

# Weight loss that's free.\*

A difference that's real.



## Lose weight with **Real Appeal**®

Real Appeal is an online weight loss program available at no additional cost as part of your employee health benefits plan.

### With Real Appeal you get:

- A Transformation Coach who leads weekly online group sessions.
- Online tools to help track your food, activity and weight loss progress.
- A Success Kit with food and weight scales, recipes, workout DVDs and more - shipped to your door.



### A Real Appeal success story



"Real Appeal equips you with an extensive toolkit of information and support, and then you manage your own wellness plan, making whatever trade-offs you choose to make."

**Bill**  
Real Appeal  
member

**81**  
lbs lost

Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.

Become a member for free at  
[enroll.realappeal.com](http://enroll.realappeal.com)

For the best experience, access Real Appeal from your own device.

\*Real Appeal is offered at no additional cost to members as part of their medical benefits plan, subject to eligibility requirements.

# Real Appeal®