Challenge.

To win a team prize worth \$1,000 toward your location's Fun Fund (or alternative prize at management's discretion), your team must earn the highest average number of points per associate of the teams you are competing against. You can view your points and rankings, along with the teams you are competing against, on the [Home](#) page.

- Team prizes will be awarded as follows:

- 1 prize to the highest store per district
- 1 prize for the highest MET Team in each region
- 1 prize for the highest distribution centre
- 1 prize for the highest points between the Annexe VS SSC

- In order to win, associates must be actively employed by The Home Depot (or a subsidiary thereof) and on a Home Depot payroll system at the time prizes are awarded. Temporary associates must be employed by the Company and on a Home Depot payroll system at the time prizes are awarded in order to receive a prize.
- Prizes will be deposited into winner's paycheck as soon as administratively possible.
- Individual prize: Winners will be drawn from among all eligible entries. No substitutions, transfers or cashouts.
- Value of prizes will be reported as taxable income, and winner is responsible for all taxes. Taxes will be withheld from individual cash prizes. Potential winners may be required to provide proof of identity and/or eligibility before prize is awarded. Chances of winning depend on the number of entries received.
- Potential winner will be required to acknowledge that The Home Depot, Inc. and Home Depot Canada, Inc., officers, directors, employees and agents have neither made, nor are in any manner responsible or liable for, any warranty, representation or guarantee, express or implied, in fact or in law, relative to any prize, regarding the use, value or enjoyment of the prize, including, without limitation, its quality, mechanical condition or fitness for a particular purpose, or alternate winner will be chosen. By entering this drawing and/or accepting a prize, all entrants agree that The Home Depot and its affiliates, officers, directors, employees and agents will have no liability whatsoever for any damages (compensatory, director, incidental, consequential or otherwise), or attorney fees, with respect to, or in any way arising from this promotion or acceptance, use or misuse of any prize. Additional mutually acceptable release of liability may be required.
- Contest open to active Canadian associates who work for The Home Depot. Associates excluded from the contest are: the Benefits Department and Officers of the Company.
- If winners are no longer on a Home Depot payroll system at the time the prize is awarded, an alternate winner will be randomly chosen. Sponsored by The Home Depot Canada. 900-1 Concorde Gate. Toronto, Ontario, M3C 4H9, whose decisions on all contested and disputed matters are final and which reserves the right to alter or terminates this program at its sole discretion in the event of extreme, unexpected or unusual circumstances. Entry constitutes consent to Sponsor's use of winner's name, biographical data, and likeness for advertising, promotion, or marketing purposes, as permitted by law, without additional compensation.

RANK	TEAM	AVERAGE SCORE
1	STORE 927	203 points
2	STORE 938	197 points
3	STORE 9817	188 points
4	STORE 947	188 points
5	STORE 921	180 points



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### 9. WHAT PRIZES CAN I WIN? CONTINUED

- Entry in the Health Challenge constitutes entrant's consent to the use by Home Depot Canada, Inc., its affiliates and subsidiaries (collectively, "The Home Depot") and its partners of, but not limited to, the entrant's name, work location name and number, biographical data, likeness, photograph, testimonial, video recording, voice recording, amount of points earned, and prize received (collectively, "Entry Materials"). All Entry Materials along with all copyright, trademarks and other proprietary rights associated therewith, become the property of The Home Depot upon entry. Entrant acknowledges that The Home Depot will own all rights to use, modify, reproduce, publish, perform, display, distribute, make derivative works of and otherwise commercially and non-commercially exploit the Entry Materials in perpetuity in any manner or medium (collectively, "HD Content"), without separate compensation to entrant or any other person or entity. HD Content may include but shall not be limited to publication for advertising, promotional or marketing purposes. Entrant agrees to take, at The Home Depot's expense, any further actions reasonably requested by The Home Depot to effect, perfect or confirm The Home Depot's ownership rights as set forth above. Entrant consents to being written about, photographed, videotaped or otherwise recorded. Entrant waives any right to inspect or approve HD Content. Entrant waives all claims regarding or arising from, and hereby releases, discharges and agrees to save harmless The Home Depot and its partners from any liability in, the creation or publication of HD Content, including without limitation any claims for libel or invasion of privacy.

### 10. DOES TIME I SPEND EARNING POINTS IN THE CHALLENGE COUNT AS WORK TIME?

- Participation in the Challenge is voluntary. The Challenge is done on your own time, and you will not be paid for the time spent participating in the Challenge.

### 11. WHO SHOULD I CONTACT IF I HAVE ISSUES WITH ACCESSING THE HEALTH CHALLENGE SITE OR HAVE TECHNICAL DIFFICULTIES WHILE ON THE SITE?

- Call the Help desk at **1-877-870-5063 (option 3)**.

### 12. IS THE HEALTH CHALLENGE AVAILABLE IN FRENCH?

- All participants will have the option to choose to view the Challenge website in French during registration.

### 13. WILL THE HOME DEPOT SEE MY POINT ENTRY?

- Information you enter on the Challenge website is not shared with The Home Depot as your employer and individual results have no impact on your employment.