Aviva Contest - Instructions

Chance to win $100,00 - $150,000 for the Complex Chronic Diseases Clinic in Vancouver.
Money will go toward tilt table testing and Vo2MAX testing equipment and training for staff in proper testing protocols. For details about this project are on the project page: http://www.avivacommunityfund.org/ideas/acf13624

Voting is very simple. You can vote on the company website - OR - on facebook.

A) HOW TO VOTE USING THE WEBSITE

If you want to use the website, all you need is an email address.

First you have to register (you only do this once)

1. Click on https://www.avivacommunityfund.org/users/registration/register

2. Type in your email address and pick an original password (NOT the password you use for your email)

3. scroll down and click the yellow "register" button

-you will then receive an email from Aviva. In it, it will say "Thank you for registering for the Aviva Community Fund. To finalize your registration, please click here:" followed by a link. **Click on the link.**

If you have registered successfully:
- a new Aviva page will appear. Under the yellow, near the top of the blue section, a green box with the wording "Congratulations, your registration was successful!"

Now you can sign in:

1. in the white box on the right, type in the email address and password you just used to register

2. click the yellow box marked "Login"

-when you are successful it will say "Welcome, & part of your email address" instead of "Sign In" at the top right.

Now that you are signed in, click on this link to go to the correct page:
www.avivacommunityfund.org/ideas/acf13624

Just underneath the wording "Medical equipment for a new chronic diseases clinic in Vancouver" you'll see a yellow square at the left, showing the # of votes we have received and at the right is a BLUE SQUARE with the words "Vote now" and a yellow check mark.

Click on the Blue Square marked "Vote now".
You are done.
If you choose you can "Sign Out" at the top right now.

NOTE easier option: if you don't "Sign Out" until the end of the contest, you can skip the "Sign In" step after doing it once and just go to the page and click "Vote Now" each day. That would be easier. If you Sign Out each time, you must Sign In the next time you want to vote. (This is NOT an option if 2 or more people are voting using the website (email address) to vote in the same household.)

-----------------------------OR-------------------------------

B) HOW TO VOTE ON FACEBOOK

If you don't want to register, you can use Facebook instead

https://www.facebook.com/AvivaCCDC

1. "Like" the Facebook page

2. Vote daily from the page.

Please pass the information along to friends, relatives, neighbours ... anyone you think might be interested in helping.   Anyone from any country can vote.

Contest Ends **Monday Oct 15at NOON ET**.

Round One is 15 days with **1 vote each day**.