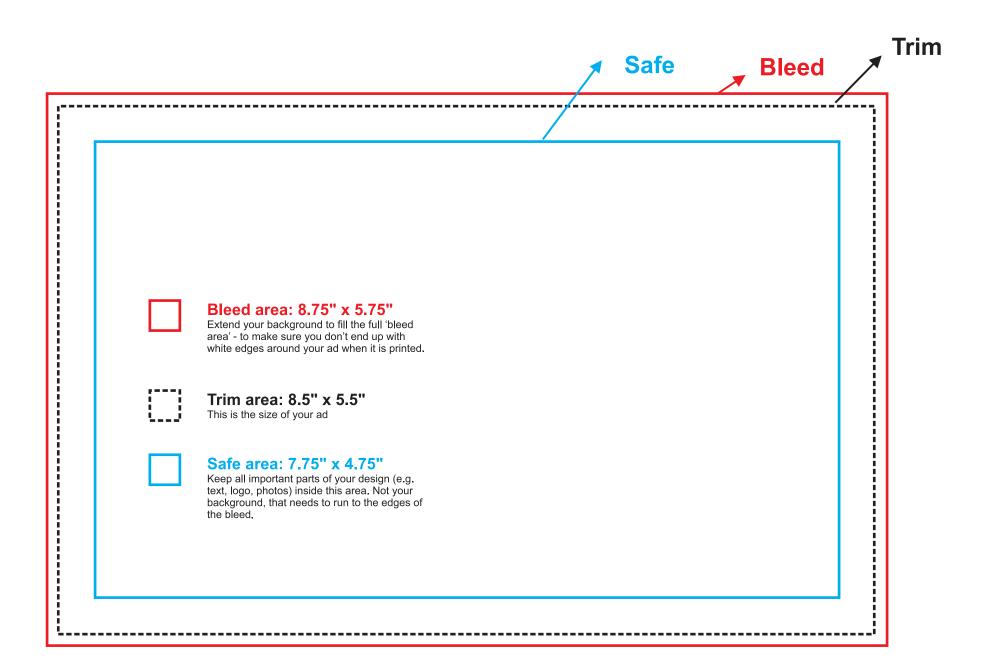
Full Page artwork guidelines

vertical format shown but ad can also be horizontal format

	*
Bleed area: 8.75" x 11.25" Extend your background to fill the full 'bleed area' - to make sure you don't end up with white edges around your ad when it is printed.	
Trim area: 8.5" x 11" This is the size of your ad	
Safe area: 7.75" x 10.25" Keep all importants of your design (e.g. text, logo, photos) inside this area. Not your healtway, but the product to true to the odgree of	
background, that needs to run to the edges of the bleed.	
Please Note: pdf, tiff and eps files are accepted.	
Please make sure that your files have a <u>minimum</u> resolution of 300dpi . Also when saving in pdf or eps formats make sure that files do not contain fonts (ie. fonts have to be converted to objects, curves or outlines depending on the program that the ad was created in) to be sure there is no font substitution and the text does not change.	
Word, Publisher or PowerPoint files are not preferred.	

Half Page artwork guidelines

horizontal format shown but ad can also be vertical format



Please Note:

pdf, tiff and eps files are accepted.

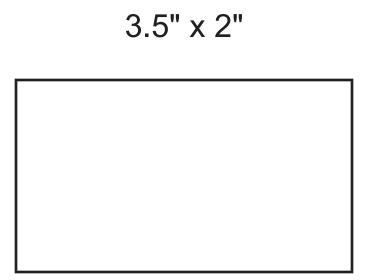
Please make sure that your files have a <u>minimum</u> resolution of **300dpi**. Also when saving in pdf or eps formats make sure that files do not contain fonts (ie. fonts have to be converted to objects, curves or outlines depending on the program that the ad was created in) to be sure there is no font substitution and the text does not change.

Word, Publisher or PowerPoint files are not preferred.

Business Card artwork guidelines

horizontal format shown but ad can also be vertical format

For business card ads bleeds are not needed because they will not be placed at the edge of the page.



Please Note:

pdf, tiff and eps files are accepted.

Please make sure that your files have a <u>minimum</u> resolution of **300dpi**. Also when saving in pdf or eps formats make sure that files do not contain fonts (ie. fonts have to be converted to objects, curves or outlines depending on the program that the ad was created in) to be sure there is no font substitution and the text does not change.

Word, Publisher or PowerPoint files are not preferred.