

TAME YOUR TANIWHA

8 Week Smokefree Challenge



Register Your Team

Team name:

Team-mate One: Full Name:		
<i>I grant the DHB permission to use my name and, with prior consent, use my photographs in connection with the Challenge including for social media marketing. Please tick.</i>		<input type="checkbox"/>
Date of Birth:	*CO reading:	/ ppm
Signature:	Date Signed:	/ /

Team-mate Two: Full Name:		
<i>I grant the DHB permission to use my name and, with prior consent, use my photographs in connection with the Challenge including for social media marketing. Please tick.</i>		<input type="checkbox"/>
Date of Birth:	*CO reading:	/ ppm
Signature:	Date Signed:	/ /

Team-mate Three: Full Name:		
<i>I grant the DHB permission to use my name and, with prior consent, use my photographs in connection with the Challenge including for social media marketing. Please tick.</i>		<input type="checkbox"/>
Date of Birth:	*CO reading:	/ ppm
Signature:	Date Signed:	/ /

Provider Name:	SSP:
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Once completed, please send your registration form to us by email: tameyourtaniwha@hbdhb.govt.nz or fax: **06 873 2146**

***We'll get in touch with you to record your CO reading.**

What you need to know

Terms and conditions:

1. The DHB reserves the right to amend, vary, extend or discontinue the Challenge at any stage, or for any reason.

Eligibility Criteria:

1. Teams of three are made up of participants aged 18 years and over who live within the HBDHB region.
2. Team members must be current smokers at the start of the Challenge.
3. Participants may not join more than one team.
4. HBDHB employees are eligible to participate in the Challenge.
5. The HBDHB Smokefree team will determine in its sole discretion whether a team member is an eligible person and its decision will be final.

How to Enter:

The first challenge opens on Monday 4th September to commence on Monday 2nd October (Stoptober) and finish on Friday 30th November 2017.

The second challenge opens on Monday 5th March to commence Monday 2nd April and finish on Thursday 31st May 2018 (World Smokefree Day).

How to win:

In order to win first prize, the following must occur: All team members must validate CO monitor readings of 8ppm or more at the start of each challenge, AND all team members must validate CO monitor readings of 5ppm or less at weeks 2, 4, 6, 8 AND all team members must be smokefree at the end of the Challenge.

Grand Prize:

Each team member will receive the following: Dinner, Bed and Breakfast for two at the Wairakei Resort, Taupo (valid for one year) AND Petrol vouchers to the value of \$40.00 or alternatively bus fares per couple.

Bonus Points: For full list of how your team can earn bonus points go to www.ourhealthhb.co.nz

Spot Prizes: Spot prizes will be awarded at weeks 3, 5 and 7 by the Stop Smoking Practitioners. Spot prizes include PHO sponsored vouchers, FlaXRock vouchers, smokefree resources e.g. toothbrushes, car sunshades, umbrellas etc.

You can view the terms & conditions anytime at www.ourhealthhb.nz or call **0800 300 377** if you have any questions.

