

GUT LEBEN MIT DIABETES

RATE CARD

August 2022

Gut leben mit
DIABETES

Rätseln & gewinnen
Entspannung pur im Altmühltal


Sommerfit radeln
Das macht E-Bike-Fahren
für Menschen mit
Diabetes so gesund


Kulinarisch reisen
Diese indischen Gerichte
und Gewürze halten den
Blutzucker in Balance

.....

Diabetes im Beruf
Mit mehr Offenheit am
Arbeitsplatz Vorurteile
ausbremsen

**Saure
SUPER-
FRUCHT**

Viel Vitamin C, wenig Kohlenhydrate:
Zitronen sind der ideale Frischekick
an heißen Tagen. Fünf leckere Rezepte

ABNEHMEN MIT ERFOLG: Methoden, die in Ihren Alltag passen



No. 2023 | 1

Valid from 01.01.2023

BCN.

brand-community-network.com

PUBLISHER'S DATA

Publisher

mylife media GmbH & Co.KG
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D-77652 Offenburg

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**Frequency of publication
& on sale date**

monthly, usually on the 1st of each month

Place of publication

Offenburg

Bank accounts:

Commerzbank AG
IBAN: DE54 6808 0030 0723 4120 00
BIC: DRES DEFF 680
UniCredit Bank AG
IBAN: DE19 7002 0270 0015 0249 05
BIC: HYVEDEMMXXX

Terms of payment:

Invoices are due in net 30 days after the invoice date. The publisher guarantees a 2 per cent discount for advance payments, provided that the invoice amount is submitted on the publication date of the issue in which the advertisement is published at the latest and no older invoices are outstanding. In the event that the payment target is exceeded, default interest pursuant to Clause 11 of the Terms and Conditions of 5 per cent is calculated based on the respective base rate pursuant to Section 1 (1) of the German Discount Rate Transition Law (Diskontsatz-Überleitungsgesetz- DÜG). All prices are net prices. The statutory value-added tax is added. Direct debit is possible.

All ad orders are exclusively carried out pursuant to the General Terms and Conditions. These have to be requested directly from BCN or can be viewed online at:
brand-community-network.com/terms-conditions

Technical data:

For current and binding technical data, log onto duon-portal.de. Also available as PDF download.
duon-portal.de/

Delivery of printer's copy:

Please upload all copies electronically to duon-portal.de. For support please e-mail support@duon-portal.de or call +49 40 37 41 17 50.

General legal notice:

The warranty claims specified in the publishers' general terms and conditions apply only when the certified technical requirements and standards published on the DUON portal have been fulfilled as well as the delivery has been carried out via the DUON portal. This also holds when data are provided without proof.

Online advertisement booking:

The current, binding technical advertisement bookings can also be sent via the online booking system:
obs-portal.de/

FORMATS & RATES

Format	Placement	Bleed format*	Rate
2/1 page	Standard	420 x 267	14.400 €
1/1 page	Standard	210 x 267	7.200 €
1/2 page vertical	Standard	98 x 267	3.700 €
1/2 page horizontal	Standard	210 x 132	3.700 €
1/3 page vertical	Standard	68 x 267	3.000 €
1/3 page horizontal	Standard	210 x 86	3.000 €
1/6 page vertical	Standard	68 x 132	2.200 €
1/6 page normal	Standard	130 x 72	2.200 €

*width x height in mm

Ad combinations:

The reduced combination special price for the combination of advertisements is based on comparison of separate advertisement bookings. To this end, the advertisements of an advertiser with an identical product/creation in the same format must appear in all magazines in parallel issues.

Advertorials:

Formats and prices for advertorials created by the editorial team on request. For more information, please visit brand-community-network.com/advertisingsolutions/print/native-

Consecutive Ads:

Surcharge on two or more adverts on consecutive partial-page ads: 10%

Fixed placements:

Agreed fixed placements (e.g. first for a business line, commodity group, etc.) entitle the publisher to bill a placement surcharge.

Type area format:

On request.

