



## 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 insurance.



#### 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.