

1. The promoter is SheMed Limited, 184-192 Drummond Street, London, United Kingdom, NW1 3HP.
2. The title of the competition is "Blood Test Survey" - February 2026.
3. How to enter
 - 3.1. The competition will run from 10th of February, 2026 (the "Opening Date") to 28th of February, 2026 (the "Closing Date") inclusive.
 - 3.2. All competition entries must be received by the Promoter by no later than 28th of February, 2026 on the Closing Date. All competition entries received after the Closing Date are automatically disqualified.
 - 3.3. To enter the competition, submit a survey response by the Closing Date.
 - 3.4. No purchase is necessary and there is no charge to enter the competition.
 - 3.5. The Promoter will **not** accept responsibility for competition entries that are corrupted, not successfully completed or transmitted, lost, mislaid, damaged or delayed in transit, regardless of cause, including but not limited to any failure of equipment, technical malfunction, systems, satellite, network, server, website, computer hardware or software failure of any kind.
 - 3.6. By entering a competition, you are agreeing to be bound by these terms and conditions.
4. Eligibility
 - 4.1. The competition is only open to all residents in the UK aged 18 years or over, **except:**
 - 4.1.1. employees of the Promoter or its holding or subsidiary companies;
 - 4.1.2. employees of agents or suppliers of the Promoter or its holding or subsidiary companies, who are professionally connected with the competition or its administration; or
 - 4.1.3. members of the immediate families or households of (a) or (b) above.
 - 4.2. In entering the competition, you confirm that you are eligible to do so and eligible to claim the prize. The Promoter may require you to provide proof that you are eligible to enter the competition.
 - 4.3. The Promoter will not accept competition entries that are:
 - 4.3.1. automatically generated by computer or created by artificial intelligence (including but not limited to chatbots such as ChatGPT or similar software applications);
 - 4.3.2. completed by third parties or in bulk;
 - 4.3.3. illegible, have been altered, reconstructed, forged or tampered with; or
 - 4.3.4. Incomplete.

- 4.4. There is a limit of one entry per person during the competition period.
- 4.5. This prize draw is open to eligible members of both SheMed and HeMed. One (1) winner only shall be selected from all valid entries received.

5. The prize

- 5.1. The prize is one £150 Amazon Gift Card.
- 5.2. There is no cash alternative for the prize.
- 5.3. The prize is not negotiable or transferable.
- 5.4. The prize draw will take place on 9th of March, 2026
- 5.5. The Promoter will contact the winner personally as soon as practicable using the email address provided with the competition entry. The winner must respond within 14 days of the notification that they have been selected as the winner to claim the prize. The voucher code will then be sent as soon as practicable thereafter. The Promoter shall require proof of identity and age before awarding the prize.
- 5.6. For the prize draw, the Promoter will assign each eligible participant a unique random number and select the winning number using the independent random number generator provided by Random.org. We will not share your personal data with Random.org. The participant whose assigned number is selected will be deemed the winner.

6. Winners

- 6.1. The decision of the Promoter is final and no correspondence or discussion will be entered into.
- 6.2. The Promoter must either publish or make available information indicating that a valid award took place. To comply with this obligation, the Promoter will publish the Instagram handle of the prize winner on our Instagram's story on the day after the prize draw (**Announcement Date**) and send the Instagram handle details of the prize winners to anyone who emails socialmedia@shemed.com or writes to the address set out in Condition 1 (enclosing a self-addressed envelope) within one month after the Closing Date of the competition.
- 6.3. If you object to any or all of your information being published on our Instagram story or made available to third parties, please message us via direct message on the relevant Competition Day. In such circumstances, the Promoter must still provide the information and winning entry to the Advertising Standards Authority on request.

7. Claiming the prize

- 7.1. If you are the winner of the prize, you will have 14 days from the date of communicating to you to claim the prize as per paragraph 5.4. If you do not claim the prize by this date, your claim will become invalid.
- 7.2. The prize may not be claimed by a third party on your behalf.
- 7.3. The Promoter will make all reasonable efforts to contact the winner. If the winner cannot be contacted or is not available, or has not claimed their prize within 14 days from the date of communicating to you, the Promoter reserves the right to offer the prize to the next eligible entrant selected from the correct entries that were received before 23:59 GMT on that Competition Day. If no prize has been claimed by a winner by 9th of May, 2026, having used the methodology above of going to the next winner each 14 days if not claimed, Promoter reserves the right to cancel the prize.

8. Limitation of liability

Insofar as is permitted by law, the Promoter, its agents or distributors will not in any circumstances be responsible or liable to compensate the winner or accept any liability for any loss, damage, personal injury or death occurring as a result of taking up the prize except where it is caused by the negligence of the Promoter, its agents or distributors or that of their employees. Your statutory rights are not affected.

9. Data protection and publicity

The Promoter will only process your personal information as set out in the [Privacy Notice](#) and for the purpose of administering this competition. See also condition 5.4, 5.5, 6.2 and 6.3 with regard to the announcement of winners.

10. General

- 10.1. If there is any reason to believe that there has been a breach of these terms and conditions, the Promoter may, at its sole discretion, reserve the right to exclude you from participating in the competition.
- 10.2. The Promoter reserves the right to hold void, suspend, cancel, or amend the prize competition where it becomes necessary to do so.
- 10.3. These terms and conditions are governed by English law and courts of England & Wales.