



## Get Support to Build Healthier Habits

Now's a great time to start taking small steps for lasting change, with Real Appeal.<sup>®</sup> This online weight management program offered by our company can help you create a healthier lifestyle.

### 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 health plan 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, scales, a portion plate and more.

### Here's what you need to register:

#### Your calendar

Choose a weekly online session day and time that work 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](https://enroll.realappeal.com) or scan the QR code.

Not on our health plan yet? Sign up for Real Appeal once your benefits are active.

Have your health insurance ID card handy when enrolling.