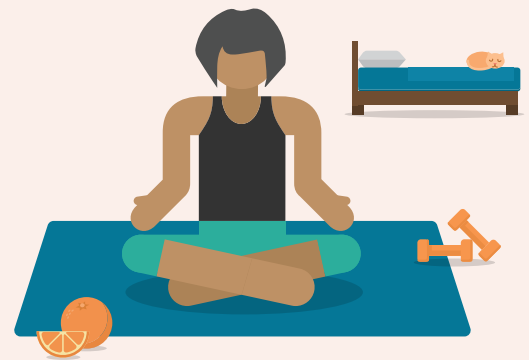




Real Appeal[®]

WEIGHT LOSS SUPPORT

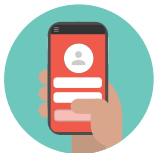


Supporting Every Part of Your Well-Being

Building healthier habits and feeling supported can positively impact your mental and physical health. Real Appeal[®] helps you balance fitness, nutrition, and mindfulness to create a healthy lifestyle.

Tools and Support to Keep Moving Forward

Real Appeal on Rally Coach[™] is an online weight management program. It's available to you and eligible family members at no additional cost as part of your health insurance.



A Supportive Community

Connect with an online community of caring members who have similar challenges and goals.



Online Coaching

Get support and guidance every step of the way. Join virtual group sessions led by a coach.



Healthy Resources

Access a digital library of practical tips, recipes, and workouts. Get a Real Appeal Success Kit delivered right to your door, too.

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

Please have your health insurance ID card handy when enrolling.



3 tips that can positively impact your day:



Be more mindful

Remind yourself to pause and come fully into the present moment more often.



Keep going

Accept that setbacks will happen and approach challenges with an open mind.



Track successes

Make a list of accomplishments, no matter how small, to focus on what's going well.

RALLY/COACH[™]

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