Mindful Living Responders Database

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Total Universe: **68,01,588**

Base Rate: **$85.00/M**

Description Summary

The Mindful Living Responders file is a highly targeted database of health-conscious consumers actively engaged in mental wellness, emotional balance, and self-care. This audience has shown strong interest in therapy, mindfulness, holistic healing, and personal development, whether through mental health apps, online counseling, wellness products, or self-help programs. With accurate postal addresses, emails, and phone numbers, marketers can reach this receptive segment across multiple channels. Ideal for telehealth platforms, wellness brands, mental health professionals, insurers, and subscription services, this file provides a responsive, data-driven solution to connect with consumers committed to nurturing a healthier, more mindful lifestyle.

How Our Data is Compiled

The Mindful Living Responders Database is built using a carefully curated mix of sources, including self-reported surveys, mail-order purchase activity, direct mail responders, and subscribers to senior-targeted magazines and publications. This multi-sourced approach ensures broad coverage of the senior market across various interest and product categories. All records are routinely verified and updated through NCOA (National Change of Address) and CASS processing, and the file is backed by a 95% deliverability accuracy guarantee, providing marketers with a trusted and campaign-ready data asset.

Consider the Facts

- The global mindfulness meditation market is projected to reach $9 billion by 2027, reflecting growing consumer interest in meditation and self-care practices.
- 56% of adults have tried mindfulness or meditation techniques to reduce stress and improve emotional health.

Recommended Usage

This database is a valuable asset for a wide range of organizations aiming to connect with a mindful, health-conscious audience. Ideal users include telehealth and virtual therapy platforms, wellness and self-care product brands, mental health professionals and life coaches, as well as providers of journaling, meditation, and mindfulness programs. Book publishers, subscription box companies, and health insurance providers offering mental health coverage can also benefit from leveraging this responsive audience for their marketing efforts.

Sample Mail Piece Required

Inquire

Market Type
U.S. Consumer

List Channels
Postal, Email, Telephone

Source
Proprietary,Survey/Self-Reported,Public Records & Direct Response

Output Options
Electronic, Printed

Update Cycle
Monthly

Minimum Order
Quantity: 5,000
Price: $500.00

Net Name
Floor: 85%
Minimum Quantity: 25,000
Run Charge: $10.00/M

Exchanges
Please Inquire

Reuse
Yes

Cancellation Charges
Yes, all orders canceld after shipping will incur a fee.

Commission
A standard 20% broker/agency commission is extended to all qualified trade partners.

Popular Selections (for additional selections please inquire)

Age	Email	Donor Flag	Veteran / Military Donor
Gender	Gun Ownership	Cell Phone	Lifestyle Interests
Geography	Income	Veteran Flag	Martial Status

For additional information or list counts, contact your representative or list manager at 1.800.457.2899

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