



### Welcome

**Momentum**, a quarterly magazine, is the largest publication focused on multiple sclerosis in the world with a circulation of over **500,000** and an average issue readership of over 1 million.

### **About Momentum**

- Momentum readers include people living with MS, their families, caregivers, physicians, nurses and allied health care providers, event fundraisers and donors to the National MS Society.
- **Momentum** provides reliable, comprehensive and timely information about all aspects of MS.
- Companion tools to Momentum include an interactive magazine app and recently redesigned website with nearly 180,000 unique visitors last year.

# **About the National MS Society**

The National Multiple Sclerosis Society exists because there are people with MS. Our vision is a world free of MS. Everything we do is focused so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.



Momentum's Spring 2019 issue won a Platinum Award in the category "Print Media | Design | 41. Publication Cover"



Momentum's Winter 2018–2019 Website and App won an Award of Excellence in the category "Campaigns, Programs & Plans (Health & Medical)"



Momentum's Winter 2018-2019 issue received a 2019 Finalist Award in the category "Nonprofit Publication"



Momentum's Summer 2017 Website and App won an Award of Excellence in the category "Campaigns, Programs & Plans (Health & Medical)"

# 50 Solve

The Alliance is also supporting the creation of tools to speed up and improve clinical trials, so more treatments can be studied faster and at less cost. For example, researchers are studying biomarkers that can identify changes in the brain if a treatment is effective and potentially predict the course of the disease. A biomarker is a characteristic of the body that can be measured to show how the body is doing. A protein from a blood test can be used to diagnose a heart attack, for example. In clinical trials, biomarkers are often used to measure the effects on people of the drug being tested.

#### International drug discovery networks

BRAVEinMS comprises 13 investigators from Italy, France, Germany, Europe, Canada and the U.S. The team is identifying compounds that may protect nerve cells and promote myelin repair. Protecting nerve further damage progressive MS

would allow peo to recover som The BRAVE more than 1 sophisticated researchers They then s for their ab promote m Results of 1 seven con become c the most

"We are will be t clinical animal progre

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Martino hopes to have the results of the testing by the end of 2021. If the compounds work in animal models the next step would be clinical trials in people.

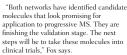
23

in March 2021.

#### The role of the immune system

Francisco Quintana, PhD, professor of neurology at Brigham and Women's Hospital, Harvard Medical School, is leading the network focused on developing a drug discovery pipeline for progressive MS. He and his team of eight investigators from the U.S., Canada, Israel and Sanofi Genzyme are studying the immune system's role in the central nervous system to find effective treatments for progressive MS. While the immune system normally protects the body from infections, Quintana and other researchers have previously found that cells in the central nervous system tivity in MS and





The Alliance is funding projects to improve clinical trials and speed the development of new treatments. These include developing a routine blood test that could predict and measure disease progression. Other projects include creating tools that use MRI images as a biomarker of disability progression for use in clinical trials The blood test project explores whether the protein Serum Neurofilament light chain (NfL) can function as a biomarker, help predict the future course of progressive MS and show whether a treatment is preventing

Neurofilaments are structural proteins in s in the central nervous system. t released ain that into the

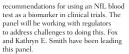
NfL in the or measuring work is Umami bomb. d test can be ized medicine dard procedures ng blood samples is developing

ed with a

Red miso powder 🧲 Wild mushroom powder blend Dried seaweed

Between 15% and 32% of people with MS may experience taste deficits. Chef Trevis Gleason, who lives with MS, reveals the secret ingredients for bigger, bolder flavor. Find the recipe on p. 29.

Inside this section: Does this taste weird to you? 24 // Work it 34 orging a path your best life



The MRI network is developing imaging tools and computer programs to predict changes in the brain as MS progresses. These tools could be used in clinical trials as biomarkers to measure if a treatment is slowing or stopping disease progression.



