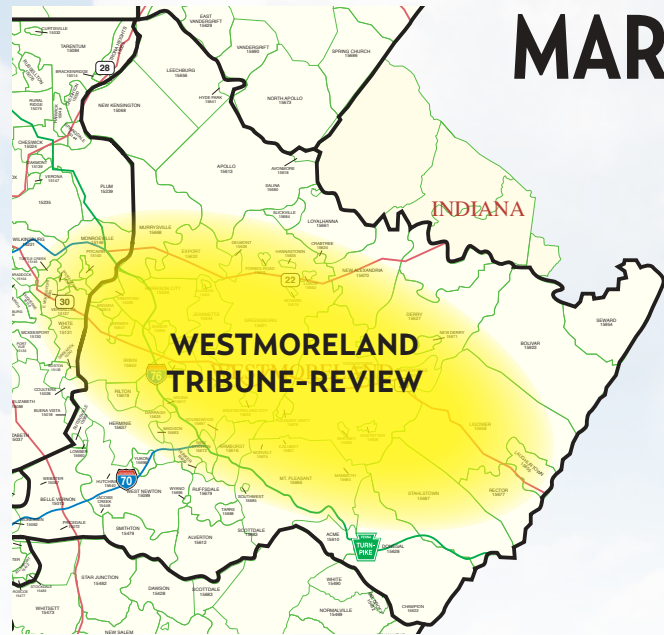


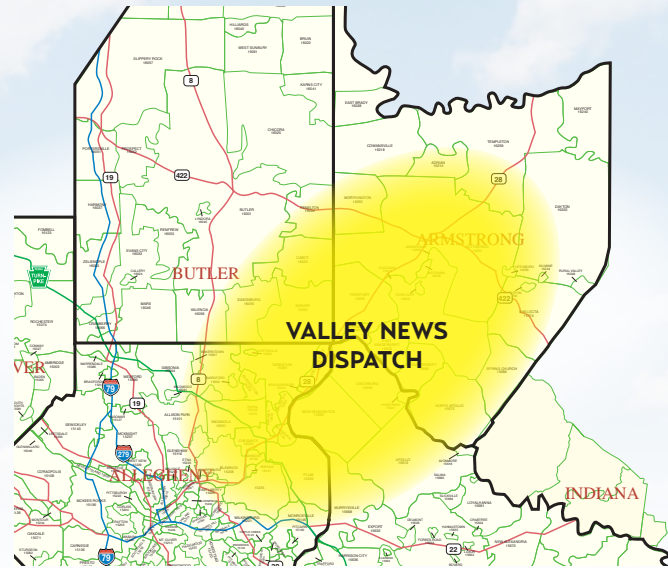
# HEALTH PLUS

Health, Wellness & Caregiving

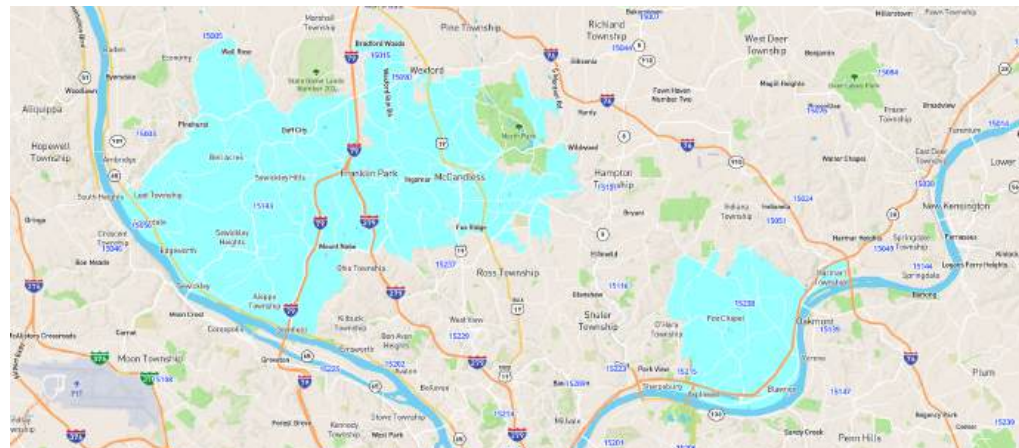
## MARKET COVERAGE AREAS



WESTMORELAND EDITION  
OF THE  
TRIBUNE-REVIEW



VALLEY NEWS DISPATCH EDITION  
OF THE  
TRIBUNE-REVIEW



NORTH EDITION

# HEALTH PLUS

Health, Wellness & Caregiving

A quarterly tab publication of Trib Total Media



## 2026 MEDIA KIT

# Why HEALTH PLUS

Health PLUS magazine is inserted into our daily and weekly newspapers and is the region's most complete source of information for readers when it comes to health, wellness and caregiving for people of all ages. It features practical information in an easy to understand format that readers can use on their wellness journeys, complete with local sources and experts.

## 2026 PUBLICATION SCHEDULE



### SPRING EDITION

VND & WMD TRIB  
Publication: February 21st  
Deadlines: Feb. 6th

### SUMMER EDITION

VND & WMD TRIB  
Publication: May 16th  
Deadlines: May 8th

### FALL EDITION

VND & WMD TRIB  
Publication: August 22nd  
Deadline: August 7th

### WINTER EDITION

VND & WMD TRIB  
Publication: November 14th  
Deadline: November 6th

### NORTH EDITIONS

Publication: February 19th  
Deadlines: Feb. 6th

### NORTH EDITIONS

Publication: May 21st  
Deadline: May 8th

### NORTH EDITIONS

Publication: August 20th  
Deadline: August 7th

### NORTH EDITIONS

Publication: November 19th  
Deadline: November 6th

TRIB TOTAL MEDIA

## 2026 Advertising Rates

# HEALTH PLUS

### WESTMORELAND Edition

Circulation 23,450 homes

Full Page .....	\$899
Half Page .....	\$515
1/4 page .....	\$310
1/8 page .....	\$205
Front Cover Banner .....	\$350

**4x discount - save 15% off!**

### VALLEY NEWS DISPATCH EDITION

Circulation 8,670 homes

Full Page .....	\$435
Half Page .....	\$250
1/4 page .....	\$150
1/8 page .....	\$100
Front Cover Banner .....	\$175

**4x discount - save 15% off!**

### NORTH Edition

Covering the Sewickley Herald, North Allegheny Journal  
& the Fox Chapel Herald  
Circulation 29,725 homes

Full Page .....	\$1,099
Half Page .....	\$625
1/4 page .....	\$375
1/8 page .....	\$250
Front Cover Banner .....	\$500

**4x discount - save 15% off!**

### Run Ads In All 3 Editions

Circulation 65,624 homes

Full Page .....	\$1,998
Half Page .....	\$1,140
1/4 page .....	\$685
1/8 page .....	\$455

**4x discount - save 15% off!**

### HEALTH PLUS AD SIZES

Full Page .....	6 Col. (10.625") x 11"
1/2 Horizontal .....	6 Col. (10.625") x 5.5"
1/2 Vertical .....	3 Col. (5.25") x 11"
1/4 Horizontal .....	3 Col. (5.25") x 5.5"
1/4 Vertical .....	2 Col. (3.458") x 8"
1/8 Horizontal .....	3 Col. (5.25") x 3"
1/8 Vertical .....	2 Col. (3.458") x 4"
Front Cover Banner .....	6 Col. (10.625") x 2"

# Health, Wellness & Caregiving

\*sourced AAM Audit 2022†