

Your SheMed Journey — Survey Prize Draw: Terms and Conditions

1. The promoter is SheMed Limited, 184-192 Drummond Street, London, United Kingdom, NW1 3HP ("the Promoter").

2. The title of the competition is **Your SheMed Journey Survey**.

3. How to enter

3.1 The competition is divided into three Entry Periods, each with its own prize draw, as follows:

Entry Period	Opens	Closes	Prize Draw Date
Period 1	Friday 23 October 2026	Friday 6 November 2026	Monday 9 November 2026
Period 2	Saturday 7 November 2026	Monday 30 November 2026	Tuesday 1 December 2026
Period 3	Tuesday 1 December 2026	Thursday 31 December 2026	Monday 4 January 2027

3.2 The Promoter may amend this schedule in accordance with Clause 10.2 and will publish any changes in advance.

3.3 All competition entries must be received by the Promoter no later than 23:59 UK time on the closing date of the Entry Period in which they fall. Entries received after the closing date of an Entry Period (other than Period 3) will automatically be carried forward and entered into the next Entry Period's draw, provided they are otherwise valid. Entries received after 23:59 UK time on 31 December 2026 will not be accepted.

3.4 To enter the competition, you must complete the Your SheMed Journey survey in full and submit it within the applicable Entry Period.

3.5 There is no charge to complete the survey. Entry is limited to Eligible Individuals as set out in Clause 4.

3.6 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.

3.7 By submitting a competition entry, you are agreeing to be bound by these terms and conditions.

4. Eligibility

4.1 The competition is open only to Eligible Individuals.

4.2 An “Eligible Individual” is an individual who:

(a) is resident in the United Kingdom;

(b) is aged 18 or over at the date of entry; and

(c) has received a personal invitation from the Promoter to complete the Your SheMed Journey survey.

4.3 An individual whose treatment is paused or stopped on the advice of a clinician will not lose their eligibility as a result.

4.4 Invitations are personal to the recipient and may not be transferred or shared.

4.5 The following are not eligible to enter:

(a) employees of the Promoter or any of its group companies;

(b) employees of agents or suppliers of the Promoter or any of its group companies who are professionally connected with the competition or its administration; and

(c) members of the immediate families or households of anyone in (a) or (b).

4.6 By entering the competition, you confirm that you are an Eligible Individual. The Promoter may ask you to provide proof of eligibility. If you do not provide satisfactory proof within 14 days of a request, the Promoter may disqualify you and award the prize to an alternative winner.

4.7 There is a limit of one entry per person per Entry Period. A person who has already entered in a previous Entry Period may enter again in a subsequent Entry Period, provided they meet the eligibility criteria and submit a new, valid, completed survey response within that period.

4.8 Each person may win only one prize during the prize draw.

5. The prize

5.1 The prize is one £100 Amazon gift voucher, awarded to one winner per Entry Period. The Promoter is not responsible for any terms or conditions imposed by Amazon regarding the use of the gift voucher.

5.2 There is no cash alternative for the prize.

5.3 The prize is not negotiable or transferable.

5.4 A prize draw will take place on the Prize Draw Date for each Entry Period as set out in the schedule at Clause 3.1 (or as subsequently amended and published in accordance with Clause 10.2), by assigning each Eligible Individual who entered within that Entry Period a unique random number and selecting the winning number using the independent random number generator provided by Random.org. The Promoter will not share your personal data with Random.org. The participant whose assigned number is selected will be deemed the winner for that Entry Period and will be notified at the email address provided.

6. Winners

6.1 The decision of the Promoter is final and no correspondence or discussion will be entered into.

6.2 The Promoter will contact the winner of each Entry Period as soon as practicable, using the email address provided with the competition entry. The winner should claim the prize in accordance with Clause 7.1. The Promoter shall require proof of identity and age before awarding the prize, and the voucher will be sent as soon as practicable thereafter.

6.3 The Promoter must either publish or make available information indicating that a valid award took place. To comply with this obligation, the Promoter will send the surname and county of each Entry Period's winner and, if applicable, copies of their winning entry, to anyone who emails socialmedia@shemed.co.uk or writes to the address set out in Clause 1 (enclosing a self-addressed envelope) within one month after the Prize Draw Date of the relevant Entry Period.

6.4 If you object to your surname, county and winning entry being published or made available, please contact the Promoter at socialmedia@shemed.co.uk. 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, you will have 14 days from the date of receipt of the email referred to in Clause 6.2 to claim the prize. If you do not claim the prize within this period, 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 as per Clause 7.1, the Promoter reserves the right to offer that Entry Period's prize to an alternative winner selected from the valid entries that were received before the closing date of that Entry Period.

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. See also Clause 6.3 and Clause 6.4, 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 — including the schedule, frequency, or dates of Entry Periods and Prize Draws — where it becomes necessary to do so, and will publish any such amendment in a reasonable and timely manner.

10.3 These terms and conditions are governed by the law of England and Wales. The Courts of England and Wales shall have non-exclusive jurisdiction.