



Win 2 Apple iPads

For valid* YOUCAN E-mail Service e-mails created 10/4/10 through 11/20/10



iPad*** is the best way to experience the web, e-mail, photos and video. View whole pages in portrait or landscape on the large Multi-Touch screen. And let your fingers do the surfing.

How to Enter:

Each week Monday-Saturday during the promotional period every valid YOUCAN E-mail Service e-mail is an entry into a weekly random drawing (see contest rules for full details).

One random winner per week will be selected to win 2 Apple iPads (7 total winners). So many opportunities to win!

Check out qwestyoucan.com and try out the new YOUCAN E-mail Service. Your e-mail could be the one that wins you 2 Apple iPads.

*Restrictions may apply. See www.qwestyoucan.com for complete details.

**Only Qwest employees (as listed in the corporate directory) who are eligible to participate in the YOUCAN program are eligible for this contest. See rules for details.

***Qwest is not responsible for payment or cost of any wireless or data plans, applications, or other miscellaneous items required to operate the iPad.

Employee participation in the Promotion is strictly voluntary and optional.

1 866-8YOUCAN • qwestyoucan.com • refer, reward, repeat

YOUCAN® Win 2 iPads Sweepstakes

NO PURCHASE NECESSARY TO ENTER OR WIN.

The YOUCAN® Win two iPads Sweepstakes ("the Sweepstakes") begins at 7:00 a.m. (Mountain Daylight Time) October 4, 2010 and ends at 4:30p.m. (Mountain Daylight Time) November 20, 2010 (the "promotional period"). The YOUCAN® Win an iPad Screening Promotion is an internally run employee referral program sponsored by Qwest. The Sweepstakes does not replace or supercede Rewards available to employees providing valid referrals under the YOUCAN program.

Employee participation in the sweepstakes is strictly voluntary and optional.

GENERAL ELIGIBILITY FOR PROMOTION: This Promotion is open only to current Qwest employees who are 18 years of age or older and who are eligible to participate in the YOUCAN program. (See www.qwestyoucan.com for complete details.).

HOW TO ENTER:

Eligible employees earn one (1) entry for every valid YOUCAN E-Mail Service e-mail created and sent during the promotional period. All valid e-mails must be made in accordance with YOUCAN program terms and conditions. (See www.qwestyoucan.com for complete details.) Duplicate e-mails to the same recipient or e-mails generated in violation of any state, federal or Qwest do-not-contact lists are not considered valid e-mails. The YOUCAN E-Mail Service permits a maximum of three e-mails sent per visit and a maximum of 25 e-mails sent per month.

PRIZE:

Two (2) Apple iPads (with a combined average retail value of \$998) will be awarded to one randomly selected winner per week. A total of seven weekly drawings will be held.

APPROXIMATE TOTAL RETAIL VALUE OF DRAWINGS: \$6,986

During the Sweepstakes Period, there will be seven individual Drawing Periods. Each weekly Drawing Period will start at 7:00 a.m. MDT on the Monday of the Sweepstakes Period and ends the following Saturday at 7:00 p.m. MDT (No submissions will be accepted on Sundays during the promotion). Drawings will be held on every Tuesday for the previous week's entries, with one prize for each Drawing Period.

WINNER SELECTION:

Drawings for each weekly Prize will be held weekly beginning October 9th, 2010 and each week thereafter for a total of seven continuous weeks.

WINNER SELECTION: The potential winner (the "Winner") of each weekly drawing will be selected by random drawing conducted by CCI, Inc. The decisions of Sponsor, including the selection of the Winner, are final and binding on all matters relating to this Sweepstakes.

WINNER NOTIFICATION: Winner will be notified by Qwest company e-mail or phone within 5 business days of winning the prize. Winners are required to respond with any appropriate information required in such e-mail within 21 calendar days of receiving the e-mail or the Prize will be forfeited. All winners are randomly selected via CCI, Inc. If winner does not respond by the notification date provided and/or does not return the releases within 21 calendar days, winner will be disqualified and an alternate winner will be selected. Acceptance of all prizes constitutes permission for Qwest and its agencies to use winners name and/or likeness for promotional purposes without additional compensation, unless prohibited by law.

PRIZE RESTRICTIONS: Winner is solely responsible for payment or cost of any wireless or data plans, applications, accessories, or other miscellaneous items required to operate the iPad. All other costs and expenses associated with Prize acceptance and use not specified herein as being provided, including but not limited to lodging, transportation costs, meals, gratuities and other expenses incurred by accepting the Prize are the sole responsibility of the Winner.

The Prize is non-transferable and non-assignable, with no cash redemptions except at Sponsor's sole discretion. There will be no substitutions for the Prize except by Sponsor who reserves the right to substitute a prize (or portion thereof) of comparable or greater value at its sole discretion.

HOW TO CLAIM PRIZES: Once a Prize is accepted via e-mail, an affidavit or statement of acceptance confirming acceptance of Prize will need to be completed and returned to YOUCAN® program management. Upon receipt, YOUCAN® management will coordinate delivery of item(s).

ODDS: Odds are dependent upon the number of eligible entries each employee generates and the total number of eligible entries received, however, the odds of the Sweepstakes is anticipated to be at least seven prizes in 20,000 entries.

