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PRE-SUBMISSION CHECK-LIST

Before submitting your manuscript verify that you are compliant with the following points.

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- Verify that your manuscript meets our simple [presentation requirements](#) and that references are formatted with [AMA reference style](#).
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Manuscript submission:

- The submission process takes two to five minutes. Start your submission [here](#). If you are contributing a paper to a supplement or a commissioned paper on a specific topic follow the submission guidance given in your email from the commissioning editor or journal business coordinator.
- On the first screen provide your name and some contact details. Complete the anti-spam code and then click the orange button to continue.
- On the second screen provide details on your paper. Choose the journal you wish to submit your paper to and enter the title and abstract. Click the orange button to continue to the next screen.
- Upload your manuscript and any associated files. Verify that you have read our terms and conditions: these contain important points that you must be aware of. Click the orange button again.
- Your submission is now complete. You will receive an email immediately confirming that our manuscript submission system has received your submission. Please take care to read this email fully.

After submission you will be regularly updated by staff on the status of your paper. Peer review and the first editorial decision on your paper can be expected within three to four weeks, although longer or shorter times are occasionally encountered.