# Who is reading Momentum?

Our most recent readership survey revealed:

51% have kept an article or issue after reading Momentum

**55%** have been diagnosed 11 years or longer

67% of Momentum readers read most issues or every issue

77% of our audience is female

84% of recipients have MS

84% of Momentum's audience is 35 years and older



## **2022 Momentum editorial features**

The award-winning magazine includes in-depth stories about people living with MS, expert opinions from MS specialists, reports on current events, MS advocacy and recent advances in MS research. Features fall into these categories:



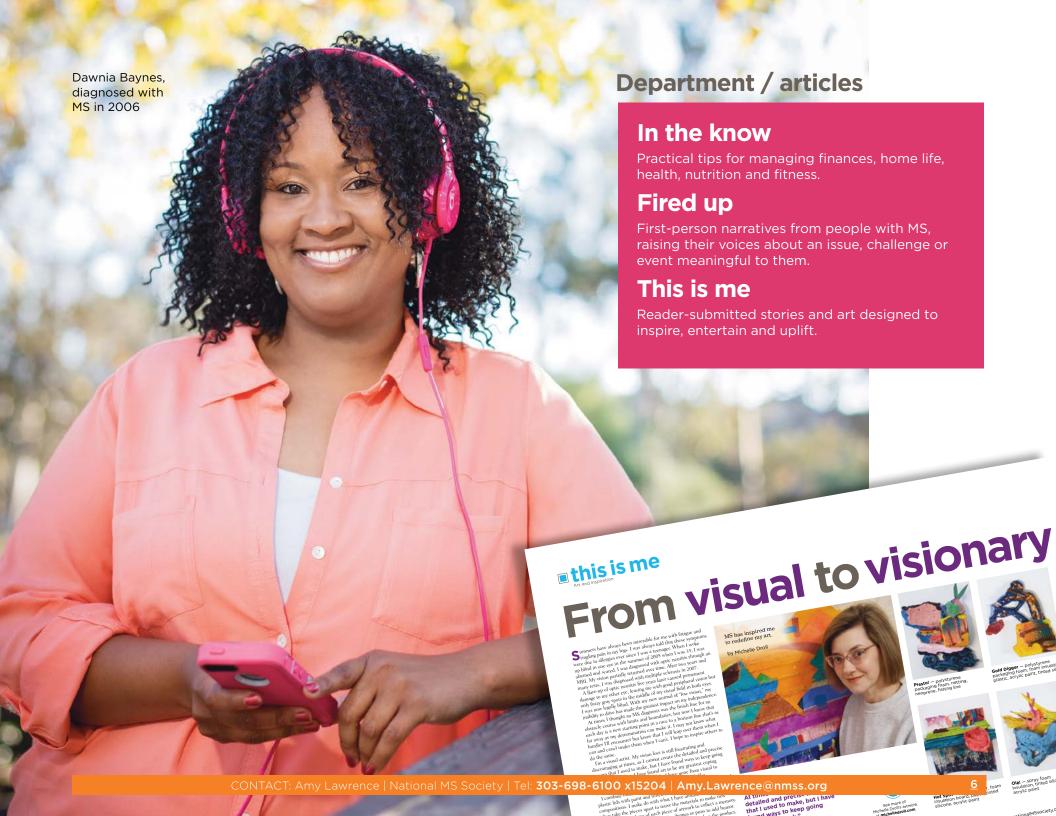
CONTACT: Amy Lawrence | National MS Society | Tel: 303-698-6100 x15204 | Amy.Lawrence@nmss.org

**Thrive** 

Deep dives into wellness, symptom management,

focus on strategies that enable people with MS —

social matters and employment issues, with a



### **Print ads**

#### **Print deadlines**

Issue Date	Ships	Space Close	Materials Due
Spring 2022	Late March	12/6/21	1/14/22
Summer 2022	Late June	3/4/22	4/12/22
Fall 2022	Mid-September	5/23/22	6/30/22
Winter 2022-2023	Early December 2022	8/22/22	9/29/22

#### **Print rates**

Four-Color Ad Rates						
	1x	2x	3x	4x		
Full Page	\$28,731	\$27,494	\$27,189	\$26,259		
½ Page	\$17,240	\$16,498	\$16,316	\$14,833		
⅓ Page	\$11,491	\$10,997	\$10,873	\$9,885		
½ Page	\$9,196	\$8,701	\$8,402	\$7,908		

Black & White Ad Rates						
	1x	2x	3x	4x		
Full Page	\$21,882	\$20,939	\$20,706	\$20,003		
½ Page	\$12,772	\$12,492	\$12,063	\$11,354		
⅓ Page	\$8,753	\$8,382	\$8,278	\$7,531		
½ Page	\$6,997	\$6,626	\$6,399	\$6,022		

Custom inserts and other options are available. See page 11 for details.

Frequency discounts apply to multiple issues and/or total ad insertions in a calendar year.

15% agency discount to recognized agencies only.

