

Publisher's Statement

6 months ended December 31, 2019, *Subject to Audit*

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Annual Frequency: 4 times/year

Field Served: A national consumer magazine encompassing your diabetic lifestyle, including recipes, fitness tips, health information, and real stories about diabetic people and their lifestyles.

Published by Meredith Corporation

EXECUTIVE SUMMARY: TOTAL AVERAGE CIRCULATION

Total Paid & Verified Subscriptions	Single Copy Sales	Total Circulation	Rate Base	Variance to Rate Base
475,439	39,087	514,526	500,000	14,526

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			
Fall 19	291,278	62,939	354,217	130,038		130,038	484,255	37,069	53	37,122	458,385	62,992	521,377
Winter 20	281,710	54,874	336,584	130,038		130,038	466,622	41,000	50	41,050	452,748	54,924	507,672
Average	286,494	58,907	345,401	130,038		130,038	475,439	39,035	52	39,087	455,567	58,959	514,526

SUPPLEMENTAL ANALYSIS OF AVERAGE CIRCULATION

	Print	Digital Issue	Total	% of Circulation
Paid Subscriptions				
Individual Subscriptions	283,155	54,336	337,491	65.6
Multi-Title Digital Programs		3,875	3,875	0.8
Partnership Deductible Subscriptions	95	696	791	0.2
Sponsored Subscriptions	3,244		3,244	0.6
Total Paid Subscriptions	286,494	58,907	345,401	67.1
Verified Subscriptions				
Public Place	124,000		124,000	24.1
Individual Use	6,038		6,038	1.2
Total Verified Subscriptions	130,038		130,038	25.3
Total Paid & Verified Subscriptions	416,532	58,907	475,439	92.4
Single Copy Sales				
Single Issue	39,035	52	39,087	7.6
Total Single Copy Sales	39,035	52	39,087	7.6
Total Paid & Verified Circulation	455,567	58,959	514,526	100.0

VARIANCE OF LAST THREE RELEASED AUDIT REPORTS

Audit Period Ended	Rate Base	Audit Report	Publisher's Statements	Difference	Percentage of Difference
12/31/2017	500,000	533,151	530,678	2,473	0.5
12/31/2016	500,000	529,391	521,689	7,702	1.5
12/31/2015	500,000	514,172	512,832	1,340	0.3

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PRICES

	Suggested Retail Prices (1)	Average Price(2)	
		Net	Gross (Optional)
Average Single Copy	\$5.99		
Subscription	\$19.97		
Average Subscription Price Annualized (3)		\$9.52	
Average Subscription Price per Copy		\$2.38	

(1) For statement period

(2) Represents subscriptions for the 12 month period ended June 30, 2019

(3) Based on the following issue per year frequency: 4

ADDITIONAL DATA IN AUDITEDMEDIA.COM MEDIA INTELLIGENCE CENTER

Circulation by Regional, Metro & Demographic Editions
Geographic Data
Analysis of New & Renewal Paid Individual Subscriptions
Trend Analysis

ADDITIONAL ANALYSIS OF VERIFIED

	Print	Digital Issue	Total
Public Place			
Doctor/Health Care Providers	124,000		124,000
Total Public Place Copies	124,000		124,000
Individual Use			
Individually Requested	6,038		6,038
Total Individual Use Copies	6,038		6,038

RATE BASE

Rate base shown in Executive Summary is for combined paid and verified & analyzed nonpaid circulation.

NOTES

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

Average Nonanalyzed Nonpaid: Average Nonanalyzed Nonpaid circulation for the period was: 1,533

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	3,875	3,875	2.2	8,580

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.

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Established: 2004

SCOTT MORTIMER
Group Publisher
AAM Member since: 2006