



## Rate Pages for Advertising

### Reasons to Advertise With OK in Health

- **Our e-Magazine is read by thousands of OK In Health members**
- **Local network that can get your message out**
- **Wide range of readership interested in Health & Wellness information**
- **Members return to website many times a month**
- **Rich in content and information**

OKinHealth.com has been the center on the internet for Integrative Health and Healing since 2004. Our members are like-minded people of all backgrounds, lay and professional, who support an interest in a natural and integrative approach to health care, from all over British Columbia and across Canada and the world.

We provide workshops, health care practitioner's listings, articles, health tips, environmental care, recipes, and more, for our physical, emotional, mental, and spiritual well being.

One of our main focuses is Health and Healing Workshops. We also provide specialty coverage for natural health related issues such as maternity, woman's and families, our environment, natural animal care, practice & support groups, health stores & natural businesses, local health events, and workshops. With over 1200 active, focused information pages, we provide a huge opportunity for reaching your potential customers.



Our goal is to have affordable low cost rates, that gets results.

According to Google Analytics, OK In Health attracts over 750 unique visitors per day and our stats show continued and consistent growth. Our eMagazine is sent to over 5,000 members each month and we have over 800 people a day check out our website.

<b>Usage Statistics for okinhealth.com</b>	<b>Average</b>
Unique visitors per Day	<b>800</b>
Hits per Day	28,000
Unique visitors per Month	24,000
Hits per Month	840,000
Total unique visitors this year (Oct. 09 - Sept. 10)	<b>288,000</b>
Total Hits	10 million+

**Prices are all inclusive. Payment by PayPal or Cheques.**  
**Pricing is subject to change without notice. Ads will not be published until payment is received.**





## Rates Overview (more Details Below)

<b>Event /Workshop/ Courses Listings</b>	<b>BASIC</b> <small>(very limited/ no links)</small>	<b>SUPREME</b> <b>Promotional Package</b> <small>(Links/photos/video/ extra adverts/and in eMagazines)</small>
		
One Event Workshop or Course <b>(until date of event)</b>	<b>* Free</b>	<b>\$7.50</b>
One Courses, Fitness Classes, Schools, monthly or On-Going up to 12 months	<b>* Free</b>	<b>\$30</b>

(This promotional price is a limited time offer and may be withdrawn at any time without notice).

<b>Practitioners / Business Directory</b>	<b>BASIC</b> <small>(very limited /no links)</small>	<b>SUPREME</b> <b>Promotional Package</b> <small>(Links/photos/video/ extra adverts/ and in eMagazines)</small>
		
1 Month	<b>Free</b>	<b>\$15/month</b>
12 Months	<b>Free</b>	<b>\$75</b>

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<b>Display Adverts</b>	<b>Rectangle</b>	<b>Square</b>	<b>Skyscraper</b>	<b>Banner</b>
	 Website	 Website	 Website/ eMagazines	 Website/ eMagazines
	4.5 x 1.74 inches 325 x 125 pixels	4.5 x 4.5 inch 325 x 325 pixels	4.5 x 6.94 inches 325 x 500 pixels	7.94 x 1.42 inches 572 x 102 pixels
1 month	<b>\$45</b>	<b>\$65</b>	<b>\$75</b>	<b>\$80</b>
6 months <small>(1 month free)</small>	<b>\$225</b>	<b>\$325</b>	<b>\$375</b>	<b>\$425</b>
12 months <small>(3 months free)</small>	<b>\$405</b>	<b>\$585</b>	<b>\$675</b>	<b>\$720</b>

Full Details below and information on Classifieds, Advertorials.

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## Rate Page for Practitioners / Business Directory



Practitioners / Business Directory	BASIC	SUPREME Promotional Package
		
1 Month	Free/Basic	\$15/month
1 Year	FREE	\$75 2 months free
Listing on main directory – (no links on free listing)	✓	✓
Business name, town, & phone number.	✓	✓
One direct website link & email links		✓
Full Web Page, No other advertising on page		✓
Biography and List of Services		✓
A direct website and email link		✓
All your contact information		✓
<b>Add customer testimonials</b>		✓
<b>Three Images on Web Page, Thumbnail in Directo</b>		✓
<b>Audio File – mp3 file only, maximum size 5 MB</b>		✓
<b>One Video link to YouTube video</b>		✓
<b>Highlighted as Ad in monthly magazines</b>		✓
<b>Featured Practitioners on Directory</b>		✓
<b>Featured in Rotating Ads on right side of pages</b>		✓

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## Rate Page for Events Calendar For Events, Workshops & Courses

All events are posted until the end date. Post your listings early for best results.

<b>Event /Workshop/ Courses Listings</b>	<b>BASIC</b>	<b>SUPREME Promotional Package</b>
		
One Event Workshop or Course (until date of event)	<b>* Free</b>	<b>\$7.50</b>
One Courses, Fitness Classes, Schools, monthly or On-Going up to 12 months	<b>* Free</b>	<b>\$30</b>
Title, Town, Date, Phone Number, Short Description *	√	√
Full Web Page		√
Biography and List of Services		√
A direct website and email link		√
All your contact information		√
Add customer testimonials		√
<b>Three Images on Web Page, Thumbnail in Events</b>		√
<b>Audio File – mp3 file only, maximum size 5 MB</b>		√
<b>One Video link to YouTube video</b>		√
<b>Highlighted in e-Magazines until event date</b>		√
<b>Featured on Events Page</b>		√
<b>Featured in Rotating Ads on right side of pages</b>		√

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\* Events must have a start and end date. Limit of 150 characters on short description.  
Free / Basic has one phone number with no links/email, and city only. Clients can phone for full details.