Premium positioning based on availability (inside front cover, center spread, inside back cover and outside back cover) and subject to +20%.



# **Print specs**

<b>Trim Size:</b> 8" × 10.5"	<b>Bleed:</b> 0.125"			
Safety from Trim: minimum 0.25"	<b>Binding:</b> Saddle stitched			

Print Ad Sizes	Dimensions
Two-Page Spread (bleed)	16.25" x 10.75"
Two-Page Spread (non-bleed)	15" × 9.5"
Full Page (bleed)	8.25" x 10.75"
Full Page (non-bleed)	7" × 9.5"
½ Page Horizontal (non-bleed)	7" x 4.5"
⅓ Page Vertical (non-bleed)	2.25" x 9.5"
¼ Page Vertical (non-bleed)	3.4375" × 4.5"

#### Color AAAA







Color ads must use CMYK process color format only.	Ink density not to exceed 300%.
All colors must be converted to CMYK process color format. No RGB, LAB, Pantone or Spot colors will be accepted.	Black text 12 pt. or smaller — black only. (C=0%, M=0%, Y=0%, K=100%)

Live area: All type must be 0.25" from the final trim, and a minimum of 0.125" from the gutter

#### **Acceptable file format**

Please supply a hi-resolution, print-ready PDF/X-1a file.

Resolution must be minimum 300 dpi.

Crop marks and color bars should be outside printable area (0.125" offset).

Only one ad page per PDF document.

View specifications at swop.org or adobe.com (search on PDF/X compliance).

All fonts must be outlined or embedded.

The publisher is not responsible for the final reproductive quality of any materials provided that do not meet the defined specifications of the publication.

#### **Submitting print files**

Ad Portal (SendMyAd): PDF ONLY. Ad Portal cannot accept compressed files.

Photoshop files saved as PDFs are acceptable but must be set to bleed size. When uploading, select the size for Photoshop PDFs.

All print creative must be submitted through SendMyAd.

- 1. Go to momentummagazine.sendmyad.com, and create an account if you're a new user. If there are multiple members on your team, please be sure to use the SAME company name and address (and enter it in the exact same way) in order to have your accounts properly linked. For example, all users should enter "ABC Company." Anyone using "Abc Co." will not be recognized as a user within the same company.
- 2. Under Actions choose "SendMyAd."
- 3. Choose Momentum from the Publication drop-down menu.
- 4. Choose the size of the ad and the issue it's going into.
- 5. Choose your file and upload.

SendMyAd will preflight your file and issue any warnings. If there are warnings, you can fix the file and upload a revised file. If there are no warnings, approve the ad, and you're done! Note: Photoshop files saved as PDFs may not have the correct trim boxes and may appear as the bleed box. However this can be corrected using the "Reposition" or "Center Ad" feature on the portal.

If you are unable to use our ad portal system (SendMyAd), please contact the Production Manager at LKlepitch@ gldelivers.com for further instructions.



Momentum's adaptive website features more ad spaces viewable across desktop, tablet and mobile devices. Reach Momentum's engaged audience online at nationalMSsociety.org/Momentum.

55% of readers report having visited suggested sites when accessing articles online.

#### Web deadlines

All website ads must be submitted five business days prior to the intended start date and are subject to approval.

**Contact Amy Lawrence for packaged website rates.** 

Monthly Website Ad Rates							
Campaign duration	3 months	6 months	9 months	12 months			
Ad Space 1 Super Leaderboard (Premium, 4 available)	\$23,625						
Ad Space 2 Middle Square (Premium, 2 available per advertiser)	\$15,750	\$31,500					
Ad Space 3 Bottom Leaderboard (Run-of-site, rotating)	\$2,795	\$2,541	\$2,310	\$2,100			
Ad Space 4 Top Leaderboard (Rotating on Home page)	\$5,241	\$4,765	\$4,331	\$3,938			
Ad Space 5 Wide Skyscraper (Run-of-Site, rotating)	\$4,193	\$3,812	\$3,465	\$3,150			
Ad Space 6 Standard Banner (Rotating on Home page)	\$3,145	\$2,859	\$2,599	\$2,363			
Ad Space 7 Bottom Square (Run-of-site, rotating)	\$2,795	\$2,541	\$2,310	\$2,100			
Ad Space 8 Top Square (Premium, 2 available per advertiser)	\$15,750	\$31,500					

20% premium charged for rich media banner ads. Online rates are net (no additional agency discount provided).

