

# advertising rates and technical data



display <span style="float: right;">all rates are full colour</span>			
size	orientation	dimensions	rate
half page	horizontal vertical	134mm x 189mm 271mm x 93mm	<b>£475 + VAT</b>
full page	n/a	305mm x 218mm (bleed) 297mm x 210mm (trim) 271mm x 189mm (type)	<b>£900 + VAT</b>

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 e: [health24@archant.co.uk](mailto:health24@archant.co.uk)  
[www.health24.co.uk](http://www.health24.co.uk)

health & fitness directory <span style="float: right;">all rates are full colour</span>			
size	orientation	dimensions	rate
sixteenth page	portrait	60mm x 48mm	<b>£50 + VAT</b>
eighth page	horizontal portrait	60mm x 100mm 123mm x 48mm	<b>£95 + VAT</b>
quarter page	portrait	130mm x 100mm	<b>£180 + VAT</b>
half page	horizontal portrait	130mm x 204mm 270mm x 100mm	<b>£340 + VAT</b>

**For more information on series discounts, contact:**

**Hertfordshire Edition**  
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**Cambridgeshire Edition**  
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web adverts <span style="float: right;">www.health24.co.uk</span>		
size	dimensions	rate
banner	468 x 60 pixels	<b>£100 pcm</b>
buttons	120 x 40 pixels	<b>£50 pcm</b>

## electronic files

### file format:

Preferred method high resolution Pdf, others accepted EPSF with embedded fonts, ADS files.

### delivery method

Preferred method, via Adfast, others accepted ISDN, email, CD, Zip, DVD.

ADS/ISDN

**0845 070 4800**

All documents sent ADS/ISDN/Adfast/Email require our company URN. Please contact the sales team for this before sending any artwork.

### full colour

CMYK Processed