

Submission Guidelines so your display is the best to achieve your goals.

Your HEALTH is designed to Empower and Encourage People To Live Healthier By Going to the Doctor. Your information displayed in the magazine and online will Make a Difference.

We provide the following assistance to customers submitting materials to Your HEALTH for publication. We can assist you further by calling (301) 805-6805 or emailing info@yourhealthmagazine.net.

- Customers must be available to discuss and verify (proof) the information in their displays.
- For customers who are signed for more than one month, we will run the same display as the previous month unless otherwise notified and provided with the new information.
- For ads with expiration dates, the date will be advanced by one month, unless notified by the customer prior to the deadline.

TRANSPORTING FILES ELECTRONICALLY

TEXT FILES: Submit as a MSWord, rtf or doc attachment, in the email body, or as a pdf.

GRAPHICS, ADS, LAYOUTS, ARTWORK: Print ads must be formatted as CMYK and at least 200dpi. Online ads must be RGB and optimized for web at 72dpi.

Ads and Artwork: Print Ads and Artwork will be accepted electronically. Print ads may be emailed as tiff or pdf files; text under 12 point must be 100% black (K) in CMYK model; all graphics and photos in CMYK model; color profile as “web uncoated”; and all files saved in CMYK format. We can assist you to meet these standards.

Online Ads and Artwork may be emailed as jpg, png, or WebP files.

Fonts: Fonts used in the file should be submitted along with the file or they may be substituted.

Hard Copy: Provide a hard copy printout to compare with your electronic file to assure files are transmitted accurately.

Large Files: Files too large to email should be reduced in size by reducing the dpi settings. If that is not successful we can provide FTP information to upload to our ftp site.

TIPS FOR SUBMITTING ADS FOR DESIGN

- Look at other ads for layout ideas. If you like a particular font style, border or even clip art, tape it to the Design Order form or attach it in an email it to us. We will try to match it as closely as possible.
- We can provide *Tips From the Design Shop* to assist you in creating designs that are effective.
- On the Design Order form, locate the size you are running. Then, indicate where you want your company name, address and phone number. Next, indicate where you want your logo and/or artwork.
- On the Design Order form, type (or neatly print) the text that you want.

Please submit Design Order Forms and all other materials to:

designshop@yourhealthmagazine.net

Large files may be uploaded via FTP. Call 301-805-6805 or email for information.
4201 Northview Dr, Suite 401 • Bowie, MD 20716 • fax (301) 805-6808

MAGAZINE AD SUBMISSION SIZES

Dimensions are Width x Depth

Exclusive page 8^{3/4}" x 11"
(Ad with article) Exclusive Page Ad size is 6^{1/2}" wide x 8" deep; Article size 300-500 words.

Full Page 8^{3/4}" x 11"

Half Page 8^{3/4}" x 5^{3/8}" or 4^{1/4}" x 11"

Mini Half Page 6^{1/2}" x 5^{3/8}"

Quarter Page 4^{1/4}" x 5^{3/8}"

Sixth Page 4^{1/4}" x 3^{5/8}"

Eighth Page 4^{1/4}" x 2^{5/8}"

Sixteenth page 2^{1/4}" x 2^{5/8}"

Classified Ads are available – Call for prices and sizes.

ONLINE BANNER AD SIZES

Dimensions are Width x Depth

Top of Page
Leaderboard 980 x 120

Body
Leaderboard 595 x 130

Tower Banner Ad 250 x 200

FEATURE YOUR DOCTOR OR PRACTICE ONLINE

Online Features are available for individual Doctors and Practices, and online Video Slideshows and Social Media posts – Call or email for more information.