

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 (1 complete manuscript and 3 manuscripts for peer reviewers):
 - 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 Authors should also submit the Word file of the manuscript prepared for peer reviewers and write the first author name in the file's name.

2. During the resubmission of the revised manuscript (2 revised manuscript for peer reviewers)
 - 1) Changes made to the text, tables and figures must be written in underline 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 Word 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".