



# Utposten

## ad fact sheet 2023

Magazine for general practice and public health has a circulation of 2000 and is published seven times a year with a double Christmas issue. Eight primary doctors are editors of *Utposten*.

**SUBSCRIPTION:** NOK 650,- annually

### TECHNICAL INFORMATION

**ADVERTISING MANAGERS:** Karianne Rutle

☎ +47 913 08 747 ✉ karianne.rutle@gmail.com

ADS

Electronic (e-mail/07 file transfer service, see: [www.07.no](http://www.07.no))

**FORMAT:** A4, 210 x 297 mm + 3 mm bleed

**TYPE AREA:** 185 x 249,5 mm 3 columns

**PRINTERY:** 07 Media, Aurveien 14, NO-1930 Aurskog, Norway. [www.07.no](http://www.07.no)

**CONTACT:** Morten Hernæs

☎ +47 916 98 412 ✉ morten.hernaes@07.no

ISSUE	AD ORDER DEADLINE	AD COPY DEADLINE	DATE OF PUBLICATION
①	13. January	25. January	6. February
②	25. February	8. March	20. March
③	5. April	26. April	8. May
④	22. May	7. June	19. June
⑤	16. August	30. August	11. September
⑥	27. September	11. October	23. October
⑦/⑧	8. November	29. November	11. December

### AD INFO

FORMAT		AD SIZE	AD SIZE BLEED	COLOUR	B/W
1/1		185 x 238,2	210 x 297*	12 000,-	6 900,-
Back cover		-	210 x 237*	16 000,-	-
2/3	↑	122 x 238,2	136 x 297*	10 000,-	6 100,-
1/2	↔	185 x 122	210 x 147,5*	8 100,-	4 300,-
1/3	↑	59 x 238,2	73 x 297*	7 400,-	3 700,-
1/3	↔	185 x 92	210 x 117*	7 400,-	3 700,-
1/4	↔	185 x 61	210 x 87*	6 500,-	2 800,-

\* Please use 3 mm bleed all sides

**INSERT:** Price on request.

**DISCOUNT:** When advertising in each issue, the last one is offered free.

# WEB

show your ad on the  
website of **Utposten**

### FORMAT AND PLACEMENT

Your ad will be shown on all pages of the website of [Utposten.no](http://Utposten.no).

Information of format and placement will be given on request.

### STANDARD PRICE

- Standard display (ad will be live on web page in one period counting from the start of each issue going online for two months): 4500,- without VAT
- Other possible ways of displaying ad is given on request

In order to reach the maximum number of readers, a good combination is to publish ads in the paper edition of the magazine as well as on the web page.

### DATE OF ISSUES GOING ONLINE:

- 14.12.2022: 8-2022
- 27.1: 7-2022
- 31.3: 1-2023
- 5.6: 2-2023
- 30.6: 3-2023
- 11.8: 4-2023
- 3.11: 5-2023
- 1.12: 6-2023
- 15.12: 8-2023
- 27.1.2024: 7-2023

### WEB AD SALES MANAGER:

Karianne Rutle

☎ + 47 913 08 747

✉ karianne.rutle@gmail.com

[WWW.UTPOSTEN.NO](http://WWW.UTPOSTEN.NO)