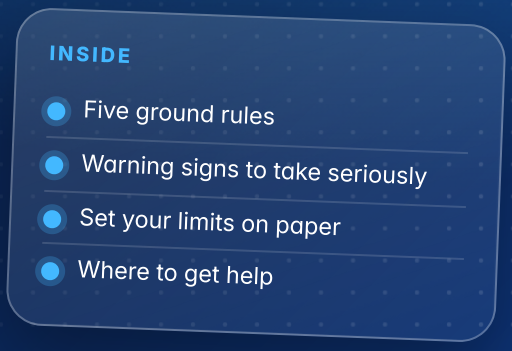
STAY SAFE

Responsible Betting Guide

Betting should be entertainment, never a way to make a living or recover losses. Limits, breaks, warning signs and where to get help.



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> Most bettors lose money over time. This guide is here so that betting stays a choice you control. **Adults 21+ only.** Sports betting is not legal everywhere, and the legal age depends on where you live.

1 Five ground rules

1
Only what you can afford to lose
Never rent, bills, savings or borrowed money.

2
Set limits first
Decide before any wager, and keep to them.

3
Never chase losses
A loss never raises the next stake.

4
Take breaks
Step away after a loss, a win or a bad mood.

5
Pass is a result
A week with no wagers is a good week.

6
Stay honest
Keep a log with every loss included.

2 Warning signs

Common signs that betting may be becoming a problem. If several sound familiar, it is worth talking to someone.

- Betting more money, or more often, than you planned.
- Chasing losses, or betting to get even.

- Thinking about betting much of the time.
- Hiding your betting or lying about it.
- Borrowing money or missing bills to bet.
- Feeling restless or irritable when you try to cut back.
- Betting to escape stress, low mood or boredom.

3 Your limits on paper

Limit	My choice
Monthly betting budget (money I can afford to lose)	$ _____
Maximum on any single wager	$ _____
Maximum total in one day	$ _____
Time limit per day	_____ minutes
Day(s) off each week	_____
I will stop for the week if I lose	$ _____
I will tell this person if I break my limits	_____

4 Tools that can help

- Deposit, loss and time-outs, offered by many licensed sportsbooks.
- Self-exclusion programs, which many states and sportsbooks offer.
- Blocking software on your phone and computer.
- Asking us to stop all wagering-related messages at any time (the contact method will be added on the production site).

5 Where to get help

NATIONAL PROBLEM GAMBLING HELPLINE

Call or text 1-800-MY-RESET (1-800-697-3738), or chat online. 24/7, free and confidential. The older number **1-800-522-4700** remains active. Visit **ncpgambling.org**.

This helpline is not for emergencies. In a crisis call or text **988**, or call 911.

DRAFT · PENDING COUNSEL REVIEW

State-specific resources will be added after counsel review. Win More Wagers is educational software, not a sportsbook.

KEY TAKEAWAYS

- Entertainment, never income.
- Set limits before you start, and write them down.
- Never chase. Never bet money you need.
- Help is free, confidential and available 24/7.