

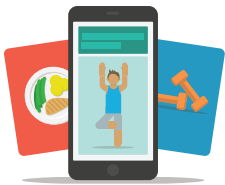


Coming January 2024

Changing Your Lifestyle Isn't a Sprint

Real Appeal® isn't just another weight management program. It can help you develop healthier habits you can live with for life. Best of all, it's available to you and eligible family members at no additional cost as part of your health insurance.

Support to Help You Live a Healthier Life



Online Resources

Access coaches online who lead group sessions, as well as a community of support.

Inspiring Content

Discover member stories, blog posts, informative articles, and simple activities you can track.

Motivational Tools

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.

Watch for more information in January to start living a healthier life with help from Real Appeal.

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