

mechanical specifications

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.

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

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 x100
info@healthdimensions.com

Editorial & Design

Laurel Hostetler
Managing Editor & Art Director
(480) 570-0215
laurel@laurelhostetler.com

Premium Full Bleed

Trimmed Size:
8.375"(w) x 10.5"(h)
Safe Zone:
7.25"(w) x 9.375"(h)
Bleed: 1/4" on all sides

Regular Full Page

7.25" (w)
9.375" (h)

Regular Half Page

1/2 page
7.25" (w)
4.625" (h)