Co-Pilot in Microsoft Edge (ChatGPT) request to write Excel Office Script to produce a Table of Contents worksheet with a link to each sheet in a workbook.

Write an Office Script for Excel to generate a new worksheet named "TOC" that contains a hyperlink to each visible sheet in the current workbook. If there is already a worksheet called "TOC", delete it before creating the new worksheet. Start the table of contents hyperlinks in cell B3. Format the hyperlinks as hyperlinks. Place a heading in cell B1 of the "TOC" worksheet with the text "Table of Contents" in black bold font, size 18. Hide the gridlines on the "TOC" worksheet. Annotate the script to explain what each step in the script does.