

### ***Liability Waiver and Rules***

In consideration of acceptance of this entry, I hereby waive any and all claims for myself and my heirs against Heartland Health, Mosaic Life Care, KKJO 105.5, East Hills Mall, and any and all sponsors and each of their agents, servants, officers and employees, for injury or illness which may directly or indirectly result from my participation, and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost injury or damage to persons or property which may arise by virtue of the undersigned in the Pound Plunge. I further state that I am in proper physical condition to participate in this event.

1. No purchase necessary.
2. You must be at least 18 years or older.
3. Promotion begins with recruitment of Candidates who want to participate in "K-JO 105.5's Pound Plunge" The promotion will last 12 weeks. Contestants must keep the routine schedule for 12 weeks.
4. At the end of 12 weeks the winning teams and individuals will be announced.
5. The winning team will be determined by the highest combined percentage of weight lost. The tie breaker (if necessary) will be total pounds lost and if still a tie, winning teams will be placed in a random drawing.
6. Co-workers signing up as a "Corporate Team" must provide verification of employment. All members of corporate teams must be employed at the same company, organization, corporation, entity or agency when the Pound Plunge begins and must still be employed by the same company throughout the duration of the competition and at the Celebration event.
7. Contestants must sign a waiver from releasing Heartland Health, Mosaic Life Care, Eagle Communications, Inc. d/b/a K-JO 105.5, East Hills Mall from any liability prior to participating in workout schedule and before starting the contest.
8. Contestants must weigh-in 10 out of 12 weeks at the East Hills Mall or during other designated times, approved by Mosaic Life Care to be eligible for prizes. All weigh-ins must be conducted by a Mosaic Life Care Professional on a scale provided by Mosaic Life Care unless pre-approved by Mosaic Life Care officials. Failure to abide by these rules may lead to disqualification.
9. Heartland Health, Mosaic Life Care, Eagle Communications, Inc. d/b/a K-JO 105.5, and East Hills Mall do not warrant any of the products, materials or services that a contestant receives. The materials services or products that a contestant receives are provided "as is." There may be warranties provided by the manufacturer of the product material or service for which Heartland Health, Mosaic Life Care, Eagle Communications, Inc. d/b/a K-JO 105.5, and the East Hills Mall have no responsibility or duty to perform.
10. K-JO 105.5, Heartland Health, Mosaic Life Care, and the East Hills Mall are not responsible if the prize awarded becomes unavailable due to any reason beyond K-JO 105.5's, Heartland Health, Mosaic Life Care and East Hills Mall's control.
11. Pound Plunge contests are open to listeners residing in the K-JO 105.5 listening area.
12. All employees, agents, successors, interns and assignees of Eagle Communications, Inc. employees of other radio or television stations and members of their immediate families are ineligible. The term "immediate family" includes spouses, siblings, parents, children, grandparents and grandchildren whether as "in-laws" or by current or past marriage(s) remarriage(s) adoption co-habitation or other family extension and any other persons residing at the same household whether or not related.
13. Participants and winner(s) must be U.S. residents.
14. By participating, all participants and winner(s) grant Heartland Health, Mosaic Life Care and K-JO 105.5's permission to use their names, characters, photographs, voices, and likeness in connection with the promotion (via print broadcast or any/all other forms of media) of this and other contests and waive any claims to royalty right compensation or remuneration for such use. By calling the contest lines, voices and names may be recorded and used for promotional or broadcast purposes.
15. By accepting a prize, the winner(s) agrees to release and hold sponsors harmless from any and all losses, damages, rights, claims, and actions of any kind resulting from acceptance, possession or use of any prize including without limitation personal injuries death Acts of God and property damage. By participating in this contest participants agree to be bound by all the Official Rules of this sweepstakes.
16. All claims are subject to verification by K-JO 105.5, whose decision is final.
17. Winner will be taxed on a portion of the prize value.
18. All federal, state, and local laws apply. All federal, state, and local taxes are the sole responsibility of the winner.
19. Each winner is solely responsible for reporting and paying any and all applicable Federal, Sate, Local, and other taxes. Each winner must provide Station with valid identification and a valid taxpayer identification number or social security number before any prize will be awarded. Failure to timely provide such information and/or any other reasonably required documentation including without limitation a release and affidavit of eligibility may result in delay in receiving prizes or the forfeiture thereof. Prizes are not transferable or redeemable for cash.

