

Important considerations for manuscript submission

Authors must prepare and confirm the considerations below before submitting the manuscript to the *Journal of Wellness and Health Care*.

1 . During the manuscript first submission (original and manuscripts for peer reviewers):Refereed anonymously, so please submit file for the peer-reviewed along the following.

- 1) The manuscripts for peer reviewers should NOT include the authors' names, institutions, contacts and acknowledgements. Please be sure to keep the manuscript layout after deleting those items.
- 2) The manuscripts for peer reviewers must be entire paginated (page number centrally positioned at the page bottom) and all lines of the text should be numbered serially in the left margin (use the page layout function in Word).
- 3) The manuscripts for peer reviewers please make one PDF file including cover page, abstract, text, tables and figures.
- 4) Please send the original as Word file.
- 5) You must send the original and the manuscripts for peer reviewers in a compressed folder with password, and send the password by another mail.

2 . During the resubmission of the revised manuscript (for peer reviewers)

- 1) Changes made to the text, tables and figures must be written underlined or in red text.
- 2) The revised manuscript should also follow the considerations during the manuscript first submission 1) to 3) written above.
- 3) Please rename your revised manuscript PDF file according to the application number (issued after first submission) and the submission time (first resubmission means second submission). Ex: When the application number is 10 and this is the first resubmission, the file name should be "No.10-2.docx".
- 4) For peer reviewers and response to reviewers comments, and send the compressed folder with a password.