

# member ad rates

The following pricing is for advertising in one issue of the magazine (half year). **Discounts:** For a two issue commitment on half or full page ads only, Health Dimensions will deduct \$100 from the total price.

## Premium

Back Cover _____	\$3,500
Inside Front Cover-Left _____	\$1,950
Inside Front Cover-Right _____	\$1,950
Inside Back Cover _____	\$1,750
Next to Table of Contents _____	\$1,950
Center Spread (2 pages) _____	\$2,500

## Regular

Full Page _____	\$1,050
Half Page _____	\$750

### General Policies:

- Health Dimensions reserves the right to reject any ad that does not complement the publication.
- Health Dimensions assumes no liability for errors in copy provided by advertiser.
- Ads must be paid in full by ad deadline date in order to be included in publication.

### How to submit artwork:

All artwork must be submitted in the correct size as noted above under "Specs" and in the correct file type (see below). Ads must be created in professional graphic design software.

### IMPORTANT:

- Your artwork is your proof. No hard copy proof will be sent for your approval.
- **We cannot accept any ad created in a Microsoft program** such as Publisher, Word, etc., even if converted to PDF.

### Acceptable File Types:

Email your ad in one of the following formats: TIFF files at 300 dpi, EPS files with fonts converted to outlines, or press-quality PDF files. All files CMYK. PC or MAC (PC Preferred).

**Email your ad to:**  
[laurel@laurelhostetler.com](mailto:laurel@laurelhostetler.com)

## Specs

### premium full bleed

**Trimmed Size:**  
 8.375"(w) x 10.5"(h)  
**Safe Zone:**  
 7.25"(w) x 9.375"(h)  
**Bleed:** ¼" on all sides

### regular full page

7.25" (w)  
 9.375" (h)

### 1/2 page

7.25" (w)  
 4.625" (h)

### Need design assistance?

If you need production or design work on your ad and don't already have a graphic designer, feel free to contact our freelance ad design team.

### For ad design assistance, contact:

Laurel Hostetler (480) 570-0215  
[laurel@laurelhostetler.com](mailto:laurel@laurelhostetler.com)

### Ad Design Rates:

Half Page Ad Design _____	\$100.00*
Full Page Ad Design _____	\$150.00*

\*Graphic design services are provided by independent, freelance designers who will bill you directly for their design services.

### Contacts:

#### Advertising Sales:

Health Dimensions (877) 503-2477  
[info@healthdimensions.com](mailto:info@healthdimensions.com)

#### Editorial & Design:

Laurel Hostetler (480) 570-0215  
[laurel@laurelhostetler.com](mailto:laurel@laurelhostetler.com)