20. Winner(s) must use their true legal name when playing contests or claiming prize(s) and may not win any contest under an assumed name. Winner(s) will be disqualified and prize(s) forfeited if they are found playing under an assumed name or alias.
21. K-JO 105.5 reserves the right to modify contest rules and/or dates at any time without additional notice.
22. K-JO 105.5 reserves the right to substitute prizes of equal or greater value.
23. Pound Plunge rules and top results are available for inspection at the K-JO 105.5 business office Monday - Friday 8 AM - 5 PM or by sending a self-addressed envelope to K-JO 105.5 Contest Rules, 4104 Country Lane, St. Joseph, MO 64501.
24. Contest winners on their own behalf and on behalf of their heirs, successors, representatives, and/or assigns hereby fully and forever remises, releases, and discharges Heartland Health, Mosaic Life Care, Eagle Communications, Inc. d/b/a K-JO 105.5, and East Hills Mall and each and all of its subsidiary and affiliated corporations companies and divisions its predecessors, successors, and assigns and its respective directors, stockholders, officers, employees, and agents of and from any and all claims, demands, agreements, contracts, covenants, actions, suits, causes of action, obligations, controversies, debts, costs, expenses, accounts, damages, judgments, losses, and liabilities of whatsoever kind or nature in law equity or otherwise whether known or unknown whether or not concealed or hidden which against it or any of it they have had may have had or now have or which any of their heirs representatives and assigns hereafter can shall or may have for or by reason of any matter cause or thing whatsoever including but not in any respect limiting the generality of the foregoing any and all claims which or might have asserted relating to this contest. Specifically Contest Winner intends to release Heartland Health, Mosaic Life Care, Eagle Communications, Inc. d/b/a K-JO 105.5, and East Hills Mall and each and all of its subsidiary and affiliated corporations companies and divisions its predecessors, successors, and assigns and its respective directors, stockholders, officers, employees, and agents from any liability.
25. Participants who have undergone surgical weight loss procedures are welcome to participate but not eligible for prizes.
26. Participants cannot begin the K-JO 105.5 Pound Plunge while pregnant! You are eligible to participate after delivery.
27. Members of the top Community Team and top Corporate Team are NOT ELIGIBLE for individual overall prizes.
28. Minimum dress for weigh-ins: shorts and t shirt or sports bra. You cannot weigh in shirtless. No shoes, jackets, sweatshirts or hoodies can be worn to weigh in.
29. ***Mosaic Life Care's Wellness Connections reserves the right to compute any participants BMI (Body Mass Index). Your BMI must remain ABOVE 18 for you to remain in the contest! If your BMI falls below 18 you are subject do disqualification!***
30. ***Prior Grand Prize winners (as a team member or individual) of the K-JO 105.5 Pound Plunge may participate but are not eligible for prizes. Grand prizes are recognized as a first place team or first place individual at any past Pound Plunge.***
31. ***Competitors can NOT win more than one prize.***
32. ***Individuals who signed up on a team may NOT leave their team on purpose in a bid to win an individual prize.***
33. ***The only way a competitor on a team can win an individual prize is if the rest of the team is no longer qualified. E.g. People on the team have missed weigh ins and therefore the team is no longer eligible.***
34. ***If a competitor is on a team, yet the competitor is on top of the leaderboard as an individual, seeing as they signed up as a team, they are not eligible for an individual prize. The team would take precedent in this situation.***
35. Prize winners cannot win drawings at the finale. Any prize winners at the Pound Plunge finale will not be eligible to win drawing prizes at the finale. If your name or number is drawn at the finale and you have already won a prize for the competition, you will not be eligible and another participant name or number will be drawn.
36. If you miss the kickoff weigh-in, you can still participate in the program each week, but you will not be eligible for prizes.
37. If you miss more than two weigh-ins, you can still participate in the program each week, but you will not be eligible for prizes.
38. Any violation of any rule is at the discretion and judgment of K-JO 105.5 and Mosaic Life Care. Violators will be evaluated on a case-by-case basis to determine continuation or disqualification from the program.

Pound Plunge™ is the trademark of Eagle Communications, Inc.