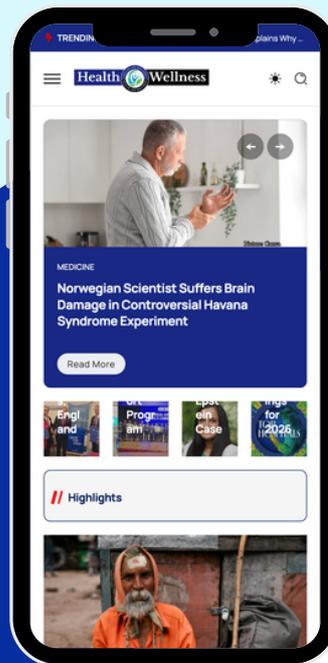
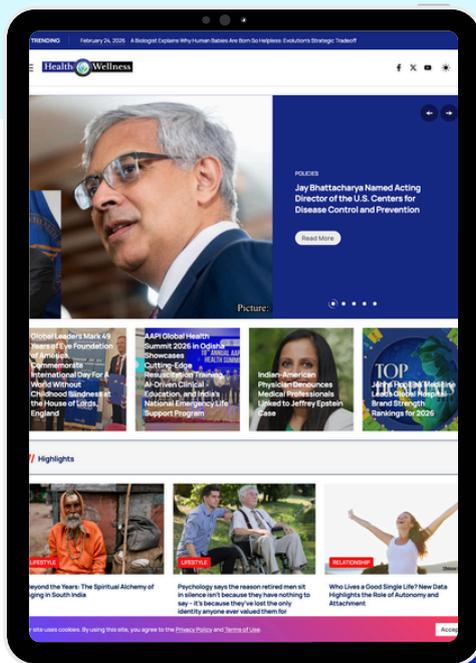
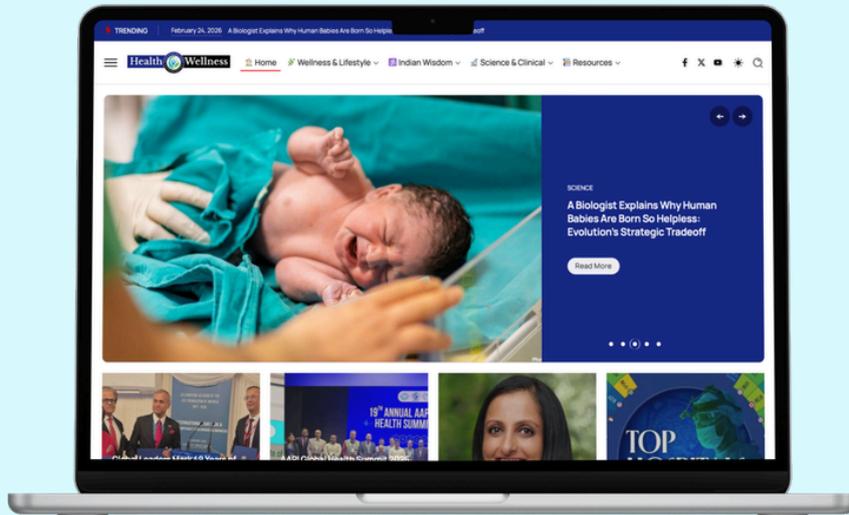




Media Kit 2026

www.healthandwellness.news



About Us



In an era of constant information flow, Health and Wellness (www.healthandwellnews.news) acts as a vital bridge between global developments and their impact on the human condition. Moving beyond the constraints of traditional headlines, we offer deep insights into the medical breakthroughs, cultural milestones, and grassroots movements that define our collective well-being.

By providing clarity within the noise of the digital age, we illuminate the full spectrum of the human experience from cutting-edge technological marvels to the untold stories of resilience and courage. Our endeavor is to focus on ancient Indian traditions, including mindfulness, meditation, and yoga, and emphasizing their effectiveness in our modern day life.

Our mission is rooted in journalism with a conscience, designed to transform news into a proactive force for good. We provide a dedicated platform for diverse voices, citizen journalists, and change makers to spark meaningful dialogue and nurture a community built on equity, hope, and holistic health. At Health and Wellness, every story is an invitation to participate, ensuring that information becomes a true catalyst for a more compassionate, informed, and resilient world.





Our Target Audience

Health and Wellness serves a global community of proactive individuals and decision-makers who are deeply committed to their physical and mental well-being. Our readers come from diverse backgrounds and are united by a shared goal: living a healthier, more informed life. We act as a bridge, providing clarity and deep insight within the complex landscape of modern health information.

Our readership includes leaders in vital sectors such as healthcare, technology, and academia. We are a trusted source for medical professionals and innovators who value high-quality, conscientious journalism. Our audience is characterized by a commitment to excellence and a desire to use their influence for the global good.

Beyond professional prestige, our readers represent a highly educated and influential market. They are proactive participants in the global economy, seeking out services and information that support an upwardly mobile and healthy lifestyle. Partnering with us provides access to a sophisticated, engaged demographic that is actively shaping the future of health and wellness worldwide.



Traffic & Audience Insights

Health and Wellness has established itself as a premier digital destination for news and information, reaching a vast and growing global audience. Our platform is defined by consistent traffic growth and deep reader engagement, supported by high visibility across major search engines. This makes us an ideal partner for advertisers and organizations looking to connect with an active, health-conscious demographic that trusts our high-quality content.

By focusing on clarity and credibility, we ensure that every visitor is an engaged participant in a global conversation about well-being. Partnering with us provides your brand with direct access to a sophisticated audience that is actively seeking information to improve their lives and communities.

