

## Publisher's Statement

6 months ended June 30, 2022, Subject to Audit

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Annual Frequency: 12 times/year

Field Served: Women's magazine with interest in good health and personal fitness. Editorial focuses on healthful foods, meal planning and preparation, nutrition, skin and body care, self-improvement and other topics contributing to a healthful lifestyle.

Published by: Hearst Magazine Media

### EXECUTIVE SUMMARY: TOTAL AVERAGE CIRCULATION

Total Paid & Verified Subscriptions	Single Copy Sales	Total Circulation	Rate Base	Variance to Rate Base
423,153	52,220	475,373	400,000	75,373

### TOTAL CIRCULATION BY ISSUE

Issue	Paid Subscriptions			Verified Subscriptions			Total Paid & Verified Subscriptions	Single Copy Sales			Total Paid & Verified Circulation - Print	Total Paid & Verified Circulation - Digital Issue	Total Paid & Verified Circulation
	Print	Digital Issue	Total Paid Subscriptions	Print	Digital Issue	Total Verified Subscriptions		Print	Digital Issue	Total Single Copy Sales			
Jan	356,041	44,643	400,684	6,510		6,510	407,194	55,088	223	55,311	417,639	44,866	462,505
Feb	349,029	78,979	428,008	6,510		6,510	434,518	47,456	134	47,590	402,995	79,113	482,108
Mar	349,035	36,489	385,524	6,510		6,510	392,034	56,683	101	56,784	412,228	36,590	448,818
Apr	362,067	56,954	419,021	6,510		6,510	425,531	48,513	141	48,654	417,090	57,095	474,185
May	351,342	126,932	478,274	6,510		6,510	484,784	69,043	96	69,139	426,895	127,028	553,923
Jun	334,007	54,336	388,343	6,510		6,510	394,853	35,542	300	35,842	376,059	54,636	430,695
<b>Average</b>	<b>350,254</b>	<b>66,389</b>	<b>416,643</b>	<b>6,510</b>		<b>6,510</b>	<b>423,153</b>	<b>52,054</b>	<b>166</b>	<b>52,220</b>	<b>408,818</b>	<b>66,555</b>	<b>475,373</b>

### SUPPLEMENTAL ANALYSIS OF AVERAGE CIRCULATION

	Print	Digital Issue	Total	% of Circulation
<b>Paid Subscriptions</b>				
Individual Subscriptions	312,442	14,783	327,225	68.8
Membership	5,397		5,397	1.1
Multi-Title Digital Programs		51,606	51,606	10.9
Sponsored Subscriptions	32,415		32,415	6.8
<b>Total Paid Subscriptions</b>	<b>350,254</b>	<b>66,389</b>	<b>416,643</b>	<b>87.6</b>
<b>Verified Subscriptions</b>				
Individual Use	6,510		6,510	1.4
<b>Total Verified Subscriptions</b>	<b>6,510</b>		<b>6,510</b>	<b>1.4</b>
<b>Total Paid &amp; Verified Subscriptions</b>	<b>356,764</b>	<b>66,389</b>	<b>423,153</b>	<b>89.0</b>
<b>Single Copy Sales</b>				
Single Issue	52,054	166	52,220	11.0
<b>Total Single Copy Sales</b>	<b>52,054</b>	<b>166</b>	<b>52,220</b>	<b>11.0</b>
<b>Total Paid &amp; Verified Circulation</b>	<b>408,818</b>	<b>66,555</b>	<b>475,373</b>	<b>100.0</b>

### VARIANCE OF LAST THREE RELEASED AUDIT REPORTS

Audit Period Ended	Rate Base	Audit Report	Publisher's Statements	Difference	Percentage of Difference
6/30/2021	500,000	528,312	528,312		
6/30/2020	500,000	549,894	549,894		
6/30/2019	500,000	518,078	518,078		

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### PRICES

	Suggested Retail Prices	Average Price(1)
Single Copy	\$4.99	
Subscription	\$30.00	
Average Subscription Price Annualized (2)		\$31.08
Average Subscription Price per Copy		\$2.59

(1) Represents subscriptions for the 6 month period ended June 30, 2022

(2) Based on the following issue per year frequency: 12

**ADDITIONAL DATA IN AUDITEDMEDIA.COM MEDIA INTELLIGENCE CENTER**

Rate Base by Issue  
 Circulation by Regional, Metro & Demographic Editions  
 Geographic Data  
 Trend Analysis

**ADDITIONAL ANALYSIS OF VERIFIED**

	Print	Digital Issue	Total
<b>Individual Use</b>			
Individually Requested	6,510		6,510
<b>Total Individual Use Copies</b>	<b>6,510</b>		<b>6,510</b>

**RATE BASE**

Rate base shown in Executive Summary is for paid and verified circulation.

**NOTES**

**Rounding %:** Due to rounding, percentages may not always add up to 100%.

**Award Point Programs:** Included in Paid Subscriptions Individual is the following average number of copies purchased through the redemption of award points/miles: 8

**Average Nonanalyzed Nonpaid:** Average Nonanalyzed Nonpaid circulation for the period was: 100,885

**Multi-Title Digital Programs**

Copies included in digital issue paid subscriptions based on consumer's payment for the program and consumer's request for specific magazine. Details below are related to the six-month average.

Program	Reported Multi-Title Digital Program	Unique Opens by Reader	Opens by Issue	Total Opens by Reader
Apple News	51,606	51,606	1.8	93,924

We certify that to the best of our knowledge all data set forth in this publisher's statement are true and report circulation in accordance with Alliance for Audited Media's bylaws and rules.

Parent Company: Hearst Magazine Media, Inc.  
 Prevention, published by Hearst Magazine Media \* 300 W. 57th Street \* New York, NY 10019

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