

## Health

(Updated 6/2023)

FORMERLY Published by Dotdash Meredith, Health magazine was the ultimate source for women seeking well-being and balance, motivating women to feel happy and healthy every day. Their expert advice, delicious recipes, smart workouts and the latest beauty trends inspire readers to achieve emotional and physical well-being. \*\*\* CEASED PUBLICATION 4/1/22. NAMES THRU 3/22 \*\*\*

<b>Gender:</b> 75% Female/21% Male	<b>Source:</b> Direct Mail Sold
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### Counts and Rates:

559,845	Total Universe	\$85/M
559,845	FORMER Subscribers	\$85/M
112,069	3 Mo Former Subscribers	+\$12/M
170,397	6 Mo Former Subscribers	+\$9/M
	Catalog Rate	\$65/M
	Fundraising Rate	\$60/M

Health magazine subscribers are interested in fitness, nutrition, and beauty - they want to stay in shape, look great, and feel fantastic. They know that healthy living isn't just important - it can be fun too!

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### Selections:

3 Mo Former	\$12/M
6 Mo Former	\$9/M
Gift Givers	\$12/M
DTP/DMS	\$12/M
Renewals	\$12/M
State/Zip/SCF	\$10M
Gender	\$9/M
ZIP Select (4 or more)	\$15/M
Age	\$16/M
Income	\$16/M
Lifestyle Interests	\$16/M
Selects	\$16/M
Net Name (50M Min)	@85/8.50

### Addressing (flat fee):

FTP/Email	\$65/F
Key Coding	\$3.50/M

Minimum Order: 10,000

### Details:

15% Commission to Brokers. Pre-clearance required. Service bureau requires 3 working days to process all orders, otherwise \$85 Flat fee applies.

Contact:  
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Please send list clearances & orders to:  
[orders@AudienceFirstMedia.com](mailto:orders@AudienceFirstMedia.com)

All processed orders cancelled before mail date will incur a \$100 cancellation fee in addition to applicable running, selection, and shipping charges. Orders cancelled after the mail date incur full charges.