Key Traffic Metrics:

- Total Daily Unique Users: 10k – A large and loyal readership that regularly visits and interacts with our platform.
- Average Google Search Position: 1st Page – Our SEO strength ensures that our content consistently ranks on the first page of Google search results, increasing organic reach.
- Weekly Newsletter Distribution: 200,000+ Subscribers – Our targeted newsletter campaign reaches an extensive audience every week, providing a direct line to engaged readers.



Global Audience Reach:

Health and Wellness maintains a truly international footprint, engaging a massive readership across multiple continents. The United States represents our largest engagement hub, accounting for nearly 40% of our total traffic, followed by strong audiences in India (20%) and the United Kingdom (12%).

Our reach extends further into key markets including Canada, Australia, and Malaysia, which collectively contribute over 10% of our user interactions. With additional steady traffic from Germany, Singapore, Kenya, and the Netherlands, our platform offers a unique opportunity for partners to target high-value international demographics while maintaining strong localized relevance.

Social Media Engagement:

Beyond our primary platform, Health and Wellness drives impact through a robust and strategic presence on major social media channels. We foster deep community dialogue on Facebook, share visually compelling wellness stories on Instagram, and provide real-time news updates on Twitter (X).

Additionally, we utilize LinkedIn to engage with professionals and industry leaders in the healthcare and technology sectors. By leveraging a dynamic mix of interactive discussions and high-quality multimedia content, we ensure maximum visibility for our stories and unparalleled engagement for our advertising partners.





Why Advertise with www.HealthandWellness.news?

- **High Visibility:** First-page ranking on Google ensures prominent exposure for advertisers.
- **Engaged Audience:** With over 1.1 million interactions annually, our platform fosters strong user engagement.
- **Diverse Readership:** Our global reach spans multiple continents, allowing for precise ad targeting.
- **Social Media Amplification:** Multi-platform exposure increases brand visibility beyond traditional digital advertising.
- **Direct Access:** Weekly newsletters with over 200K subscribers provide a personal touchpoint for brands.

Get The Results That Matter To You

In addition to our daily online readership, Health and Wellness reaches nearly 40,000 subscribers across the United States and internationally through our weekly e-news digest. As a rapidly growing digital portal, we generate hundreds of thousands of hits every month, providing an expansive and high-authority stage for your message.

Stories, advertorials, and advertisements placed on our platform reach tens of thousands of influential readers, including the highly successful Indian American community and health-conscious professionals worldwide. This unique demographic of high-achievers and decision-makers offers a prime opportunity for brands and organizations seeking meaningful engagement and long-term impact.

We provide a powerful platform to amplify your leadership, medical breakthroughs, and business innovations. By profiling your mission on HealthandWellness.news, we help you bridge the gap between your vision and a global audience that values credibility, excellence, and progress. We are excited to partner with you in making your mission known to the world.



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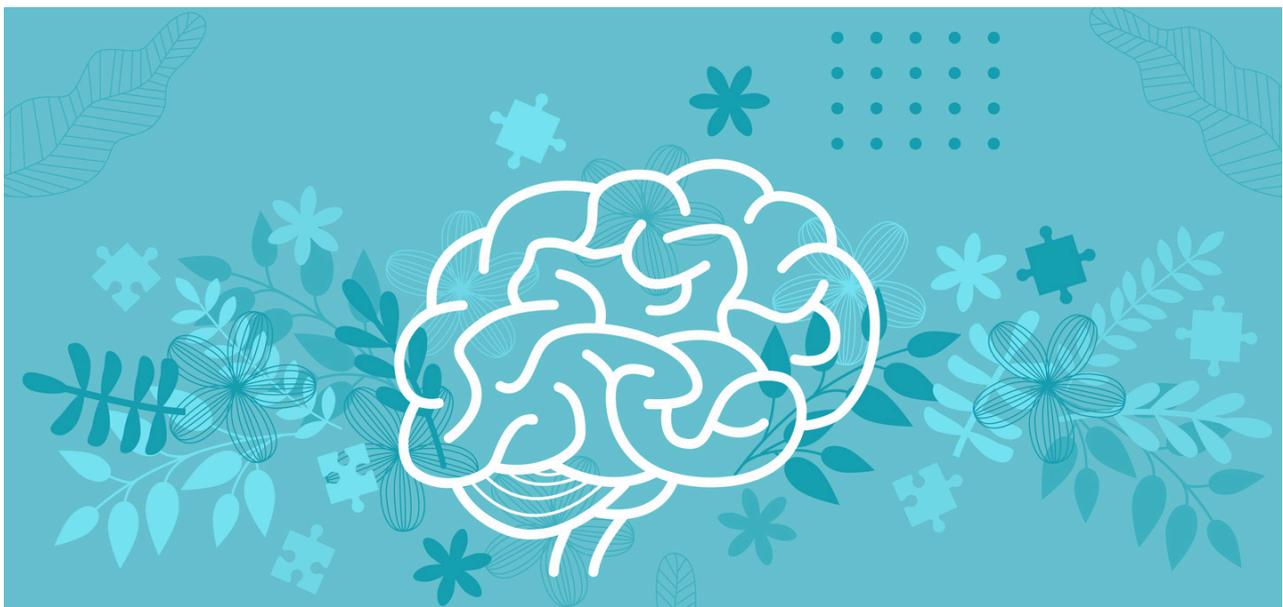


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Reach out to us about your needs and plans. We will work with you to make a unique plan that will meet your needs and values.

Editorial

Email: editor@healthandwellness.news,
ajayghosh1@aol.com

Phone: +1 (203) 583-6750

Marketing

Email: marketing@healthandwellness.news

Phone/WhatsApp: +91 90083 22217

