



harding medical

Delivering Independence

— MOBILITY CHALLENGE

THE GOAL

The goal of the Harding Medical's, Delivering Independence Mobility Challenge is to increase daily activities and promote the growth and development of people with mobility challenges. Harding Medical incentives and awards your daily efforts for keeping yourself healthy and active. This Challenge is completely voluntary, and Harding medical does not want you to take any risk(s) at the time of participation or getting ready to participate. Harding Medical, I.M.P. Group Limited, and its affiliates are not be liable for any direct or indirect damages or losses, which may arise from your interest or participation in this Challenge including, but no limited to any injury, illness, damage, loss accident, or expense including consequential loss or economic loss however caused.

WHO CAN PARTICIPATE?

Residents of Nova Scotia, Prince Edward Island, and New Brunswick who have mobility challenges, caregivers and the person they are caring for, Occupational Therapists and Physical Therapists and their clients, and long term care facilities and their residents. We encourage IMP's employees and family to participate.

WHAT WOULD YOU WIN?

- You could win the seasonal draw Grand prize equivalent to \$200 – Gift card(s)** (4 seasons*)
- You could win the monthly draw a Gift Card** equivalent to \$50 (12 months).

* Gift card could be redeemed at restaurants, gas stations, grocery stores, retailers.

** winter, spring, summer, autumn

HOW COULD YOU WIN?

Post a recent picture(s) or video(s) of yourself enjoying a safe activity with your mobility equipment¹ or activity of daily living² (ADL) and write a description about your activity on our Harding Medical Facebook or Instagram page. Do not forget to like our Facebook page and/or follow us on Instagram to be considered in the draw. We will consider one entry per person, per activity; you can use the same equipment for more than one activity. A few ideas of daily activities may include using a cane with ice pick attachment to enjoy a winter walk or using your extended handle shoe horn to put on your walking shoes. For the more adventurous people we'd like to see recreational activities such as playing wheelchair basketball or wearing your Ribcap while playing stick curling. The possibilities are endless; and our goal is to show how you have benefited from the advancement of medical products and technology. Feel free to share with us any activity you most desire and please note that your post will be publically available, and Harding Medical cannot control or be responsible for how your post or photo may be viewed or used by others. To participate in the monthly and grand prize draws please refer to the table below for official contest start and finish dates for each month and season. All the monthly participants will be considered for the grand prize at the end of each season. By participating in the contest you are confirming to have fully read, agreed and consented to the official contest rules and regulations posted on our website <https://www.hardingmedical.com/>

¹ We define Mobility Equipment as a device that will assist you to move from point A to B for people with mobility challenges. Mobility Equipment could include canes, crutches, walkers, rollators, scooters, wheelchairs, stairlift and any other that follows our definition.

² Activities of daily living is defined by Michelle E. Mlinac, Michelle C. Feng; Assessment of Activities of Daily Living, Self-Care, and Independence, Archives of Clinical Neuropsychology, Volume 31, Issue 6, 1 September 2016, Pages 506–516, <https://doi.org/10.1093/arclin/acw049> as "Activities of daily living (ADLs), often termed physical ADLs or basic ADLs, include the fundamental skills typically needed to manage basic physical needs, comprised the following areas: grooming/personal hygiene, dressing, toileting/continence, transferring/ambulating, and eating. These functional skills are mastered early in life and are relatively more preserved in light of declined cognitive functioning when compared to higher level tasks. Basic ADLs are generally categorized separately from Instrumental Activities of Daily Living (IADLs), which include more complex activities related to independent living in the community (e.g., managing finances and medications)"

HOW LONG DOES THE CONTEST RUN?

The contest lasts one calendar year (365 days) and is divided in four seasons, with each launching the first day of each season starting December 21st (first day of the winter season).

- For the Grand prize:

The last day to participate for the Grand prize will be one or two days before the next season starts, and the winner will be announced the day before the next season starts.

Season	Start day	Last day to participate	Winner announcing
Winter 2018	Friday – Dec 21 st , 2018	Monday – Mar 18 th , 2019	Tuesday – Mar 19 th , 2019
Spring 2019	Wednesday - Mar 20 th , 2019	Wednesday – Jun 19 th , 2019	Thursday – Jun 20 th , 2019
Summer 2019	Friday - Jun 21 st , 2019	Friday – Sep 20 th , 2019	Saturday – Sep 21 st , 2019
Fall 2019	Sunday - Sep 22 nd , 2019	Thursday – Dec 19 th , 2019	Friday – Dec 20 th , 2019

- For the Monthly Draw:

Monthly	Start day	Last day to participate	Winner announcing
December 2018	Friday – Dec 21 st , 2018	Thursday - Jan 17 th , 2019	Friday – Jan 18 th , 2019
January 2019	Monday – Jan 21 st , 2019	Tuesday – Feb 19 th , 2019	Wednesday – Feb 20 th , 2019
February 2019	Friday - Feb 21 st , 2019	Monday – Mar 18 th , 2019	Tuesday – Mar 19 th , 2019
March 2019	Wednesday - Mar 20 th , 2019	Friday – Apr 18 th , 2019	Saturday – Apr 19 th , 2019
April 2019	Monday – Apr 22 nd , 2019	Friday – May 17 th , 2019	Monday – May 20 th , 2019
May 2019	Tuesday – May 21 st , 2019	Wednesday – Jun 19 th , 2019	Thursday – Jun 20 th , 2019
June 2019	Friday - Jun 21 st , 2019	Thursday – Jul 18 th , 2019	Friday – Jul 19 th , 2019
July 2019	Monday – Jul 22 nd , 2019	Friday – Aug 16 th , 2019	Monday – Aug 19 th , 2019
August 2019	Tuesday – Aug 20 th , 2019	Friday – Sep 20 th , 2019	Saturday – Sep 21 st , 2019
September 2019	Sunday - Sep 22 nd , 2019	Friday – Oct 18 th , 2019	Saturday – Oct 19 th , 2019
October 2019	Monday – Oct 21 st , 2019	Friday – Nov 15 th , 2019	Saturday – Nov 16 th , 2019
November 2019	Monday – Nov 18 th , 2019	Thursday – Dec 19 th , 2019	Friday – Dec 20 th , 2019

- WINNERS will be contacted by our E-Commerce Manager in order to arrange delivery of prizes.

END OF CONTEST RULES