

Video Lottery

Healthy Play

SUPPORT IS AVAILABLE

Sometimes, people get caught up in the excitement of the games. And sometimes, it stops feeling like a game. If you or someone you know has questions or concerns about gambling, support is available. All calls are toll-free and completely confidential.

New Brunswick: 1-800-461-1234

Newfoundland & Labrador: 811

Prince Edward Island: 1-855-255-4255

Nova Scotia: 1-888-429-8167

(Mental Health and Addictions Crisis Line)



Know Your Limit. Play Within It.

TIPS TO PLAY VIDEO LOTTERY YOUR WAY

Healthy Play (PlayWise) is about enjoying our games and playing for fun and entertainment. From setting time limits to assessing your play, Atlantic Lottery has Healthy Play tools at video lottery establishments to help you stick to your game plan.

Atlantic Lottery offers video lottery terminals (VLTs) with a wide variety of products, and there are many differences among games, including:

- The game rules
- How they are played
- The number and value of prizes
- How frequently prizes are awarded
- The odds of winning particular prizes

GAME OUTCOMES

Game outcomes are determined randomly. The machine determines the outcome each time you hit the play or spin button. Nothing you do will influence the outcome. Rituals might be fun, but they won't influence whether you win or lose.

UNDERSTANDING THE ODDS

Every VLT play has the same chance of being a win or a loss as the one before it and the one after it. However, your odds of winning prizes of different amounts can vary based on the amount you wagered.

PLAYWISE WITH VIDEO LOTTERY

A key message we always share with our players is that gambling is not a way to make money, but an experience to enjoy. If you do win, consider it a bonus to your experience.

To help keep your play fun, check out these tips:

- **Set Your Spend Limit:** Before you start playing, set a spending limit for how much you want to spend on gambling entertainment.
- **Keep Track of Time:** Regularly check the clock displayed on every Video Lottery Terminal screen or set a timer on your phone. **Take a Break** when the pop-up play reminder appears on the screen at 60, 90, 120 and 140 minutes into play. An automatic cashout will occur in 150 minutes. Use these breaks to check in with yourself, stretch, have a coffee, and then decide if you have had enough for that day.
- **Avoid Chasing Losses:** Don't keep playing to win back money you've lost. This can lead to a cycle of losses and more gambling.

VLT MYTHS AND FACTS

MYTH:

VLTs are programmed never to pay out.

FACT:

VLTs are based on chance; each spin or play is independent of the previous one. The games are not rigged to never pay out. However, always remember that the odds favour the house.

MYTH:

Winning on a VLT is a matter of skill.

FACT:

Winning on VLTs is a matter of chance. No amount of thinking, planning or strategizing will have an impact on the outcome.

MYTH:

Gambling is a good way to make money.

FACT:

The odds always favour the house. This means that over time, you will walk away with less money than when you started.

MYTH:

My chances of winning get better after I have lost.

FACT:

You can't predict when or if you're going to win. Losing 10 times in a row doesn't make it more likely that you'll win on the 11th try.

MYTH:

If I gamble more often, it will help me to win more than I lose.

FACT:

When it comes to gambling, persistence doesn't pay off. Playing more often won't improve your chances of winning more than you lose.