



# Helping You Build Healthier Habits

Imagine having all the support you need to create a healthy lifestyle and boost your well-being. Real Appeal® makes it possible, by helping you take small steps for lasting change.

## More Support for More Confidence

Real Appeal is a practical online weight management program. It's available to you and eligible family members at no additional cost as part of your health plan benefits.



### Supportive Coaching and Sessions

Get personalized guidance from a coach, who leads collaborative weekly group sessions.

### Making Behavior Change Possible

Together, we'll address topics like emotional eating, mindset and motivation, and more.

### Resources to Stay Motivated

Your Success Kit gives you access to online fitness classes, scales, a portion plate, and more.

## Boosting your well-being starts with:

### Your mindset

We'll dive into awareness, motivation, confidence, accountability, and more.

### Holistic health

Creating a healthy mindset starts with focusing on actions, not just weight loss.

### Peer support

Your online group supports you by sharing challenges and successes.



Get started now at [enroll.realappeal.com](https://enroll.realappeal.com) or scan the QR code.

Please have your health insurance ID card handy when enrolling.

Real Appeal is available to members at no additional cost as part of their benefits plan, subject to eligibility requirements. The Real Appeal program is educational in nature and is not a substitute for medical advice.

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