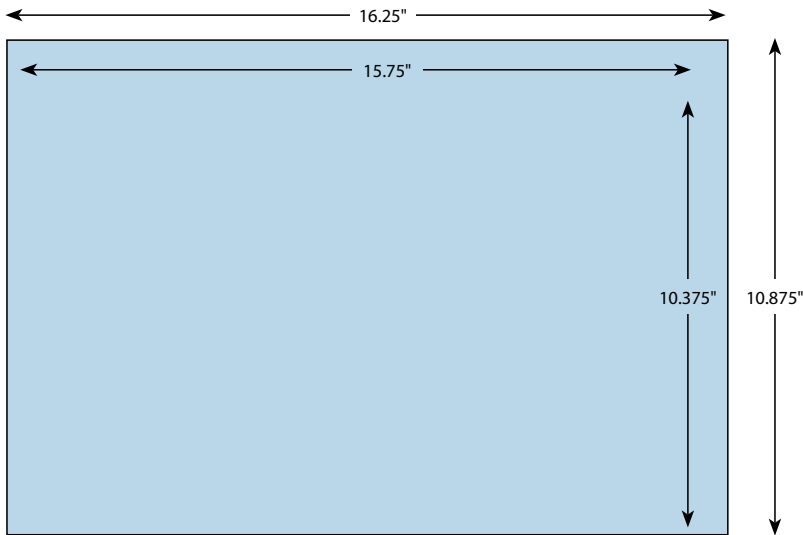


Healio Journal Specs

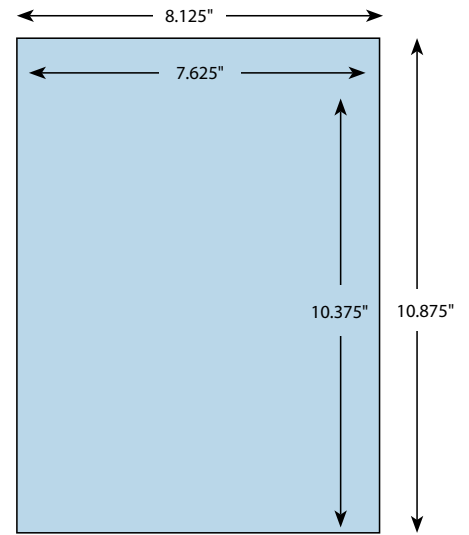
NOTE: Unit sizes pictured are right hand pages. Live area (non-bleed) dimensions are listed inside the shaded area of each unit. Trim sizes are listed outside each unit. Bleed dimensions are listed below each unit. Digital files preferred. Trim size of publication is 8.125 x 10.875. For more information, visit healio.com/adspecs.

Full Page Spread



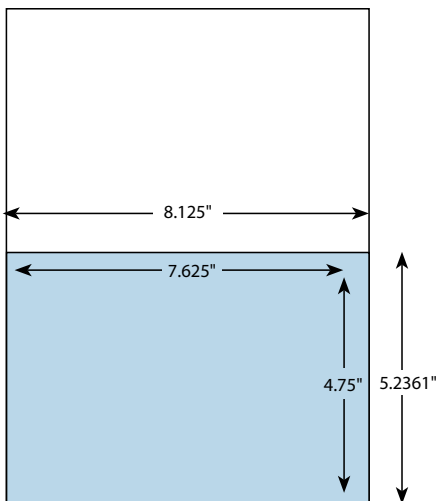
Bleed: 16.5" x 11.125"
 Trim: 16.25" x 10.875"
 Live: 15.75" x 10.375"

Full Page



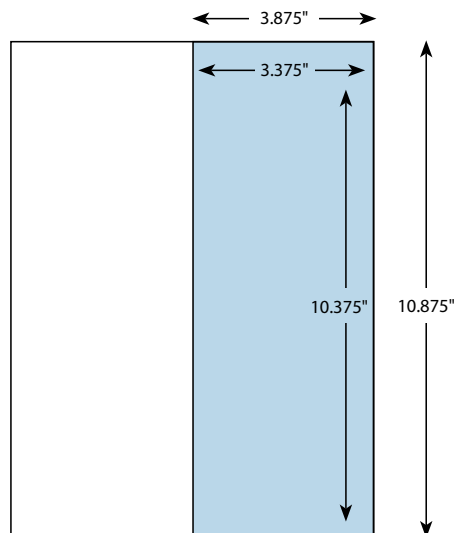
Bleed: 8.375" x 11.125"
 Trim: 8.125" x 10.875"
 Live: 7.625" x 10.375"

Half Horizontal



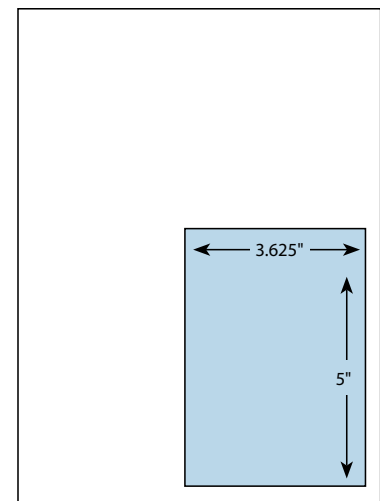
Bleed: 8.375" x 5.5"
 Trim: 8.125" x 5.2361"
 Live: 7.625" x 4.75"

Half Vertical



Bleed: 4.125" x 11.125"
 Trim: 3.875" x 10.875"
 Live: 3.375" x 10.375"

Quarter (nonbleed only)



Trim: 3.625" x 5"

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