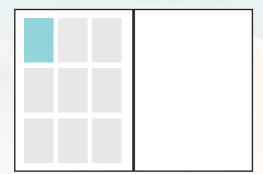
health choices



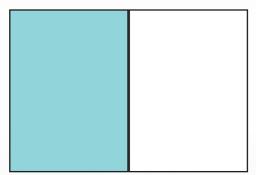
formatsHow to be a part of our magazine and reach our audience of influenceable readers

ADVERTISING space and specifications



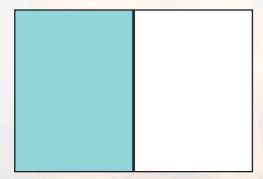
1/9th page in directory of services

Trim: 62w x 86h Bleed: 68w x 93h Type: 56w x 78h



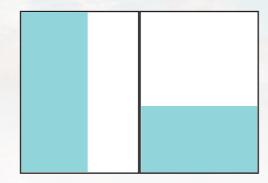
Full page

Trim: 210w x 297h Bleed: 216w x 303h Type: 184w x 271h



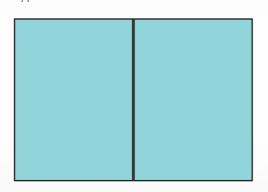
Covers (OBC, IFC, IBC)

Trim: 210w x 297h Bleed: 216w x 303h Type: 184w x 271h



1/2 page horizontal or vertical

Trim: 210w x 147h Trim: 105w x 297h Bleed: 111w x 303h Bleed: 216w x 153h Type: 184w x 121h Type: 79w x 95h

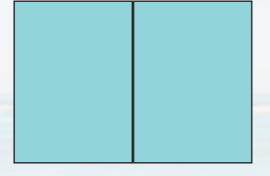


Double page spread

Trim: 420w x 297h Bleed: 426w x 303h Type: 368w x 271h



EDITORIAL content options and specifications



Feature

- 2 pages of editorial on a subject relating to your expertise.
- Full editorial credit for the article together with your contact details and information on how to access your services.
- Design and layout provided together with relevant illustrations and images.
- Proof reading and sub-editing provided.





- 2 pages of editorial where you are able to answer common questions relating to your area of expertise.
- Full editorial credit for the article together with your contact details and information on how to access your services.
- Design and layout provided together with relevant illustrations and images.







Meet the specialist

- 1 page of editorial focusing on your personal background, services and expertise.
- Detailed information on how to contact you and access your services
- Design and layout provided together with proof reading and sub-editing services.

Personalised approaches

- 1 or 2 pages of editorial taking an angle of your choice that you feel best promotes your expertise and services.
- Design and layout provided together with proof reading and subediting services.
- Illustrations and/or images to complement your narrative.