

CUSTOMIZE CONTENT

Producing a health promotion pamphlet from scratch can be time consuming and expensive. Our publishing team will work with you to modify our pamphlets to create a professionally researched, written and designed product that meets your needs, engages your audience and reflects your priorities.

There are lots of ways to modify a Journeyworks pamphlet:

- Add personalized content specific to your program, community, target audience, etc.
- Adjust reading levels up or down
- Add or revise artwork
- Change pamphlet layout or text sequence
- If you have other content modification ideas, please give us a call at 1-800-775-1998. Our editorial and production staff is eager to discuss your project and provide you with a free, no-obligation quote.

We will meet or beat prices on comparable projects from other publishers.

Customization Pricing

Quantity	Custom Pamphlet Unit Price	
2500–4999	59¢ each	<ul style="list-style-type: none">■ Pricing shown is per pamphlet; it is not a surcharge and includes all full color printing, folding and bundling costs.■ One time customization fees for content modification range from \$250 (minor text changes plus full color front and back logos using our template) to \$1500 (text and art changes using Journeyworks custom art). We will provide you with this information as part of your project quote.
5000–9999	39¢ each	
10,000–14,999	29¢ each	
15,000–24,999	26¢ each	
25,000+	23¢ each	

Call us at 1-800-775-1998 for a detailed, no-obligation quote.

Customize Content Sample

1. Lose weight if you need to.

- ✓ Too much body fat interferes with the body's ability to use insulin.
- ✓ You don't have to lose a lot of weight to lower blood glucose (sugar) levels. Even five to ten percent of your body weight can help.
- ✓ If you are not sure if you need to lose weight, talk to your health care provider.

Try these simple steps to help you lose weight:

- Eat smaller portions at each meal.

Before

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