LOCAL NETWORK EMPLOYEES: There are certain rules that especially apply to technicians and other employees who work with Competitive Local Exchange Carrier's (CLEC) end-user customers that must be followed. Please remember the following: While on a CLEC's end-user customer's premises doing work on behalf of that CLEC, Qwest employees MAY NOT discuss Qwest products with the CLEC end user. Referrals for sales of Qwest products for CLEC end-user customers are NOT allowed. If a CLEC's end-user customer asks for information about a Qwest product, technicians MUST refer them to the Qwest business office by referring the end-user to a public source of information such as a telephone directory, Qwest home page, or to directory assistance. Under compliance regulations, employees CANNOT provide the CLEC end-user customers with the Qwest business office telephone number. All employees are required to know, understand and adhere to the CLEC end user rules. See the following for more information: Pages 15-16 in the "Technicians Code Book" (RG 29-0040 Rev 06/2004). The material is listed under "Technician Conduct with CLEC's Customers" and is available online either on the Local Network Web site under Policies or at the Einstein site:

http://einstein.qintra.com/selfservice/microsites/search.do?jsessionid=4E7FF33EEC8EB426F19FC792A2D277EB?cmd=displayKC&docType=kc&externalId=http--einstein-stellentqintra.com-kanisa-groups-designsvcsctr-documents-default-6560titlehtml&sliceId=&docTypeID=DT_DESIGNSVCSCTR_1_1&dialogID=307832821&stateId=1%200%20307836065&highlight=on.

YOUCAN® rules also specifically spell out the differences in dealing with CLEC customers. To access the Terms and Conditions, go to the YOUCAN® Web site at <http://www.qwestyoucan.com>, where you'll find the information listed under Program Information.

TAXATION: All Prizes awarded in the YOUCAN Win 2 iPads Promotion are taxable to the Prize winners and subject to federal income tax, state and local income tax (if applicable), and employment taxes. As an additional benefit to the Prize winners, Qwest will gross-up each prize for the approximate amount of taxes due on the Prize. Taxes in excess of the tax gross-up paid by Qwest will be the sole responsibility of the Prize winners. Grossed-up taxable income and tax withholding resulting from receiving a Prize will be reported to each Prize winner on his/her 1) pay stub for the pay period in which the Prize is processed by Qwest Payroll, and 2) 2010 Form W-2.

WAIVER OF LIABILITY/PUBLICITY RELEASE: By acceptance of Prize, the Winners grant to Qwest the right to publicize such Winners' names, city and state/province of residence and/or likeness in any medium now or hereafter devised worldwide without limitation and without additional compensation or consideration, notification or permission, unless prohibited by law.

GENERAL CONDITIONS: By entering, employees agree to these Rules and the decisions of Qwest, which shall be final in all matters relating to the Sweepstakes. All Qwest employees in the above listed job titles are eligible to participate. Employee participation in the Sweepstakes is strictly voluntary and optional. No penalties will be assessed against non-participating employees. Participation in Promotion is not related to salary, bonus, hourly wage or any other form of employment compensation, and winning is not related to the employee's compensation structure. Employee eligibility for purposes of this Promotion is governed by the YOUCAN® Referral Program and its Terms and Conditions. Winners must be current employees of Qwest at the time of the drawing and at the time the Prize is awarded.

By accepting a Prize, winners agree to hold Qwest, its respective directors, officers and employees and assigns harmless for any loss, injury or damage caused or claimed to be caused by acceptance or use of any Prize or from participation in the Sweepstakes drawing including without limitations, personal injury or death. Qwest is not responsible for any typographical or other error in the printing of the offer, administration of the Sweepstakes or in the announcement of a Prize; for stolen, lost, late, misdirected, damaged or incomplete entries or entries that are processed late or incorrectly, or are lost due to computer or electronic malfunction.

If, for any reason, the Sweepstakes cannot be conducted as planned, or any causes beyond the control of Qwest which, in the sole opinion of Qwest, corrupt or affect the administration, security, fairness, integrity or proper conduct of this Promotion, Qwest reserves the right in its sole discretion to cancel, terminate, modify or suspend this Promotion and may conduct a drawing from among all eligible entries received prior to the action taken. Employees waive all claims against Qwest for cancellation, termination, suspension or modification of the Sweepstakes. The Sweepstakes is governed by laws of the state of Colorado with venue in Denver, CO for the resolution of all claims and disputes.

CAUTION: ANY ATTEMPT BY AN ENTRANT TO DELIBERATELY DAMAGE ANY WEB SITE OR UNDERMINE THE LEGITIMATE OPERATION OF THIS PROMOTION IS A VIOLATION OF CRIMINAL AND CIVIL LAW. SHOULD SUCH AN ATTEMPT BE MADE, SPONSOR RESERVES THE RIGHT TO SEEK DAMAGES FROM ANY SUCH INDIVIDUAL TO THE FULLEST EXTENT PERMITTED BY LAW.

In the event of a dispute regarding any entry, the entry will be deemed made by the authorized account holder of the e-mail address submitted at the time of entry (i.e., the person who is assigned to an e-mail address by an Internet access provider, on-line service provider or other organization responsible for assigning e-mail addresses for the domain associated with the submitted e-mail address). Sponsor reserves the right in its sole discretion, to cancel, terminate, modify or suspend the Sweepstakes and award Sweepstakes prizes from among all eligible entries received prior to cancellation or termination. Sponsor also reserves right to disqualify any individual who does not comply with these Official Rules.

WINNER LIST: Winner list will be posted on YOUCAN.com website immediately following acceptance and delivery of prize to Winner.

CONSUMER DISCLOSURE: No entrants have yet won. Sweepstakes ends November 20, 2010. Approximate Retail Value of entire sweepstakes: \$6,986 based on prize awarded. Odds of winning depend upon the number of eligible entries received. Sponsored by Qwest Corporation, 1801 California Street, Denver, CO 80202.