

Print Publications Price Guide

NEWSLETTERS	Individual Subscription	Bulk Subscription Price Per Copy Per Month						
		25-99	100-249	250-499	500-999	1000-2499	2500-4999	5000+
Mayo Clinic EmbodyHealth	N/A	\$0.95	\$0.75	\$0.65	\$0.55	\$0.49	\$0.45	Call
Mayo Clinic Health Letter	\$29.55/yr.	\$0.95	\$0.85	\$0.75	\$0.69	\$0.65	\$0.59	Call
Mayo Clinic Women's HealthSource	\$29.55/yr.	\$0.95	\$0.85	\$0.75	\$0.69	\$0.65	\$0.59	Call

Add shipping and handling (call for quote) and tax where applicable. We can also mail directly to each recipient – call for pricing. Inquire about customization options and pricing.

BOOKS	Retail Value	Volume Discount Prices						
		25-99	100-249	250-499	500-999	1000-2499	2500-4999	5000+
Mayo Clinic Guide to Self-Care	\$26.95	\$9.45	\$8.45	\$7.45	\$7.00	\$6.45	\$6.25	Call
Mayo Clinic Plan: 10 Steps	\$24.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic Guide to a Healthy Pregnancy	\$21.95	\$12.95	\$11.95	\$10.95	\$9.95	\$8.95	\$7.95	Call
Mayo Clinic Fitness for EveryBody	\$24.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic Healthy Weight for EveryBody	\$24.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
The Mayo Clinic Diet	\$25.99	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
The Mayo Clinic Diet - Journal	\$14.99	\$10.95	\$9.95	\$8.95	\$7.95	\$6.95	\$5.95	Call
Mayo Clinic Family Health Book	\$49.95	\$29.95	\$28.95	\$28.50	\$27.95	\$27.50	\$26.95	Call
Mayo Clinic Book of Alternative Medicine	\$24.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic Cookbook	\$19.95	\$12.95	\$11.95	\$10.95	\$9.95	\$8.95	\$7.95	Call
Fix It and Enjoy It!® Healthy Cookbook	\$15.95	\$10.95	\$9.95	\$8.95	\$7.95	\$6.95	\$5.95	Call
Mayo Clinic Guide to Alzheimer's Disease	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic Guide to Managing Arthritis	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic Guide to Pain Relief	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic Guide to Preventing & Treating Osteoporosis	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic on Digestive Health	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic Plan for Healthy Aging	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic on Better Hearing and Balance	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic 5 Steps to Controlling High Blood Pressure	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic on Managing Incontinence	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic The Essential Diabetes Book	\$24.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic Essential Guide to Prostate Health	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call
Mayo Clinic Guide to Better Vision	\$29.95	\$14.95	\$13.95	\$12.95	\$12.50	\$11.95	\$11.50	Call

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Volume Discount Prices

BOOKLETS	Retail Value	25-99	100-249	250-499	500-999	1000-2499	2500-4999	5000+
8 Ways to Lower Your Risk of Heart Attack or Stroke	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
50 Head-to-Toe Health Tips	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Complementary & Alternative Medicine and Your Health	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Disease-Fighting Foods: Smart Eating Choices	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Eating Out: Your Pocket Guide to Healthy Dining	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Healthy Eating for Hurried Lives	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Healthy Solutions for Managing Stress	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Healthy Weight for Life	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Your Heart-Healthy Eating Guide	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
High Blood Pressure and Your Heart	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Live Longer, Live Better	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Walk Your Way To Fitness	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call
Your Guide to Vitamin & Mineral Supplements	\$5.95	\$0.95	\$0.85	\$0.80	\$0.75	\$0.70	\$0.65	Call

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To order, call (800) 430-9699.

Bundled pricing available when you order a combination of print, Web and telephonic products.



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