Digital rate card:

Please find the digital rate card here:

brand-community-network.de/advertisingsolutions/digital/prices

DISCOUNTS

by frequency	discount	by volume	discount
from 6 ads	3%	from 2 pages	3%
from 12 ads	5%	from 4 pages	5%
from 15 ads	10%	from 6 pages	10%
from 18 ads	12%	from 8 pages	12%
from 21 ads	15%	from 10 pages	15%
from 24 ads	17%	from 12 pages	17%

Follow-up discount

When booking Gut leben mit Diabetes, a 10% follow-up discount is granted, provided the same format
The ad will also appear in my life in the senior year. The subsequent discount is consecutive to the painting or
volume scale of the special issue applied.

AD SPECIALS

Rates per thousand	Subscription circulation
Bound inserts	
up to 4 pages	on request
up to 8 pages	on request
up to 12 pages	on request
Glued-on inserts	
up to 5 g	on request
up to 10 g	on request
up to 15 g	on request
up to 20 g	on request
Loose inserts	
up to 20 g	on request
up to 30 g	on request
up to 40 g	on request
up to 50 g	on request

Additional ad specials available on request.

Prices apply for the booking of at least the entire domestic print run.

The publisher reserves the right to reschedule bookings with less than domestic print run.

Minimum booking for all ad specials: 125,000 copies.

All tariff ad specials are eligible for discount and count towards the annual agreement commitment.

Calculation basis:

The calculation basis is the planned circulation or IVW quarterly report upon order confirmation, exclusive of the respective e-paper copies.

Delivered quantity:

The delivered quantity is based on the planned print run or IVW quarterly report valid at the date of the order confirmation, plus 2 % surplus. In order to react to circulation fluctuations at short notice, we recommend contacting our Print Management/Placement (see "Your Personal Contacts" page) one more time before production start.

Delivery address and deadline:

Please find the delivery address and deadline on the respective order confirmation. An incoming goods inspection does not take place at the printing plant.

Conditions of delivery:

Ad specials must be delivered in accordance with the guidelines of the Bundesverband für Druck und Medien (German Association of Print and Media), and be consistent with the scope of the subscription and issues. The contract must be fulfilled, complete and on the delivery date specified in the contract.

Order and cancellation date:

See "special closing dates" on page "Schedule & Topics Print"; due to limited availability, we strongly recommend booking as early as possible.

Proviso:

Should any processing problems arise, completion of the circulation takes priority over ad special processing.

AdSpecial Portal:

Binding technical information on Ad Specials and information on deadlines, samples and delivery for the participating objects is available for download at

Glued-on inserts:

The basis is a 1/1 carrier advertisement.

Sample products:

An additional postal fee applies to samples and objects over 2.5 mm thickness.

Samples:

We require five definitive (original) samples, in case of product samples 50 original samples by the ad special closing date or at least 6 weeks before EVT. The samples must be delivered to AdTech Factory Print Management, Hauptstrasse 127, 77652 Offenburg, Germany

SCHEDULE

The BCN topic preview tool provides you with attractive themes or specials:

brand-community-network.com/topic-preview-tool

No.	sale date	Closing date*	Copy date**	Special closing date***
1/23	02.01.23	16.11.22	16.11.22	02.11.22
2/23	01.02.23	14.12.22	14.12.22	30.11.22
3/23	01.03.23	18.01.23	18.01.23	04.01.23
4/23	01.04.23	23.02.23	23.02.23	08.02.23
5/23	02.05.23	22.03.23	22.03.23	08.03.23
6/23	01.06.23	19.04.23	19.04.23	05.04.23
7/23	01.07.23	17.05.23	17.05.23	03.05.23
8/23	01.08.23	21.06.23	21.06.23	07.06.23
9/23	01.09.23	19.07.23	19.07.23	05.07.23
10/23	02.10.23	23.08.23	23.08.23	09.08.23
11/23	01.11.23	19.09.23	19.09.23	06.09.23
12/23	01.12.23	18.10.23	18.10.23	04.10.23

* Closing & cancellation date

** Delivery date for printer's copies

*** Closing & cancellation date for ad specials, special formats, special placements

YOUR PERSONAL CONTACTS

Here you can find an overview about all contacts:

brand-community-network.com/contact

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