



“Get Healthy with Hiland” Official Sweepstakes Rules

1. NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. VOID WHERE PROHIBITED BY LAW.
2. To enter this contest (“Contest”), either: (i) complete the official online entry form or (ii) submit a mail-in entry including your name, address, email address and telephone number and mail to: Hiland Dairy, “Get Healthy with Hiland,” P.O. Box 2270, Springfield, MO 65801. To enter online, visit www.hilanddairy.com/healthy. Contest begins on 12:00 a.m. (central time zone) on January 20, 2020 and ends on 11:59 p.m. (central time zone) on March 31, 2020 (the “Contest Period”). There is no limit to the number of online entries each individual can receive throughout the Contest Period. Mail-in entries must be mailed and postmarked on or before March 27, 2020. Electronic entries must be

submitted by 11:59 p.m. (central time zone), March 31, 2020. The clock of Hiland Dairy (“Sponsor”) will be the official clock for determining the time of entry. Sponsor assumes no responsibility for lost, misdirected, damaged, stolen, postage-due, illegible or late entries. All entries become the property of the Sponsor and will not be returned.

3. Entries that do not comply with the terms of the Contest will result in disqualification. Incomplete or illegible entries will not be considered. Entries will be void if electronically or mechanically reproduced, forged, defective, altered or obtained through unauthorized channels, or if they contain production, typographical, electronic, mechanical or other errors. Sponsor reserves the right in its sole discretion to disqualify any entry at any time which, in Sponsor’s opinion, is offensive, contains unsuitable material, endangers the safety or well-being of any person, or if it is determined that the entrant has not complied with these Rules.

All entries become the property of Sponsor, and entrant grants Sponsor an irrevocable, non-exclusive, perpetual license to use the entry information and any other materials submitted in connection with the Contest for any purpose whatsoever, including but not limited to Sponsor’s marketing and promotion of the Contest and/or its products.

4. Contest is open to legal residents of Kansas, Missouri, Nebraska, Iowa, Colorado, Wyoming, Texas, Arkansas, Oklahoma, and South Dakota (“Contest States”) who are 18 years of age or older at the time of entry. Employees of Sponsor, its affiliates, subsidiaries, respective advertising, promotion and fulfillment agencies, and the immediate families of each such person are ineligible to enter or win. Contest is void

where prohibited by law. Estimated odds of winning are 1/1,000. The actual odds of winning depend on the number of eligible entries received.

Entrant consents to the use of his/her entry and name, likeness and biographical information, including, but not limited to geographical location, by Sponsor for publicity purposes (including on the HilandDairy.com and TheHilandHome.com websites and through Sponsor's accounts on various social media services) without further compensation.

By participating, each entrant and prize winner agrees to release Sponsor, participating sponsors and any of their respective parent companies, subsidiaries, affiliates, directors, officers, employees and agencies from any liability whatsoever, and waive any and all causes of action for claims, costs, injuries, losses or damages of any kind (including, without limitation, claims, costs, injuries, losses and damages related to personal injuries, death, damage to or destruction of property, rights of publicity or privacy, defamation or portrayal in a false light, whether intentional or unintentional) arising out of or in connection with acceptance, possession or use/misuse of any prize, participation in any promotion-related activity or participation in the promotion, whether under a theory of contract, torts (including without limitation, negligence), warranty or any other theory or cause of action.

5. Winner will be randomly drawn from all eligible entries on or about April 1, 2020 by Sponsor or its designated representative, whose decisions are final. Except where prohibited, by accepting prize, winner consents to the use of his/her name and photograph or likeness by Sponsor for publicity purposes without further compensation.

Winner will be notified by phone and/or written or electronic mail and winner may be required to sign and return an affidavit of eligibility and liability release within fourteen (14) days of notification, or the prize will be forfeited and awarded to an alternate winner. Prize will only be delivered to addresses within the Contest States. Sponsor will make two (2) attempts to contact the potential winner at the email address and/or phone number on the entry form. If after two (2) attempts, Sponsor is unable to contact the potential winner, that entry/potential winner will be disqualified, and an alternate potential winner's name will be drawn. Only one Grand Prize will be awarded.

6. In the event of noncompliance of these Rules, the winner may forfeit any prize won, and an alternate winner may be selected at Sponsor's discretion. Each entrant agrees to, accepts and shall abide by these Rules of this Contest and agrees that any dispute with regard to the conduct of this Contest, rule interpretation or awarding of a prize, shall be resolved by Sponsor, in its sole discretion. Sponsor is not responsible for any typographical or other errors in the printing of these Rules, administration of this Contest or in the announcement of any winner or prize.
7. One Grand Prize will be awarded and consists of one (1) coupon package for free Hiland Dairy products redeemable where the products are available (approximate retail value: \$50.00). Sponsor to choose coupons, and they will be good only on product sizes and flavors indicated, and may be redeemed at participating retailers in Missouri, Kansas, Iowa, Nebraska, Colorado, South Dakota, Wyoming, Texas, Arkansas and Oklahoma. Prize will also consist of several "fit" products including, but not limited to: one (1) yoga mat and blocks starter kit, one (1) resistance bands set, one (1) body roller, and one (1) Hydro

Flask. Total approximate prize value for the Grand Prize is approximately \$200.00. Odds of winning depend on number of eligible entries received. Prize does not include any other expenses not mentioned. Sponsor reserves the rights to substitute a prize of equal or greater value in the event the promotion cannot be completed as contemplated by these Official Rules. Upon forfeiture for any reason as stated herein, no compensation shall be given. No cash substitutions under any circumstances unless at the sole discretion of the Sponsor. Prize is non-transferable, not returnable and cannot be sold or redeemed for cash. No substitutions allowed. No groups, clubs, newsletters or organizations may reproduce or distribute any portion of these Official Rules to its members. All federal, state and/or local taxes on prize are the responsibility of the winner. By accepting prize, winner agrees that Sponsor and their respective officers, directors, agents and employees will have no liability or responsibility for any injuries, losses or damages of any kind resulting from the acceptance, possession or use of any prize and they will be held harmless against any claims of liability arising directly or indirectly from the prize awarded.

8. For a complete set of Rules or a list of winner(s), send a self-addressed stamped envelope to Hiland Dairy, "Get Healthy with Hiland," P.O. Box 2270, Springfield, MO 65801 after April 1, 2020 but before April 15, 2020.
9. Hiland Dairy, P.O. Box 2270, Springfield, MO 65801, is the Sponsor of this Contest.