# Website specs

### NationalMSsociety.org/Momentum

is updated quarterly with the latest magazine content and exclusive online features.

The adaptive website showcases ad spaces that are viewable across desktop, tablet and mobile devices. Online ads are only served in the continental United States. All website advertising is 3-month minimum buy. Missing ad sizes will not be discounted.

AD	SPACI	E	DE:	SKTOP		TABLET	MOBILE	

All ad sizes listed must be supplied per ad space.

1	970 x 90 px	728 x 90 px	320 x 100 px
2	300 x 250 px	300 x 250 px	300 x 250 px
3	728 x 90 px	468 x 60 px	320 x 50 px
4	728 x 90 px	468 x 60 px	320 x 50 px
5	300 x 600 px	300 x 600 px	300 x 600 px
6	468 x 60 px	468 x 60 px	320 x 50 px
7	300 x 250 px	300 x 250 px	300 x 250 px
8	300 x 250 px	300 x 250 px	300 x 250 px

### Acceptable file format

All web images must be 72 dpi	File types: .jpg, .png, .gif
Color format: RGB or indexed	Click tags OK
Maximum file size 90Kb	

Must include one click-through URL.

#### **Submitting digital files**

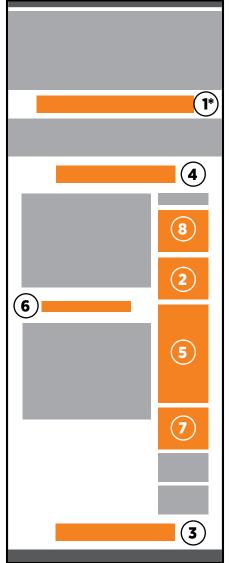
Email ads to production manager at LKlepitch@glcdelivers.com.

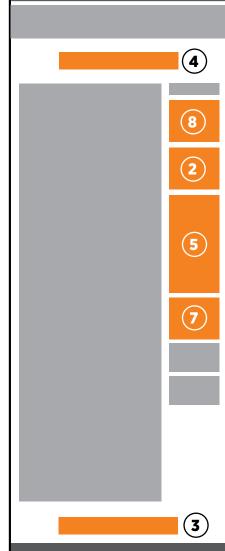
All website ad material must be submitted 5 business days prior to the intended start date and are subject to approval.

 $\ast\,$  Ad Space 1 also appears on the Blog landing page, (https://momentummagazineonline.com/ms-blog/).

#### DESKTOP MOMENTUM HOMEPAGE DESKTOP CATEGORY/

DESKTOP CATEGORY/ ARTICLE PAGES







### **App deadlines**

Issue Date	Space Close	Space Close Materials		Due Live Dates		
Spring 2022	1/31/21	2/14/2	22	Late March		
Summer 2022	4/26/22	5/10/2	22	Late June		
Fall 2022	7/18/22	8/1/22		Mid-Sept.		
Winter 2022-2023	7/18/22	10/13/	10/13/22		Early Dec. 2022	
Quarterly App Ad Rates						
	1x	2x	2x 3x		4x	
Full Page	\$2,595	\$2,271	\$1,946		\$1,622	

Print ads are replicated for the app version of Momentum magazine. An advertiser may also submit app-specific ad materials (specifications available upon request). All new, replacement and app-specific ad materials must be received by the Digital Materials Due date. Additions or replacements after the deadline will be subject to page replacement fees, or the omission of your ad. The app is accessed through the Apple iTunes and Google Play stores.

# More opportunities

#### Make a bigger impact

**Momentum** offers new ways to help your brand stand out from the crowd. Get noticed by our highly targeted audience of people with MS, their families, caregivers, physicians and researchers.

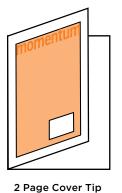
- 2-Page Cover Tip and Sticky Note: Make your message the first thing readers see.
- Gatefolds: Gain three pages of advertising space inside the cover or in the center of the magazine.
- Inserts and Blow-in Cards: Capture your audience with an impact piece.
- Belly band: Elevate your message on both the front and back.

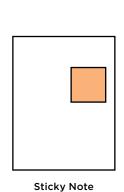
### **Integrated marketing**

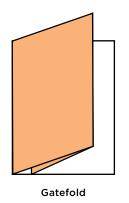
We will work with you to customize an integrated marketing plan to enhance your company's brand recognition. Integrated packages are an affordable way to gain maximum exposure and to help you effectively target new customers.