**Contact us for more information about Sponsorship**

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## Rate Page for Advertorials

**Articles that teach about your product or service.**

An Advertorial is written in the style of an unbiased article, presented in a publication. The origin of the word dates back to 1946 according to the Merriam-Webster dictionary. This is a great opportunity to educate the readers about your products and service.

<b>Soft Sell Advertorial</b>	<b>SUPREME</b>
<b>1 Months – 1 article</b>	<b>\$60</b>
<b>12 Months – 12 articles (pre-submitted)*</b>	<b>\$650*</b>
A full Article page published on website	√
One Company Logo	√
One product Photo	√
One Authors Photo	√
In Main Article Directory with Two Images on Web Page	√
Authors Bio	√
Phone and website links	√
Highlight in next e-Magazine	√
Highlighted in next 12 e-magazines *	√

All articles remain in the permanent archive section of the website and are indexed by date, author, title and searchable by content.

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## Rate Page for Classified Ads

<b>Classifieds Page - 3 month listing</b>	<b>BASIC</b>	<b>SUPREME Promotional Package</b>
<b>OK members private sales</b> <b>Job offering /wanted</b> <b>No business/product sales please</b>		
	<b>*Free</b>	<b>\$15</b>
Posted in main classified directory	√	√
Item title, town, phone, price	√	√
Description	(50 characters)	(1,000 characters)
Email link		√
Three image files		√
Highlight in next magazine		√
Featured in classified area on side bars		√

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## Other Services OK In Health Offers

- **Event Organizers – OK in Health Presents**
- **Event Sponsorship & Booths** – small & large events
- **Environmental Printing** – printed on recycled papers with non-toxic vegetable dyes  
     **Business Cards – Posters – Programs – Other Printed Materials**
- **OK in Health’s Graphic Designer** – banners, display adverts, posters
- **Professional Writing Services** – proofreading, programs & manuals, website editing
- **Social Media Manager** – Blogs, Twitter, Facebook, Newsletters
- **Basic Computer Training**
- **Marketing Support & Discount Tickets & Marketing Promotions**
- **E-Flyers Listings**
- **OK In Health Web Designs**

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## Rate Page for Business Adverts

### Graphics:

All Graphics need to be supplied  
Camera Ready  
72 DPI Screen Resolution  
See sizes by samples

Graphics can be designed for  
\$60 per hour with a  
minimum charge of \$25 or  
One time charge per graphic.



Rectangle - Approximately  
4.5 x 1.74 inches or 325 x 125 pixels



Square sample  
approximately  
4.5 x 4.5 inch  
or 325 x 325 pixels

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**Skyscraper -**  
**Approximately 4.5 x 6.94 inches**  
 (sample slightly smaller - not actual size)  
**325 x 500 pixels**



**Graphics:**  
 All Graphic need to be supplied  
 Camera Ready  
 72 DPI Screen Resolution  
 Correct pixels.  
 325 x 125 or 325 x 325 or 325 x 500

Graphics can be designed for  
 \$60 per hour with a  
 minimum charge of \$25.  
 One time charge per graphic.

*#1 place to find  
 Wellness Events*

**OK In Health** **FREE e-Magazine**

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## Rate Page for Banner Ads







All banner ads are placed on a rotation basis. Banner Ads are the only advertising allowed in the content section of the web pages.

### Graphics:

All Graphic need to be supplied Camera Ready  
 72 DPI Screen Resolution, 572 x 102 pixels  
 Graphics can be designed for \$60 per hour with a minimum charge of \$25. One time charge per graphic.



Display Adverts	Rectangle	Square	Skyscraper	Banner
				
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12 months (3 months free)	<b>405</b>	<b>585</b>	<b>675</b>	<b>720</b>

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## Websites by OK in Health

### Reasons to have an OK in Health Website.

If you like the OK in Health website you have the opportunity of using our web designer for your own website. By going through us, you will receive special pricing and priority service not available to the general public. Your website will also be featured on our website. Our webmasters have been building websites for over 15 years. They are able to build everything from a small brochure site to a website with a complete shopping card with online payments.



Websites by EDIS Computers

- Custom Designed
- Any Size from a Brochure to 1,000 of pages.
- One Email Address – Check from anywhere world-wide
- Contact Form on Site to Protect Your Email
- Professional Service
- Search Engine & Marketing Reports Available
- Built with the latest technology and optimization techniques recognized by the search engines.
- Contact us for a detailed quotation.





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## Health & Wellness Featured Online Flyer

OK In Health offers this online E-Flyer feature as a way to support our environment by going paperless. Since 2004, our own OK In Health eMagazine has always been paperless and now our members and readers can access local flyers from many of their favourite stores.

 <p style="text-align: center;">E-Flyers</p>	<p style="text-align: center;">Health Stores <b>Logo</b> E-Flyers</p>	 <p style="text-align: center;">E-Flyers</p>
<p style="text-align: center;">Wellness &amp; Health Businesses <b>Logo</b> E-Flyers</p>	 <p style="text-align: center;">E-Flyers</p>	<p style="text-align: center;">Natural Food Supplements companies Fitness stores  E-Flyers</p>
	<p style="text-align: center;"><b>Post your eFlyer online today!</b></p> <p style="text-align: center;">For more information please contact OK In Health Email: <a href="mailto:info@okinhealth.com">info@okinhealth.com</a> Phone: 250.493.0106</p>	

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