

## PLAYNOW SPORTS GAME PLAN

Teams don't take to the field at the Super Bowl without a game plan. When players bet with PlayNow Sports, they should have a game plan too. Here are some helpful strategies to put into practice before the big game:

- **SET BUDGET AND TIME LIMITS:** Decide how much money to gamble with beforehand. If you lose, it's gone and you're done, don't try to win it back. Consider setting weekly deposit limits and time limits on PlayNow.com with an amount you can afford and decide in advance how long you're going to play.
- **REMIND YOURSELF THE HOUSE ALWAYS WINS:** All forms of gambling, including sports betting, favour the house. No matter how much you know about sports, you're going to lose over time. Gambling isn't a way to make money, so play for fun.
- **SCHEDULE BREAKS:** Check in and be honest with yourself, assess how you're feeling. Grab a bite, exercise, connect with friends. Time away from gambling allows you to reassess where you're at, and how you're feeling.

PlayNow.com, B.C.'s only 100% legal online gambling website and B.C.'s local sportsbook, offers players access to several [player-health safeguards](#) to encourage positive play, so they can keep gambling a source of entertainment.

### TIME AND BUDGET LIMITS

- Players can set a maximum amount on their playing time (both daily and weekly limits) and set weekly deposit limits for their PlayNow.com accounts. When players decrease their deposit limits, changes take effect right away.

### SESSION REMINDERS

- Players can set a reminder to stay informed of how long they've been playing. PlayNow.com's new default setting is to issue a session reminder following one hour of play.

### PLAYER DASHBOARD

- Players can view one, three and six months of data relating to their deposit and withdrawal frequency and amount, their average session duration and number of logins.

### SHORT-TERM LOCKOUT

- Players can choose to take a break from play by locking their PlayNow.com account from 24 hours up to 14 days.

### GAME BREAK

- Players can choose to take an extended break from play by enrolling in BCLC's Game Break program, with terms ranging from six months to three years. Players who complete their Game Break term and wish to return to gambling will need to complete the active reinstatement process, which includes the online Game Plan course.

### GAMESENSE ADVISORS (GSAs)

- Dedicated player-health specialists are available to support players via phone (1-877-706-6789, from 7 a.m. to 12 a.m. PST daily) and live chat on PlayNow.com, and can educate players about how the games work and how to set limits when gambling. BCLC is one of the few gambling websites in the world to offer this service to players.

### GAMBLING SUPPORT BC

- For players looking for additional support resources, the Province of B.C.'s [Gambling Support BC](#) program (1-888-795-6111) offers free, confidential and multilingual services to British Columbians struggling with their own or family member's gambling. This service is 24/7, toll free, and individuals can receive gambling counselling, debt/financial counselling or other help resources and services.