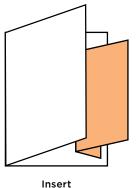
Bundled packages are available. Contact Amy Lawrence at Amy.Lawrence@nmss.org or 303-698-6100 x15204 for details.

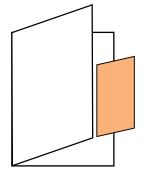




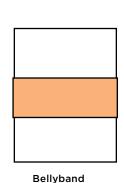








**Blow-In Card** 



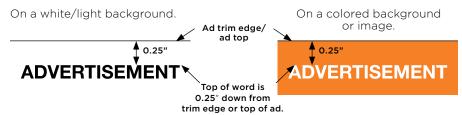
# **Advertising guidelines**

All full-color ads must be labeled "ADVERTISEMENT." The exception is for B&W Patient ISI/Safety Information pages. The word ADVERTISEMENT must be in 14 pt Helvetica Bold typeface, ALL CAPS, in black or drop-out white.

The Society reserves the right to correct ads that do not comply with this guideline by placing the word ADVERTISEMENT over the ad at the publisher's discretion.

Examples of type style, size and placement:

"ADVERTISEMENT" in Helvetica Bold. 14 pt font



- All production charges are net and non-commissionable to advertising agencies.
- All new advertisements are reviewed by all parties the Society deems necessary
  to ensure that the ad is consistent with our guidelines. If an advertisement does
  not meet these guidelines, the advertiser will have the opportunity to make
  revision(s) prior to the closing date.
- Ads that could potentially be confusing to a reader by inferring a direct relationship, affiliation, endorsement or offering by the National MS Society, will be rejected.
- Advertisements from pharmaceutical companies must conform to all FDA regulations.
- All prescription and over-the-counter medications, food products, vitamins, special diets, medical devices and assistive aids promoting specific health benefits for people with MS will only be accepted if claims made in the ad can be substantiated by specific clinical data from a reputable institution.
- We do not accept ads for medical tourism.
- All print publications, DVDs, CDs and programs incorporating any of the above must be reviewed by the Society to ensure accuracy and safety to our readers.

**Momentum** will not accept ads for participation in clinical trials. The Society will review all requests to recruit volunteers through our website and support study recruitment at our discretion. Inquiries should be directed to the Research & Clinical Programs office.

• **Momentum** magazine is mailed according to the United States Postal Regulations and adheres to all requirements for Nonprofit Mail Status. This status places restrictions on advertisers from whom we can accept ad submissions. Any advertising that is considered in the categories listed below should be carefully

checked with the USPS and Nonprofit Mail guidelines, as these conditions must be fully met prior to consideration by Momentum magazine for inclusion in publication advertising.

- Credit, debit, charge card or similar financial organization
- Insurance policies/providers
- Travel companies/providers

#### **Terms and conditions**

These conditions apply to all advertisements, insertion orders, drafts and mockups submitted to the National MS Society ("Publisher") for publication in the print edition or a digital application edition of **Momentum**.

#### Advertiser responsibility

It is the responsibility of Advertiser and its agency to check the correctness of their advertisement when submitting their files through SendMyAd. Publisher assumes no responsibility for running wrong creative versions or for errors appearing in advertisements, including incorrect page order of the advertisement, submissions that do not contain an updated corporate logo and/or other errors found in Advertiser's submission.

Should the Publisher's contracted printing company make an error related to Advertiser's order during printing and/or production, Publisher shall not be liable and Advertiser must work directly with the printing company to reach a resolution

#### **Publisher approval**

All contents of advertisements are subject to Publisher's approval. Publisher reserves the right to reject or cancel any advertising copy that it deems objectionable, misleading, not in the best interests of the reader, or contrary to Federal and State regulations, whether or not the ad had previously been accepted and/or published. Publisher further reserves the right to reject or cancel any advertisement, insertion order, space reservation or position commitment at any time without giving cause. Publisher reserves the right to insert the word "advertisement" above any copy. Ad units that run on a two-page spread that are less than a full page must have the label "ADVERTISEMENT" on each page specifically in accordance with the requirements.

