

2020

Health Watch

\$112K average lifetime spend on health and fitness for adults*
*marketwatch.com

12.8% wellness industry growth rate from 2015-2017**
**globalwellnessinstitute.org

63% consumers trying to eat healthier***
***Global Market Development Center (GMDC)

Don't miss the movement!

Reach thousands of Alton-Edwardsville residents across all ages seeking healthy, active lifestyles. An audience driven to improve their well being will enjoy editorial content that includes:



Health News



Fitness



Leisure

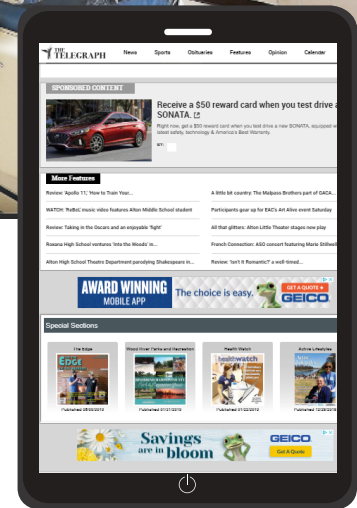
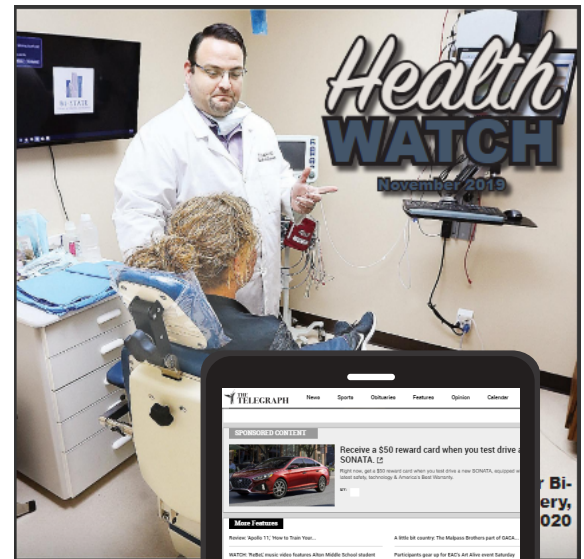


Financial Planning



Travel Ideas

... and more!



Health Watch is a 20+ page insert published bi-monthly on Wednesday's in The Alton Telegraph and The Edwardsville Intelligencer. An e-edition is uploaded to popular news sites - theintelligencer.com and thetelegraph.com.

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(618) 208-6433

HEARST

MIDWEST
MEDIA GROUP



2020

Health Watch

#1 print and digital portfolio in the area

54.5K+ weekly print reach in Alton & Edwardsville, IL

670K+ unique monthly visitors on TheTelegraph.com and TheIntelligencer.com

Print & Online Solutions

Each issue of Health Watch is uploaded to TheIntelligencer.com and TheTelegraph.com.

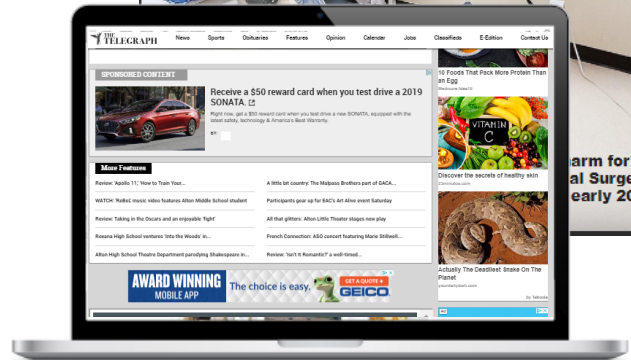
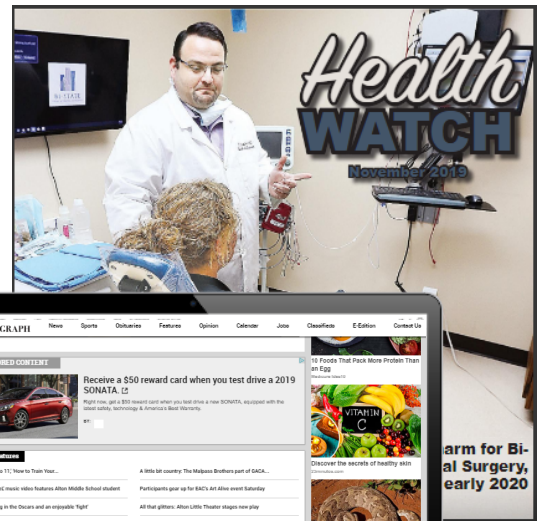
AD OPTIONS	AD SPECS	RATES
Back Cover	10.25" x 10"	\$825*
Inside Front Cover	10.25" x 10"	\$625*
Inside Back Cover	10.25" x 10"	\$625*
Full Page	10.25" x 10"	\$485
Half Page	10.25" x 4.8"	\$325
Quarter Page	5" x 4.8"	\$195

*Includes color charge

To maximize exposure, add 12,000 impressions for 2 days on both news sites for \$100!

2020 Schedule

PUBLICATION DATE	SPACE DEADLINE	AD COPY DUE
Jan 22nd	Jan 8th	Jan 15th
Mar 25th	Mar 6th	Mar 20th
May 20th	May 1st	May 15th
Jul 22nd	Jul 6th	Jul 17th
Sep 23rd	Sep 4th	Sep 18th
Nov 18th	Oct 30th	Nov 13th



arm for Bi-al Surgery, early 2020

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