

# Your Health

Your business will experience a healthy dose of success when you team up with the San Antonio Express-News and its consumer publication, **Your Health**.

**Your Health**, a quarterly magazine, addresses medical, health and wellness issues affecting your customer. With distribution of 166,000 in doctor's offices, medical facilities and retirement communities throughout San Antonio as well as in the Express-News, **Your Health** is the perfect medicine for your business.

## DEADLINES

Publication	Monday, March 15	Monday, June 14	Monday, September 19	Monday, December 13
Space/Copy Deadline	Friday, February 12	Friday, May 14	Friday, August 13	Friday, November 12
EDI Release	Friday, February 19	Thursday, May 20	Thursday, August 19	Thursday, November 18

\*Dates subject to change

## 2010 Rates & Dimensions

AD SIZE	DIMENSIONS	RATES			
		1x	2x	3x	4x
Full Page (Full bleed)	8.25" x 10.875"	\$2,800	\$2,500	\$2,400	\$2,300
	Trim 8.25" x 10.875"				
	Safe 7.75" x 10.375"				
Full Page (No bleed):	7.75" x 10"	\$2,800	\$2,500	\$2,400	\$2,300
Half Page (H):	7.75" x 4.875"	\$1,600	\$1,400	\$1,350	\$1,300
Half Page (V):	3.75" x 10"	\$1,600	\$1,400	\$1,350	\$1,300
Quarter Page:	3.75" x 4.875"	\$ 900	\$ 800	\$ 750	\$ 700
Eighth Page:	3.75" x 2.312"	\$ 650	\$ 650	\$ 650	\$ 650

## PREMIUM POSITIONS (Inside front, back, inside back and page 3)

AD SIZE	DIMENSIONS	RATES			
		1x	2x	3x	4x
Full Bleed	8.25" x 10.875"	\$3,500	\$3,300	\$3,200	\$3,100
Trim	8.25" x 10.875"				
Safe	7.75" x 10.375"				

All ads are full color.

## FORMAT

Magazine format, stitched and trimmed 8.25" x 10.875". Printed on 60# coated stock.

## BONUS

Section will appear online for two months on mySA.com.

For advertising information contact your sales representative or call (210) 250-2387.



Each week you can reach over 1.1 million adults with our print and online products.

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**We're Here For You.**

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