



2025 NATIONAL INTEGRATED SPECIAL REPORT –  
DIGITAL AND NEWSPAPER

# Life & Health & Financial Security

**INTEGRATED CONTENT FEATURES:** Turnkey solutions in which participating advertisers can be mentioned or quoted in at least one story.

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The foundation of a secure and fulfilling life rests on the ability to maintain health, protect finances, and prepare for the unexpected. Canadians are increasingly seeking innovative strategies to safeguard their futures and enhance their quality of life. This special feature explores the tools, advice, and resources that enable individuals and families to navigate challenges with confidence and resilience.

**Proposed topic highlights:**

- Innovative Solutions:** Highlighting advancements in tools and programs that help Canadians achieve financial and personal security.
- Retirement Preparedness:** Unpacking strategies to build financial security for retirement through savings plans, pensions, and investments.
- Wellness and Preventative Care:** Exploring programs that promote proactive health management and reduce long-term risks.
- Navigating Life’s Transitions:** Providing guidance for managing pivotal life changes—such as career shifts, family planning, and caregiving—through robust planning.
- Building Resilience:** Showcasing resources that empower individuals and families to adapt to challenges and thrive.

**GET INVOLVED TODAY. CONTACT:**

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Print/Digital Weekly Readers – **5,958,000**  
Print Weekly Readers – **2,477,000** | Digital Weekly Readers – **4,722,000**

Source: Vividata SCC Spring 2024, National, Adults 18+

Standard Booking Deadline	Material Deadline	Publishing Date	Sponsor Content Booking Deadline
April 28	June 2	June 9	April 28
August 4	September 22	September 29	August 4