

WellBeing™

Issue Detail

ISSUE	BOOKING	MATERIAL	ONSALE
112 Nov/Dec	Aug 17	Sept 14	Nov 28
113 Jan/Feb	Oct 12	Nov 9	Jan 23
114 Mar/Apr	Nov 23	Dec 21	Mar 19
115 May/June	Feb 1	Feb 29	May 14
116 July/Aug	Mar 28	Apr 25	July 9
117 Sept/Oct	May 30	June 27	Sept 10

DIGITAL Mechanical Specifications

DISPLAY ADVERTISING

FULL PAGE

Bleed size	310mm deep 230mm wide
Trim size	300mm deep 220mm wide
Type area	270mm deep 190mm wide

HALF PAGE HORIZONTAL NO BLEED

Type area	130mm deep 188mm wide
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HALF PAGE VERTICAL NO BLEED

Type area	263mm deep 92mm wide
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HALF PAGE PORTRAIT NO BLEED

Type area	196mm deep 124mm wide
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COLUMN MONO NO BLEED

Type area	129mm deep 60mm wide
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QUARTER PAGE HORIZONTAL NO BLEED

Type area	65mm deep 188mm wide
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QUARTER PAGE PORTRAIT NO BLEED

Type area	130mm deep 92mm wide
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HOT SPOTS NO BLEED

Type area	86mm deep 93mm wide
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UNIVERSAL MAGAZINES USES CTP TECHNOLOGY IN PRODUCTION OF THIS MAGAZINE.

Digital Material Guidelines
FILE FORMATS

WE ACCEPT FILES CREATED BY:

- Adobe Illustrator CS* or Adobe Photoshop CS* in PC format. InDesign® V3 PC only.
- All files to be supplied with colour/mono proof
- Please make sure all fonts, pics and associated files are also included
- Email files must not exceed 2MB and please before sending check that they are to our specifications
- PDF files will be accepted via Quickcut

For more information regarding Quickcut services please contact: **Technical Support** 1300 768 988,

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WE DO NOT ACCEPT FILES CREATED BY:

- Microsoft® Word, Microsoft® Excel, Microsoft® PowerPoint, Microsoft® Publisher, CorelDraw® or other PC software. InDesign® files in MAC format.

DIGITAL SPECS:

- File to contain single pages only (spreads to be supplied as two separate pages)
- Fonts used should be Postscript Type 1 only
- TRUE TYPE FONTS ARE NOT ACCEPTABLE
- All images MUST be 300 dpi at 100%
- Images and Graphics used in the document should be saved as Greyscale or CMYK, elements saved in the

RGB COLOUR MODE ARE NOT ACCEPTABLE PLEASE CHECK ALL FILES CAREFULLY AS RGB COLOURS WILL PRINT WASHED OUT PROOFS:

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For Advertising Production

queries contact: Ian Cassel

Phone: (02) 9887 0325 Fax: (02) 9887 2222

Email: icassel@universalmagazines.com.au

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North Ryde 1670 NSW