Real Appeal®

Get support to build healthier habits

Now's a great time to start taking small steps for lasting change, with Real Appeal®. This online weight management program is designed to help you create a healthier lifestyle that you can maintain with confidence.

More support for more confidence

Real Appeal supports you every step of the way. It's available to you at no additional cost as part of your 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, a body weight scale, and more.

Here's what you need to register:

Your calendar
Choose a weekly online session day and time that works for you.

Your shipping address
You'll receive your Success Kit after attending your first online session.

Your health insurance
Have your health insurance ID card handy when enrolling.

Get started now at **enroll.realappeal.com** or scan the QR code.

SCAN ME

Real Appeal is available at no additional cost as part of your benefits plan, subject to eligibility. The Success Kit is provided after a member attends their first session.

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