#### **Advertiser warranty**

Advertiser and its agency assume liability for all content of advertisements published by Publisher. Advertiser and its agency warrant that: (1) it has all the necessary rights in the advertisement, including acquiring necessary intellectual property rights for the advertisement; (2) the advertisement does not violate any applicable law or regulation; and

(3) the advertisement does not violate or infringe upon any third-party right in any manner or contain any material or information that is defamatory, libelous or slanderous, that violates any person's right of publicity, privacy or personality, or may otherwise result in any tort, injury, damage or harm to any person. Advertiser and its agency acknowledge that Publisher is relying on the foregoing warranties.

#### Liability

To the full extent permitted by law, Publisher is not liable for any loss or damage, whether direct or indirect, including consequential loss or any loss of profits, punitive damages or similar loss, in contract or tort or otherwise, relating to the advertisement or this agreement for any cause whatsoever, whether due to Publisher's negligence, breach of contract, breach of warranty, or any other claim in law or equity. Under no circumstances shall Publisher's liability exceed the invoiced price allocable to the specific portion of the work that gave rise to the liability.

Publisher is not liable for any error in the advertisement or any failure of the advertisement to appear for any cause whatsoever. Advertiser and its agency agree to defend, indemnify and hold Publisher harmless against any expense or loss relating to any claims arising out of publication or breach of any Advertiser Warranty.

#### Advertisement positioning and placement

Positioning of advertisements is at the sole discretion of Publisher. Publisher does not guarantee any positioning requests or separation from other advertisers. A position guarantee is only permissible when a premium position is purchased (i.e., covers, gatefolds, center spread ads and onsert/insert placements).

#### **Cancellation policy**

- Cancellations for print advertising schedules must be received in writing three (3) weeks prior to the stated materials due date.
- Cancellations for online advertising schedules must be received in writing thirty (30) days prior to the stated materials due date.

The Advertiser and its agency are responsible for the full cost of the space reserved for any late cancellations, whether or not the Publisher repeats an advertisement. If an Advertiser cancels an order that has discounts in addition to available frequency rates, the Advertiser shall pay the Publisher the difference between the frequency rate and the actual rate paid for all advertisements already published under the order.

#### **Premium position cancellations**

All premium positions (cover #2, #3 and #4, inserts, onserts, polybags, center spread ad units and gatefolds) must be canceled in writing sixty (60) days prior to the future issue ad space stated deadline.

The Publisher reserves the right to use an advertisement from a previous issue for any cancellations received after the stated deadline as outlined in the Cancellation Policy at full cost.

#### **Agreed-upon rate**

Rates agreed to in a signed Insertion Order shall not change so long as the Advertiser provides creative consistent with the signed Insertion Order. If the Advertiser changes the creative (e.g. adds color pages that were quoted as black and white), the Advertiser is liable for the additional cost associated with the changes based on the Publisher's current rate card. Advertiser must alert the Publisher at least thirty (30) days prior to the materials deadline that a change to the creative version is being requested.

#### **Payment**

Payment is due in full immediately upon receipt of the invoice. Publisher reserves the right to discontinue future advertisements if Advertiser or its agency fail to pay an invoice within 30 days after issuance. Advertiser and its agency are liable for the full cost of any advertisements not printed because of non-payment. At its discretion, Publisher may charge interest at the rate of 18% per year for all invoices not paid after 30 days.

#### **Miscellaneous**

This agreement shall be governed by and construed in accordance with the laws of the State of Colorado. Any civil action or proceeding arising out of or related to this agreement shall be brought in the courts of record of the State of Colorado. Each advertiser and its agency consents to the jurisdiction of such courts.

Conditions other than rates are subject to change by Publisher without notice.

Publisher is not bound by any conditions other than those set forth here.

Publisher is not bound by conditions printed or appearing on insertion orders or copy instructions that conflict with the provisions set forth here.

Advertiser agrees and understands that by submitting an insertion order,

Advertiser is agreeing to be bound by these terms and conditions.

#### Contacts

#### **Publishing and Editorial**

Laura Pemberton
Director of Content
National MS Society
Tel: 205-879-8546 ext. 81127
laura.pemberton@nmss.org

Jane Hoback Editor National MS Society Tel: 303-698-6100 x15251 Jane.Hoback@nmss.org

#### **Advertising Sales**

Amy Lawrence Media Director National MS Society Tel: 303-698-6100 x15204 Amy.Lawrence@nmss.org

#### Production

Linda Klepitch
Project & Ad Traffic Manager
GLC — a marketing
communications agency
Tel: 847-205-3030
LKlepitch@glcdelivers.com

#### Address

National MS Society 900 South Broadway 2nd Floor Denver, CO 80209

